

## Marathon (42.2K) Training Program Using Training Zones

The Training Zones you will be using are:

- Zone 1(Z1): Recovery Pace
- Zone 2(Z2): Basic Endurance Pace
- Zone 3(Z3): High Endurance Pace
- Zone 4(Z4): Anaerobic Threshold
- Zone 5(Z5): High Power

These paces are calculated out using your final time for a 2K run test. \*E-mail 2km Time Trial time to [css@cravensportservices.ca](mailto:css@cravensportservices.ca) to get training paces.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> March 9-15	Warm-up 2km TT* 20' @Z1 Cool-down	Warm-up 30' @Z1 HR<140bpm Cool-down	OFF	Warm-up 3x1km @ Z4 3'SB Cool-down ** You may lengthen your SB to maintain your pace**	OFF	Warm-up 30' Tempo Run @ Z3 Cool-down .....	Warm-up 30' @Z1 HR<140bpm Cool-down
<b>2</b> March 16-22	OFF	Warm-up 3x2km @ Z4 5'SB Cool-down	OFF	Warm-up 5x1km @ Z4 3'SB Cool-down	OFF	Warm-up 40-60' @ Z1 HR<140bpm Cool-down	Warm-up 30-45'@Z1 HR<140bpm Cool-down
<b>3</b> March 23-29 Recovery	OFF	Warm-up 15x90"@Z4/3 0"@ Z1 Cool-down	OFF	Warm-up 8x2'@ Z4/1' @ Z1 Cool-down ..... Warm-up 30' @Z1 HR<140bpm Cool-down	OFF	Warm-up 60' @Z1 HR<140bpm Cool-down	Warm-up 75': 5x60" @Z3 5' SB HR<140 Cool-down



*"Exercise is our Medicine"*

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4</b> March 30 - April 5	OFF	7x1km@ Z4 3-5'SB	OFF	Complete 1x: 1'3' 2'3' 3'3' 4'3' 5'SB 1 <sup>st</sup> Split run @ Z4 2 <sup>nd</sup> split run @ Z1	OFF	60' @Z1 HR<140	75' @ Z1 HR<140 5 x 60" @Z3 5'SB
<b>5</b> April 6-12	OFF	15x60" @ pace/30"	OFF	30' HR<140 3x3km@pace	60' HR<140	60' Tempo Run @ pace 6x1'@pace/4' SB	90' HR<140
<b>6</b> April 13-19	OFF	3x5x3'/1.5' 5'SB	OFF	10x1km@pace 2'SB	OFF	75' HR<140 3x2'@pace/3' 5'SB	90' HR<140
<b>7</b> April 20-26	OFF	20x2'@pace/ 30"	OFF	10x1km@pace 2'SB	75' HR<140	75' HR<140	120' HR<140
<b>8</b> April 27-May 3	OFF	OFF	OFF	60'@pace	OFF	75' HR<140	120' HR<140
<b>9</b> May 4-10	OFF	4x1km @pace	OFF	2x8km@pace 5'SB	75' HR<140	90' Tempo Run @ pace	180' HR<140
<b>10</b> May 11-17	OFF	2x10km@pace 5'SB	OFF	OFF	OFF	40' HR<140	180' HR<140
<b>11</b> May 18-24	OFF	15 x 90" @ Z4 30" WALK	OFF	40' @ GOAL PACE	30' X-train	30' HR<140 5 x 30"/2'SB	60' HR<140
<b>12</b> May 25-31	OFF	3 x 1km, 3' SB Run each 1km @ GOAL PACE	OFF	30' HR<140 1km @ RACE PACE	OFF	30' 2 x 500m @ Race Pace with Full Recovery	<b>RACE DAY! GOOD LUCK!</b>



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