



## TRAINING GUIDE

Marathon Time	Long	Steady	Tempo	Intervals	Recovery	Race Pace	
3:00	7:45 - 8:50	7:45	7:00	6:05	8:50	6:52	mins/mile
	4:50 - 5:30	4:50	4:20	3:45	5:30	4:16	mins/km
3:15	8:25 - 9:30	8:25	7:35	6:35	9:30	7:26	mins/mile
	5:15 - 5:55	5:15	4:40	4:05	5:55	4:37	mins/km
3:30	9:00 - 10:10	9:00	8:05	7:05	10:10	8:01	mins/mile
	5:35 - 6:20	5:35	5:00	4:20	6:20	4:59	mins/km
3:45	9:40 - 10:50	9:40	8:40	7:35	10:50	8:35	mins/mile
	6:00 - 6:45	6:00	5:25	4:40	6:45	5:20	mins/km
4:00	10:15 - 11:30	10:15	9:15	8:00	11:30	9:09	mins/mile
	6:20 - 7:10	6:20	5:45	5:00	7:10	5:41	mins/km
4:15	10:50 - 12:15	10:50	9:45	8:30	12:15	9:43	mins/mile
	6:45 - 7:35	6:45	6:05	5:20	7:35	6:03	mins/km
4:30	11:30 - 12:50	11:30	10:20	9:05	12:50	10:18	mins/mile
	7:05 - 8:00	7:05	6:25	5:35	8:00	6:24	mins/km
4:45	12:05 - 13:30	12:05	10:55	9:30	13:30	10:52	mins/mile
	7:30 - 8:25	7:30	6:45	5:55	8:25	6:45	mins/km
5:00	12:40 - 14:10	12:40	11:30	10:00	14:10	11:26	mins/mile
	7:50 - 8:50	7:50	7:05	6:15	8:50	7:07	mins/km
5:30	13:50 - 15:30	13:50	12:35	11:00	15:30	12:35	mins/mile
	8:35 - 9:35	8:35	7:48	6:50	9:35	7:49	mins/km

**Long Run:** this pace is slow, and may feel extremely slow. It is important to train oxidative energy system and build capillaries. Also, increases endurance.

**Tempo:** constant run done at a quicker pace than typical, but slightly slower than race pace, however fast enough to train for more efficient running technique.

**Intervals:** typically run as repeats of a set distance at a tough pace, faster than race pace. Truly prepares for the efforts required on Race Day.

**Steady:** this is a steady run, at a slow pace. Typically only slightly faster than Long Run but for a shorter distance. Benefits neuromuscular coordination.

**Recovery** - Shorter runs than Long runs, but at a similar slow pace. Benefits of active recovery.

**Race Pace** - rehearsal runs to familiarize yourself with the effort associated with Race Day. Limited to final/sharpening phase.

Always Stretch your muscles after exercising. Slight tension, never painful. If you feel something wrong, STOP and seek appropriate medical attention.