

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes	Miles est.
1	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul		
	Rest / Crosstrain	Club session	Rest	45 min (ST)	Rest	60 min session Doneraile. Hilly	12 miles (LR)	Easy week to start this 14 week program	28
2	01-Aug	02-Aug	03-Aug	04-Aug	05-Aug	06-Aug	07-Aug		
	Rest / Crosstrain	Club session	Crosstrain	Club session. Easy run with the club	Rest	8k Streets of Galway	Rest	Crosstrain on the Wednesday is important. Over the 14 weeks Wednesday night will become important for that extra fitness	20
3	08-Aug	09-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug		
	10 miles (ER)	Club session	Rest	3 x 5min 3min recovery 15 min cool down	Rest	20 min slow run	Clonmel Half Marathon	We start the week with your easy run. The last run of the week will give you an idea of how your fitness is at this time and you can set a level for yourself for the coming weeks.	35
4	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug		
	Rest	5k (RR)	30 minutes easy running	Yasso 800's. Qty 6	Rest	60 min session Doneraile. Hilly	17 miles (LR)	First of your big build up weeks. The Yasso 800's will be explained on the night at the club session. If you can't make the Doneraile run on Saturday you should try to get out for a run for the same period of time.	37
5	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug		
	Rest / Crosstrain	Club session	Rest	50 minutes steady run or 5 mile race	Rest	60 min session Doneraile. Hilly	20 miles (LR)	First 20 mile week. This is the end of phase 1 and you have reached the magic 20 mile distance. DO NOT WORRY HOW LONG THIS TAKES.	40
6	29-Aug	30-Aug	31-Aug	01-Sep	02-Sep	03-Sep	04-Sep		
	Rest / Crosstrain	Club session	35 minutes (ST)	20 min warm up 4 x 5min 3min recovery 20 min cool down	Rest	65 min session Doneraile. Hilly	15 miles (LR)	Drop back week. Time to recharge the battery's and start to build up. During this phase you will have another half marathon and its important measure of how your training is progressing. Thursday nights session is important. The 4 x 5min should be controlled and run at your 10 mile race pace. the warm up and cool down should be at target Marathon pace.	37
7	05-Sep	06-Sep	07-Sep	08-Sep	09-Sep	10-Sep	11-Sep		
	Rest / Crosstrain	Club session	45 minutes (ST)	Club Session	Rest	70 min session Doneraile. Hilly	17 miles (LR)	Build up once again. This is quite a tough week and we will do a mini taper up to the Charleville half after this week	40
8	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep		
	Rest / Crosstrain	Yasso 800's. Qty 7	50 minutes (ST)	Easy 35 minute run	Rest	20 minute jog	Charleville half marathon	Race week. 2 mile very easy warm up before the half marathon. Down to Charleville train station and back.	35
9	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep		
	Rest	5k (RR)	55 minutes (ST)	30 min warm up 5 x 5min 3min recovery 30 min cool down	Rest	70 min session Doneraile. Hilly	19 miles (LR)	Last hard training phase. Over the next 3 weeks we will build up 20 once again and also do a 15 mile race in the middle. Mid week also increases but after this phase we start our taper.	42
10	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	01-Oct	02-Oct		
	Rest	Club session	60 minutes (ST)	Club session	20 minutes easy run	Rest	Cork to Cobh	Race week. Once again we will pull back a bit on our intensity as we have a race but we will still put in the sessions.	37
11	03-Oct	04-Oct	05-Oct	06-Oct	07-Oct	08-Oct	09-Oct		
	Rest	5k (RR)	75 minute (ST)	Yasso 800's. Qty 8	Rest	40 minute easy run	20 Miles (LR)	Last of the 20 mile runs. This should be used as a practice for the big day. Clothes and nutrition will be practiced on this run. More detail as we get closer.	43
12	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct		
	Rest / Crosstrain	Club session	60 minute (ST)	20 min warm up 5 x 5min 3min recovery 20 min cool down	Rest	40 minutes hilly run	12 Miles (LR)	Taper phase. Mileage starts to cut back for the next 3 weeks. We keep our intensity for the next 10 days but cut back on distance and time	33
13	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct		
	Rest / Crosstrain	Club session	Rest	Club session	Rest	20 minute easy run Doneraile	10 miles (LR)	Taper time.	20
14	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct		
	Rest	Easy club jog. 20 minutes	Rest	Easy club jog. 20 minutes	Rest	15 minute jog	Dublin Marathon	Rest and sleep as much as possible this week. Just keep the body ticking over	8

RR = Recovery run
ST = Steady run
LR = Long run
Rest / Crosstrain

This is a run closely after a race in the program. Its very easy and just gets the legs moving again after a hard race.
Usually in the middle of the week. Run with more pace than a Sunday but should be able to talk. Always best to do with somebody else
Usually for a Sunday in the program. Nice easy run where you chat with somebody and get time on the legs
Go for a walk or a cycle or even a swim. Mix things up as you don't need to run every day in this schedule