

AN INTERMEDIATE'S GUIDE TO MARATHON TRAINING

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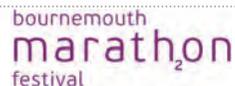


For beginner to pro

HIGH5
SPORTS NUTRITION

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Official NUTRITION at:





COACH

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Having coached hundreds of athletes from beginners through to Olympians, Nick is one of Europe's most highly respected coaches.

If you are interested in more personalised coaching, visit www.runningwithus.com

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WELCOME

RunningWithUs provide a wide range of coaching and consultancy services to runners, brands and charities. Having been coaching editors for both Runners World and Men's and Women's Running magazines, RunningWithUs coaches are in high demand as fitness experts and writers. We work with runners of all abilities from total beginners through to established GB internationals.

This 16 week training plan is perfect for you if you have run a half marathon or marathon before but now want to get faster. It's now time to mix up your training and really focus on the key elements that make a stronger runner. We'll guide you through threshold running, continuous hills for strength endurance and get you familiar with your marathon pace. This builds further endurance and adds key volume to the training week.

HOW SHOULD EACH RUN FEEL?

There are a number of different paces that you should aim to master that will make up your training:

EASY/RECOVERY RUN:

Fully conversational at the speed of chat and about 6/10 effort

STEADY RUN:

Conversational, controlled but working at about 7/10 effort

THRESHOLD RUNNING:

Controlled discomfort, 3-4 word answer pace 8/10 effort

INTERVAL RUNNING:

5-10k - 9/10 effort and working hard

EACH RUN PACE IN DETAIL:

The feeling of not being sure how fast you should be running for any particular session is common from beginners to elite international athletes. For beginners, it never feels as though running is easy but we can assure you that running doesn't need to be hard all the time.

At the beginning, all you are trying to do is get out and run. That should be at **easy run** pace or **'the speed of chat'** - if you can't talk as you are running, you're going too fast, simple as that. For the experienced runner, **'the speed of chat'** is how easy and recovery runs should feel - totally in control, relaxed and slow enough to talk.

NB: If you are combining walking and running, the effort level remains the same - you should be able to hold a conversation on both the walking and running segments.

Faster than easy, conversational running is **steady running**. This is the backbone of training for more experienced runners. This is where you must be honest and not push too hard or you might ruin your faster sessions, **so conversation should be possible**, but a little strained.

Incorporating **threshold running** is how the elites train and you can train like this too. This is where you are running at a controlled discomfort level; you can still talk between breaths, **but only 3 or 4 word phrases** - this is not running to exhaustion or sprinting. You may already feel able to include some 3 minute blocks into a run each week which will grow in volume through your training.

Interval running and 3k / 5k / 10k pace is top-end training. This is often called the **'hurt locker'** and is used in training to replicate the feeling at the end of a hard race. The effort levels here should be almost at maximum.



HOW HARD SHOULD I RUN?

Lets make it simple. Your heart and energy stores don't work to miles. They work to effort and time. So lets move away from tradition and work to time and effort. Don't worry about if you ran 7 miles or not on a run. If you went out to run 60 mins at an easy pace and the run felt easy and controlled, that's all that matters. It was a good run with objective achieved. If it felt hard you were running too fast or are tired for it to be an easy run.

We think you can base your effort on perceived exertion. We can also relate this to heart rate. Look at the perceived efforts shown:-

6/10 – (or 60% max heart rate) – **recovery running**. No more than 30-45 mins at a time with the objective of feeling better at the end, flushing the system through, working totally with oxygen and being able to chat easily at any time.

7/10 – (or 70% max heart rate) – This is **steady running**. It is probably the average pace of most runs and totally aerobic and conversational. This is only a little harder than recovery running.



7-8/10 – (or 70-80% max heart rate). This, for the more experienced, is near your marathon pace if you train well and are realistic. This is still conversational but probably only a shorter sentence at a time. Totally controlled but you need to focus and remind yourself in case you drift into a slower zone. This needs to be practiced in your weekly long runs with segments that increase in frequency and time length the nearer you get to marathon race day. See our plans for more info.

8-8.5/10 – (or 80-85% max heart rate). This is **threshold running** and the most important fitness element in your training. It is the key to better running economy and your best friend when building your aerobic base. You are working aerobically, but only just. Your conversation would be only 3-4 words long. It hurts but you are in control if you remain focused. Lose control and push to hard and this becomes destructive. We recommend this for all levels of runner each week.

8.5 & more – (+ 85% effort at max heart rate). This is often in the form of **interval training or races** at or quicker than 10k pace in effort. You will certainly work anaerobically in this zone. This type of training can be destructive and very tough. You will be able to hold little or no conversation and the body takes days to really recover. It can be the icing on the cake near the end of your plan in the last 4-6 weeks before you race.

We recommend this training only for the experienced athlete who is already very fit.



WEEK 1

MONDAY

30 mins aerobic cross training
+ strength & conditioning

TUESDAY

Progression run, 30 mins. 10mins easy,
10 mins steady, 10 mins threshold

WEDNESDAY

30 min recovery run, or aerobic cross training

THURSDAY

Easy/Steady run, 30 mins

FRIDAY

Rest

SATURDAY

Continuous hills, 4 x 5mins effort
with 2min jog recovery

SUNDAY

Long run, 60 mins conversational pace

NUTRITION TIP:

Keep well hydrated with **ZERO**,
a zero calorie electrolyte drink

WEEKLY PROGRESS



WEEK 2

MONDAY

30 mins aerobic cross training
+ strength & conditioning

TUESDAY

Progression run, 30 mins. 10mins easy,
10 mins steady, 10 mins threshold

WEDNESDAY

30 min recovery run, or aerobic cross training

THURSDAY

Easy/Steady run, 30 mins

FRIDAY

Rest

SATURDAY

Continuous hills, 45 mins total.
3 x 7mins effort with 2mins jog recovery

SUNDAY

Long run, 70 mins conversational pace

NUTRITION TIP:

If you're running after work and struggle
with energy for training, have an **EnergyBar**
2 hours before your session

WEEKLY PROGRESS



WEEK 3

MONDAY

30 mins aerobic cross training
+ strength & conditioning

TUESDAY

Progression run, 45 mins. 15mins easy,
15 mins steady, 15 mins threshold

WEDNESDAY

30 min recovery run, or aerobic cross training

THURSDAY

Easy/Steady run, 40 mins

FRIDAY

Rest

SATURDAY

Continuous hills, 45 mins total.
2 x 10mins effort with 2mins jog recovery

SUNDAY

Long run, 80 mins easy pace
on undulating route

NUTRITION TIP:

For runs longer than 60 minutes, take
an **EnergyGel** or **IsoGel** with you for
an instant energy boost

WEEKLY PROGRESS



WEEK 4

MONDAY

30 mins aerobic cross training
+ strength & conditioning

TUESDAY

Threshold run, 45mins total with
4 x 5 mins threshold with 2min jog

WEDNESDAY

30 min recovery run, or aerobic cross training

THURSDAY

40 min out and back run – run out steady
pace for 20 mins, turn back 2-3 mins faster

FRIDAY

Rest

SATURDAY

Continuous hills, 45 mins total.
4 x 6 min effort with 2mins jog recovery

SUNDAY

Long run, 90 mins easy pace
on undulating route

NUTRITION TIP:

After a tough session drink 400ml
Protein Recovery to repair your muscles

WEEKLY PROGRESS



WEEK 5

MONDAY

Rest

TUESDAY

Easy run, 30mins

WEDNESDAY

30 min recovery run, or aerobic cross training

THURSDAY

Easy run, 30mins

FRIDAY

Rest

SATURDAY

Parkrun or 5km TT

SUNDAY

Long run, 60 mins easy

NUTRITION TIP:

During an easier week like this one, focus on good quality meals

WEEKLY PROGRESS



WEEK 6

MONDAY

30-40 mins aerobic cross training + strength & conditioning

TUESDAY

Threshold run, 45 mins including 5 x 5mins threshold with 90s jog recovery

WEDNESDAY

40 min easy run, or aerobic cross training

THURSDAY

40 min out and back run – run out steady pace for 20 mins, turn back 2-3 mins faster

FRIDAY

Rest

SATURDAY

Continuous hills, 5 x 5mins effort with 90s jog recovery within a 50 min run

SUNDAY

Long run, 1hr 45 mins mins easy over an undulating route

NUTRITION TIP:

Check out our race day nutrition guide on page 12. Practise this on your long run

