

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 to get training paces.

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



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Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 March 30 - April 5	OFF	7x1km@ Z4 3-5'SB	75' X-train Z1	Complete 2 x: 1'1/2' 2'1/2' 3'1/2' 4'1/2' 5'SB 1 st Split run @ Z4 2 nd split run @ Z1	OFF	60' @Z1 HR<140	75' @ Z1 HR<140 5 x 60" @Z3 5'SB
5 April 6-12	OFF	2x4km@Z4 5'SB	60' X-train Z1	3x2km@Z4 2'SB	60' @Z1 HR<140	60' Tempo Run @Z3	90' @Z1 HR<140
6 April 13-19	OFF	15x60"@ pace/30"	60' X-train	30' HR<140 3x3km@pace	60' HR<140	60' Tempo Run @ pace 6x1'@pace/4'	90' HR<140
7 April 20-26	OFF	3x5x3'/1.5' 5'SB	60' X-train	10x1km@pace 2'SB	OFF	75' HR<140 3x2'@pace/3' 5'SB	90' HR<140
8 April 27-May 3	OFF	OFF	60' X-train	120' @ pace	OFF	75' HR<140	90' HR<140
9 May 4-10	OFF	3x5x3'@pace/1' 5'SB	60' X-train	10x1km@pace 2'SB	75' HR<140	75' HR<140 30'@pace	120' HR<140
10 May 11-17	OFF	2x12km@pace 5'SB	30' X-train	OFF	OFF	40' HR<140	180' HR<140
11 May 18-24	OFF	15 x 90" @ Z4 30" WALK	30' X-Train	40' @ GOAL PACE	30' X- train	30' HR<140 5 x 30"/2'SB	60' HR<140
12 May 25-31	OFF	3 x 1km, 3' SB Run each 1km @ GOAL PACE	30' X-train	30' HR<140 1km @ RACE PACE	OFF	30' 2 x 500m @ Race Pace with Full Recovery	RACE DAY! GOOD LUCK!



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