

19 Days Marathon Training (Elite Level)

Terms Key:

easy = comfortable run progressively increase speed

' = minutes

h = hour

mtfp = meters timed full pressure

mt = meters timed

souplesse = easy float based on fitness

rec - recovery

Monday:

AM: 45' easy

PM: 45' easy + 6 x 100mtfp / rec. 100mt souplesse

Tuesday:

AM: 45' easy

PM: 1h easy

Wednesday:

AM: 40' easy

PM: 20' easy + 5 x 80mtfp + 5 x 2000mtfp / rec. 3' souplesse

Thursday:

1h 30' easy

Friday:

1h easy + 10 x 100mt souplesse

Saturday:

AM: 40' easy

PM: 20' easy + 5 x 80mtfp + 10 x 1000mtfp / rec 1' souplesse

Sunday:

AM: 1h easy

PM: 1h easy

Monday:

REST

Tuesday:

35 km easy

Wednesday:

AM: 45' easy

PM: 50' easy + 8 x 100mtfp / rec. 100mt souplesse

Thursday:

AM: 40' easy

PM: 20' easy + 30' FARTLEK = (15 X 1 min.with rec. 1 min.)

Friday:

1h 30' easy

Saturday:

AM: 45' easy

PM: 45' easy + 8 x 100mtfp / rec. 100mt souplesse

Sunday:

AM: 40' easy

PM: 20' easy + 5 x 80mftp + 5 x 3000mftp / rec. 3' souplesse

Monday:

AM: 50' easy

PM: 50' easy

Tuesday:

REST

Wednesday:

40' easy + 6 x 100mftp / rec. 100mt souplesse

Thursday:

20' easy + 5 x 80mftp + 10Kmftp

Friday:

AM: 40' easy

PM: 40' easy