WEEKLY PROGRESS



WEEK 7

MONDAY

30-40 mins aerobic cross training + strength & conditioning

TUESDAY

Threshold session, 5 x 5mins threshold with 75s jog recovery

WEDNESDAY

40 min easy run, or aerobic cross training

THURSDAY

60 min progression run: 20 mins easy, 20mins steady, 20mins threshold

FRIDAY

Rest

SATURDAY

Continuous hills, 45-60 mins total. 3 x 10mins effort with 90s jog recovery

SUNDAY

Long run, 2 hours easy

NUTRITION TIP:

If you're taking gels on your run, use a **gel belt** to carry your gels

WEEKLY PROGRESS



WEEK 8

MONDAY

30-40 mins aerobic cross training + strength & conditioning

TUESDAY

Threshold session 5 x 6 mins threshold with 90s jog within a 60 min run

WEDNESDAY

40 min easy run, or aerobic cross training

THURSDAY

75 minutes including 2 x 10 mins @ threshold within final 30 mins

FRIDAY

Rest

SATURDAY

Continuous hills, 45-60 mins total. 3 x 12 mins effort with 90s jog recovery

SUNDAY

Long run – 2h15 all easy

NUTRITION TIP:

Caffeine can help you focus during a tough training session

WEEKLY PROGRESS



WEEK 9

MONDAY

30-40 mins aerobic cross training + strength & conditioning

TUESDAY

Threshold session 3 x 10 mins threshold 90-120s jog within a 60 min run

WEDNESDAY

40 min easy run, or aerobic cross training

THURSDAY

Threshold session, 75 min run with middle 60 mins as 10x 3mins @ threshold / 3mins @ steady continuous effort

FRIDAY

Rest

SATURDAY

45 min recovery run

SUNDAY

Long run, 90mins total. 30mins easy, 30mins steady, 30mins @ Half Marathon target PB pace

NUTRITION TIP:

20 minutes after exercise is the key period for recovery. Have your **Protein Recovery** drink as soon as you finish your run

WEEKLY PROGRESS



WEEK 10

MONDAY

Rest

TUESDAY

Recovery run, 40 mins total + conditioning work

WEDNESDAY

30 min recovery run

THURSDAY

Progression run of 10 mins easy, 10 steady, 10 threshold

FRIDAY

Rest

SATURDAY

Easy run, 20mins total

SUNDAY

HALF MARATHON @ pb pace + 15-20 min easy jog afterwards (warm down) OR 2 hour long run with the last 60 minutes @ marathon pace

NUTRITION TIP:

Use your half marathon as a chance to practise your race day nutrition strategy from breakfast to recovery afterwards

WEEKLY PROGRESS



WEEK 11

MONDAY

30-40 mins aerobic cross training or run + strength & conditioning

TUESDAY

45 min recovery run

WEDNESDAY

45 min easy run, or aerobic cross training

THURSDAY

Threshold session, 60-70 mins including 6 x 5mins threshold with 1 min jog recovery

FRIDAY

Rest

SATURDAY

45 min recovery run

SUNDAY

Long run, 2hrs 30 mins total. Last 45mins @ marathon pace

NUTRITION TIP:

"Muscle cramps are associated with dehydration and electrolyte deficits and muscle fatigue" American College of Sports Nutrition

WEEKLY PROGRESS



WEEK 12

MONDAY

30-40 mins aerobic cross training or run + strength & conditioning

TUESDAY

6 x 3 minutes alternating odd numbers @ threshold effort, even @ 5km effort with 90s jogged recovery

WEDNESDAY

45 min easy run, or aerobic cross training

THURSDAY

80 mins total inc. 3x 15mins @ Marathon Pace with 2-3 min jog inbetween

FRIDAY

Rest

SATURDAY

45 min recovery run

SUNDAY

Long run - 3h with final 60 mins @ MP

NUTRITION TIP:

Keep practising your race day nutrition strategy on long runs. You'll find it easier to follow on race day

WEEKLY PROGRESS



WEEK 13

MONDAY

30-40 mins aerobic cross training or run + strength & conditioning

TUESDAY

8 x 3 minutes alternating odd numbers @ threshold effort, even @ 5km effort with 90s jogged recovery

WEDNESDAY

45 min easy run, or aerobic cross training

THURSDAY

90 mins total inc. 3x 15mins MP with 2-3 min jog inbetween

FRIDAY

Rest

SATURDAY

Threshold run, 45mins total. 15mins easy, 15mins steady, 15mins threshold

SUNDAY

Long run, 2hrs 45 mins. Last 45mins @ marathon pace

NUTRITION TIP:

Keep practising your race day nutrition strategy on long runs. You'll find it easier to follow on race day

WEEKLY PROGRESS



WEEK 14

MONDAY

30 mins aerobic cross training or run + strength & conditioning

TUESDAY

5 mins @ threshold + 2 sets of 5 x 90 seconds @ 5km effort with 60s recovery between efforts, and 120s between sets

WEDNESDAY

40 min easy run, or aerobic cross training

THURSDAY

90 mins with final 30-40 mins @ MP

FRIDAY

Rest

SATURDAY

Threshold run, 45mins total. 6x 3mins threshold with 3mins steady

SUNDAY

Long run, 1h45 - 2h with the final 30 mins @ MP

NUTRITION TIP:

Keep practising your race day nutrition strategy on long runs. You'll find it easier to follow on race day

WEEKLY PROGRESS



WEEK 15

MONDAY

Rest

TUESDAY

30 min recovery run

WEDNESDAY

30 min recovery run

THURSDAY

Progression run: 15 min easy, 15 min @ MP, 15 min hard

FRIDAY

Rest

SATURDAY

5km parkrun or TT

SUNDAY

Long run, 75 min easy pace

NUTRITION TIP:

You should be feeling good now but don't forget to focus on quality foods inbetween your sessions

WEEKLY PROGRESS



WEEK 16

MONDAY

Rest

TUESDAY

30-40 mins run including 3x 5mins @ marathon pace with 2mins jog recovery

WEDNESDAY

30 min recovery run

THURSDAY

20 min recovery run

FRIDAY

Rest

SATURDAY

15 min easy run, + stretch

SUNDAY

MARATHON RACE DAY
Good Luck!!

NUTRITION TIP:

Carbo load in the days before the race.
[Find more info here](#)

WEEKLY PROGRESS



NOTES FOR BEGINNER PLAN

- Please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions
- If you are feeling OK you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above
- Always substitute cross training for running if you are injured, very sore or it is not safe to run

- Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time
- Try to stretch every day for at least 10 mins
- Always eat within 20-30 mins of finishing a run
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up and take extra rest if required...



GLOSSARY

The **Key Elements** for Endurance Running:

Rest (R) – To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload. **Remember:** on rest days, that is exactly what you should be doing!

Recovery Run (RR) – Training for endurance requires your body to work harder than it has ever done. To see improvement without breaking down, you'll need some recovery runs. These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the run. This will mean that you are running in the 60–65% range of your Maximum Heart Rate (MHR) and it should be no more than 45 minutes in duration. This allows your body to adapt to the training workload and therefore improve. It also helps with the removal of the waste products, which accumulate in your muscles after harder efforts.



GLOSSARY CONTINUED

Threshold Runs (THR) – After the long endurance runs, tempo runs are probably your most valuable workouts. You will find them slightly uncomfortable and they'll require concentration, but they are well worth the effort. As they're run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running efficiency and aerobic capacity (your body's ability to utilise oxygen). All this helps to improve your endurance performance.

Long Runs (LR) – Long runs are vital in your plan and key to racing well in long distance races from 5km – marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at 65% of MHR (conversational pace). Gradually this will build to 75% of MHR as you start to practice periods of marathon pace (MP) running. These runs

improve your muscular endurance and condition your body to burn fat as its primary fuel source. They also prepare you physically and mentally for the task ahead.

Continuous Hills/Kenyan Hills (CH) – Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5-10% gradient for 45-60 seconds at a steady-threshold effort. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of MHR and be able to utter just a word or two.

Fartlek (F) – This is a Swedish term that literally means “speed play”. It involves a number of bursts of effort over a variety of distances with a variable recovery. Originally the length of effort was based on the terrain, for example, pushing harder every time you came to a climb, no matter how long it was. But you can adapt it for your needs.

Interval Training (IT) – Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

Marathon Pace (MP) – Understanding the pace you are able to run your marathon is very important. Pace judgment is crucial to running your best marathon. Marathon Pace Practice, at about 75-80% of MHR, allows your body and mind to get used to what will be required on the big day, and builds endurance quickly.

