

PRE CONDITIONING

Important not to increase mileage too quickly, this phase is to build up strength & get into your routine.

LONG

The LONG run is the most important in this phase, build your week around it & pick a day with less commitments.

TAPERING

Lowering mileage building up to race day to avoid burnout. **NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS.**

FRONT RUNNER MARATHON - 16 WEEK ADVANCED PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN	
	RECOVERY	SPEED		TEMPO	RECOVERY		LONG	TOTAL MILES
Week 1	3 Miles	<5 Miles	REST	3 Miles	4 Miles	REST	6 Miles	21 Miles
Week 2	4 Miles	<5 Miles	REST	3 Miles	6 Miles	REST	8 Miles	26 Miles
Week 3	5 Miles	<5 Miles	REST	3 Miles	7 Miles	REST	10 Miles	30 Miles
Week 4	3 Miles	<5 Miles	REST	3 Miles	4 Miles	REST	6 Miles	21 Miles
Week 5	6 Miles	<5 Miles	REST	5 Miles	9 Miles	REST	12 Miles	37 Miles
Week 6	7 Miles	<5 Miles	REST	5 Miles	10 Miles	REST	14 Miles	41 Miles
Week 7	8 Miles	<5 Miles	REST	5 Miles	12 Miles	REST	16 Miles	46 Miles
Week 8	6 Miles	<5 Miles	REST	5 Miles	9 Miles	REST	12 Miles	37 Miles
Week 9	9 Miles	<5 Miles	REST	5 Miles	13 Miles	REST	18 Miles	50 Miles
Week 10	10 Miles	<5 Miles	REST	5 Miles	15 Miles	REST	20 Miles	55 Miles
Week 11	11 Miles	<5 Miles	REST	5 Miles	16 Miles	REST	22 Miles	59 Miles
Week 12	9 Miles	<5 Miles	REST	5 Miles	13 Miles	REST	18 Miles	50 Miles
Week 13	12 Miles	<5 Miles	REST	5 Miles	18 Miles	REST	24 Miles	64 Miles
Week 14	8 Miles	4 Miles	REST	4 Miles	12 Miles	REST	16 Miles	44 Miles
Week 15	4 Miles	4 Miles	REST	4 Miles	6 Miles	REST	8 Miles	26 Miles
Week 16	REST	4 Miles	REST	6 Miles	REST	REST	RACE DAY	

NOTE: Weeks 4, 8 & 12 are recovery weeks - lower mileage weeks to give your body a break & help avoid injury.

SPEED FAST – Ideally find a local track or similar course for fast intervals & recovery sets.

TOP TIP #1 Hydration – always keep a bottle of water or a sports drink with you.

TOP TIP #2 Run in a group – having others to chase will help to push yourself.

LONG Easy pace to build endurance – this run is all about time on your feet.

TOP TIP #1 STAY HYDRATED & PRACTICE USING ENERGY GELS/ BARS/CHEWS – consume before start & every 30 minutes after start.

TOP TIP #2 TRY OUT DIFFERENT ROUTES – will help prevent boredom & make the run more enjoyable.

RECOVERY SLOW – light jogging to loosen the legs – pace is not important.

TOP TIP #1 STAY LOCAL – avoid out & back routes in case you need to stop.

TOP TIP #2 AIM IS TO RECOVER – if something hurts, don't be a hero, rest up!

PARK RUN Free 5k timed run every Saturday 9am in different locations:

Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain