



PYRAMIDS MARATHON

FULL MARATHON TRAINING SCHEDULE

SEPTEMBER 2018 - FEBRUARY 2019

Dear Runner,
Welcome to The Pyramids Marathon Training Program. Below you will find complete 5 month timetables that are designed to prepare you for the race of your choice, whether it's the 42K or 21K, on February 15th, 2019. These programs are designed for all runners and you will find definitions explaining how to interpret the training distances written, based on your ability.

If you have any questions, make sure to reach out to The TriFactory via info@thetrifactory.com.

TRAINING PROGRAM DEFINITIONS YOU SHOULD KNOW

Easy:

Easy should be the running pace where you are able to talk comfortably to someone running beside you. It's also the pace of your recovery runs, after a particularly hard session or if your body is sore. Your easy pace should be similar to jogging.

For beginners who have difficulty completing an entire run, split up the distance written on the easy days into equal intervals of running and walking. For example, if it says 2K, then run for one minute and walk for one minute until you complete those two kilometers.

Tempo:

Tempo is your fast pace, which leaves you exhausted at the end of the session. For those who run regularly, this should equal around 75% of your maximum speed. For beginners, you can split it up at a 3:1 ratio, meaning run for 3 minutes and then walk for 1 minute, until you finish the distance written in the program.

Long:

Your long runs should be slightly faster than your easy pace but slower than your tempo runs. You want to finish the run strong and without having exhausted yourself. The goal of your long runs is to build endurance and get used to running a distance like 21K or 42K. During your long runs, you should aim to drink water at least every 3-4K. Depending on your experience, interpret the distance written for the long runs as follows: For beginners: a 2:1 ratio where you run 2 minutes and walk 1 minute. For intermediate runners: a 5:1 ratio where run 5 minutes and walk 1 minute.

For regular runners, aim to complete the entire distance at 60% of your maximum effort.

TRAINING PROGRAM DEFINITIONS YOU SHOULD KNOW (CONTINUED)

Fartlek:

'Fartlek' means 'speed play' in Swedish, and basically refers to interval training that is continuous. This type of exercise boosts your overall fitness, making you stronger and helping your body withstand higher intensity levels. The fartlek distance should be divided as follows: Warm Up (20%), Main Set (60%), Cool Down (20%).

Your Main Set should include: 45 seconds at 85% of your maximum effort, 45 seconds at 60% of your maximum effort, 1 minute very easy, over and over until you finish the distance written. Every week, try to increase the length of the interval by 5 seconds.

Recovery is a very important part of your training. Make sure to eat well, sleep well, and stretch well (dynamic stretching pre-run and static stretches post-run).

Full Marathon Program

DATE	SUNDAY (Easy)	MONDAY (Fartlek)	TUESDAY (Rest)	WEDNESDAY (Tempo)	THURSDAY (Rest)	FRIDAY (Long)	SATURDAY (Rest)
SEPT 16	4K			6K		8K	
SEPT 23	5K			7K		10K	
SEPT 30	8K			6K		12K	
OCT 7	4K			4K		8K	
OCT 14	5K			7K		10K	
OCT 21	8K			8K		12K	
OCT 28	6K			10K		16K	
NOV 4	4K			4K		10K	
NOV 11	6K	5K		7K		12K	
NOV 18	6K	6K		8K		14K	
NOV 25	4K	7K		10K		21K	
DEC 2	5K	8K		6K		14K	
DEC 9	6K	5K		7K		12K	
DEC 16	6K	6K		8K		18K	
DEC 23	4K	7K		10K		24K	
DEC 30	5K	8K		6K		18K	
JAN 6	8K	8K		10K		21K	
JAN 13	8K	6K		12K		18K	
JAN 20	8K	8K		10K		32K	
JAN 27	8K	6K		6K		16K	
FEB 3	4K			6K		18K	
FEB 10	5K			7K		-	
FEB 15	RACE DAY!						