Warming Up/Warmdown (WU) – When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement. It also allows your cardiovascular system to prepare. You should also jog easily for 10-15 mins after any hard work out. This reduces muscle soreness, flushes away lactic build up and will make

you feel better over the next few days.

Cross-Training (XT) – It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, aerobics, etc, otherwise you are more likely to pick up an annoying injury that will set back your training. But more experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Remember, though, that you are a runner, so just be careful not to make the cross-training, whether it is lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.



HIGH5'S MARATHON ADVANCED NUTRITION GUIDE

If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...

THE FUELLING FACTS

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should **carbo load** in the days leading up to your event and consume carbohydrate during the Marathon. Visit www.highfive.co.uk for more information on carbo loading.

DURING YOUR MARATHON

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

It might seem logical that the more gel you can consume, the better - but take care. You can consume (read swallow) a lot of gel, BUT your body can only absorb a maximum of 60g per hour (up to 75g if the gel contains caffeine). Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. **Taking 2 or 3 gels every hour** from the very start of your event is optimum and will mean that by mile 17, you should have a large stock of carbohydrate available for a strong finish.

RACE DAY BREAKFAST:

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of High5 **EnergySource** for additional carbs and to stay well hydrated. Take a High5 **EnergyBar** with you to eat on the way to your race.

DURING THE RUN

If you **weigh more than 55kg**: 15 minutes before the start take two **EnergyGel Plus** sachets (with caffeine) and drink 200 to 300ml of water or High5 **ZERO**.

If you **weigh less than 55kg**: 15 minutes before the start take two **EnergyGel** sachets (no caffeine) and drink 200 to 300ml of water or High5 **ZERO**.



DURING YOUR RUN: take one **EnergyGel Plus** sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet. If you are on-course for a long time, only use **EnergyGel Plus** (with caffeine) for the first 4 1/2 hours of running, then switch to standard **EnergyGel** (without caffeine) for the remainder of your run. Use a **Gel Belt** to carry your gels.

AFTER YOU FINISH:



Drink 400ml of **Protein Recovery** as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.

FLUIDS:

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes.

Individual **ZERO** tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. **ZERO** does not contain carbohydrate.

CAFFEINE NOTE:

If you have any medical condition including high blood pressure, if you are pregnant, breast feeding or under 18 years of age, **do not use caffeine**. If you are sensitive to caffeine and suffer any side effect, such as a higher than expected heart rate, discontinue use immediately. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.

KEY PRODUCTS

ENERGYSOURCE (2:1 FRUCTOSE)



Advanced sports drink mix

- Caffeine free
- 2:1 fructose carbohydrate with key electrolytes
- Great light taste

ENERGYGEL



A smooth gel with a dash of real fruit juice for a light taste

- Proven in the World's toughest competitions
- 23g of carbohydrate
- EnergyGel (without Caffeine); EnergyGel Plus (with 30mg caffeine)

ISOGEL



23g carbohydrate gel that's more like a drink than a gel. Can be taken without water

- Smooth, light & not too sweet
- A dash of real juice flavours for a light refreshing taste
- Proven in the World's toughest competitions
- IsoGel (without caffeine); IsoGel Plus (with 30mg caffeine)



ENERGYBAR



The healthy snack for training and racing

- Simple and complex carbs
- Fruit & grain
- Provides one of your 5-A-Day
- Great for race day breakfast

ZERO



The UK's leading zero cal electrolyte sports drink tab

- Contains electrolytes including sodium, magnesium & potassium
- Contains Vitamin C. Supporting a healthy immune system and contributing to the reduction of tiredness and fatigue
- Light & refreshing sports drink

PROTEIN RECOVERY



The ultimate post exercise drink mix with whey isolate

- The Pro's choice after exercise
- Contains the highest quality whey protein isolate
- Contains carbohydrate
- Mixes easily into water or milk

GREAT VALUE TRIAL PACK:

The High5 **Marathon Pack** provides you with enough sports nutrition for the full day of your marathon or half marathon and includes products for use before, during and after. It comes with a **FREE** run bottle and **3 FREE** gels.

This pack is intended to demonstrate what can be achieved using the latest generation nutrition products and a scientific strategy for your sport, distance and body weight, **and without the need to spend a lot of money!**

The pack is great value and contains an assortment of best-selling flavours. Available from all good running shops and online.



 **HIGH5 IS A UK COMPANY**



For beginner to pro

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