

**WEEK 01**

**Session 01 FRACTIONED**

**Warming up**  
+ 5x1500m in 7min30  
2min recovery jog  
Calm pace 15min at pace 1

**Session 02 JOGGING**

**1h endurance at pace 1 or 2**  
10min abdominals/sheathing  
10mn stretches

**Session 03 HILL**

**Warming up**  
+ 15x20sec on slope  
Recovery downhill jog (on a moderate slope  
- Run fast and relaxed without sprinting)  
Calm pace 15min at pace 1

**Session 04 LONG OUTING**

**30min endurance at pace 2 + 4x10min at a speed of 5min20 per km**  
3min recovery between each  
Calm pace 11min at pace 1  
**TOTAL 1H30**

**WEEK 02**

**Session 01 FRACTIONED**

**Warming up**  
+ 3000m in 16min54 / 2000m in 10min / 2000m in 9min24 / 1000m in 4min26  
Calm pace 15min at pace 1

**Session 02 JOGGING**

**1h endurance at pace 1 or 2**  
10min abdominals/sheathing  
10mn stretches

**Session 03 HILL**

**Warming up**  
+ 2 series of 6x30sec on a moderate slope  
Recovery downhill jog and 3min between each serie  
Calm pace 15min at pace 1

**Session 04 LONG OUTING**

**1h45 at gradually to pace 2**

**WEEK 03**

**Session 01 FRACTIONED**

**Warming up**  
+ 8x1000m, between 5min and 4min42  
1min30 recovery jog between each  
Calm pace 15min at pace 1

**Session 02 JOGGING**

**1h15 endurance at pace 1 or 2**  
10min abdominals/sheathing  
10mn stretches

**Session 03 HILL**

**Warming up**  
+ 10x40sec on a moderate slope  
Recovery downhill jog  
Calm pace 15min at pace 1

**Session 04 LONG OUTING**

**40min endurance at pace 2 4x15min at a speed of 5min20 per km**  
3min recovery between each  
Calm pace 11min at pace 1  
**TOTAL 2H00**

**WEEK 04**

**Session 01 FRACTIONED**

**Warming up**  
+ 3x2500m in 12min25  
3min recovery jog  
Calm pace 10min at pace 1

**Session 02 JOGGING**

**1h15 endurance at pace 1 or 2**  
10min abdominals/sheathing  
10mn stretches

**Session 03 HILL**

**Warming up**  
+ 4 series of 30sec/20sec/10sec on a moderate slope  
Recovery downhill jog (on a moderate slope  
- Run fast and relaxed without sprinting)  
Calm pace 15min at pace 1

**Session 04 LONG OUTING**

**1h30 at gradually to pace 2**

**WEEK 05**

**Session 01 FRACTIONED**

**Warming up**  
+ 5000m in 26min40 (2min recovery jog) / 2000m in 10min (2min recovery jog) / 1000m in 4min42  
Calm pace 15min at pace 1

**Session 02 JOGGING**

**1h15 endurance at pace 1 or 2**  
10min abdominals/sheathing  
10mn stretches

**Session 03 PRE-COMPETITION**

**30min at pace 2** including 1km at half-marathon speed

**Session 04 PREPARATORY COMPETITION**

**20min endurance at pace 2 + a half marathon in 1h45**  
Calm pace 10min at pace 1  
**TOTAL 2H15**

**WEEK 06**

**Session 01 JOGGING**

1h endurance at pace 1

**Session 02 MARATHON SPEED**

1h15 endurance at pace 1 or 2 including 20min at marathon speed

**Session 03 FRACTIONED**

Warming up + 8x800m in 3min45  
1min45 recovery jog  
Calm pace 15min at pace 1

**Session 04 LONG OUTING**

50min endurance at pace 2  
3+20min at a speed of 5min20 per km  
3min recovery between each  
Calm pace 15min at pace 1

**TOTAL 2H10**

**WEEK 07**

**Session 01 FRACTIONED**

Warming up + 3x3000m in 15min  
400m recovery jog  
Calm pace 15min at pace 1

**Session 02 JOGGING**

1h15 endurance at pace 2  
10min abdominals/sheathing  
10mn stretches

**Session 03 FRACTIONED**

Warming up + 10x500m in 2min06  
1min15 recovery jog  
Calm pace 15min at pace 1

**Session 04 LONG OUTING**

2h20 at pace 2

**WEEK 08**

**Session 01 FRACTIONED**

Warming up + 2x4000m in 20min  
400m recovery jog  
Calm pace 15min at pace 1

**Session 02 JOGGING**

1h15 endurance at pace 2  
10min abdominals/sheathing  
10mn stretches

**Session 03 FRACTIONED**

Warming up + 8x600m between 2min30 and 2min22  
Recovery : 200m jog between 2min40 and 2min31

**Session 04 LONG OUTING**

40min endurance at pace 2 + 4x15min at a speed of 5min20 per km  
3min recovery between each  
Calm pace 11min at pace 1

**TOTAL 2H00**

**WEEK 09**

**Session 01 MARATHON JOGGING**

30min at pace 2 + 5000m in 26min40  
Calm pace 10min at pace 2

**Session 02 JOGGING**

1h endurance at pace 2  
10min abdominals/sheathing  
10mn stretches

**Session 03 FRACTIONED**

Warming up + 6x500m in 2min13  
1min10 recovery jog

**Session 04 JOGGING**

1h20 endurance at pace 2

**WEEK 10**

**Session 01 MARATHON JOGGING**

20min at pace 2 + 2000m en 10min40  
Calm pace 10min at pace 1

**Session 02 JOGGING**

Between 30 to 40min at pace 1 or 2  
10mn stretches

**Session 03 PRE-COMPETITION**

20min endurance at pace 2  
10mn stretches

**Session 04 COMPETITION**

**MARATHON OBJECTIVE 3H45**



**COACH'S ADVICE**

Take advantage of some long outings to test the supplies and clothing you will use on race day. And do some jogging sessions on an empty stomach for your body to get use to working with reduced carbohydrate reserves. However, be careful to run at low intensity and avoid exceeding 1 hour of running time.

