

Personalized Training Plan for - Copenhagen Marathon

Week 1 - 2020-02-03

68.70 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
3 Off Day, no running	4 Easy Day 10 km at 5:12 ~ 5:44 pace	5 Session: Repetition 4 km warmup 8 x 400m at 1:30/rep (3:44/km) pace with 400 m (jog) recovery 3 km cooldown	6 Easy Day 12 km at 5:12 ~ 5:44 pace	7 Off Day, no running	8 Session: Threshold, Repetition 3 km warmup 1 x 3 km at 4:20 pace 2 min (jog) recovery 4 x 200m at 0:45/rep (3:44/km) pace with 200 m (jog) recovery 1 x 3 km at 4:20 pace 2 min (jog) recovery 4 x 200m at 0:45/rep (3:44/km) pace with 200 m (jog) recovery 2 km cooldown	9 Session: Easy 1 x 19 km at 5:12 pace

Week 2 - 2020-02-10

68.55 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
10 Off Day, no running	11 Easy Day 8 km at 5:12 ~ 5:44 pace	12 Session: Repetition, Easy 3 km warmup 8 x 200m at 0:45/rep (3:44/km) pace with 200 m (jog) recovery 1 x 2 km at 5:12 pace 8 x 200m at 0:45/rep (3:44/km) pace with 200 m (jog) recovery 3 km cooldown	13 Easy Day 10 km at 5:12 ~ 5:44 pace	14 Off Day, no running	15 Session: Threshold 3 km warmup 2 x 3 km at 4:20 pace with 2 min (jog) recovery Finish w/ 4 x 20 second strides 3 km cooldown	16 Session: Easy 1 x 24 km at 5:12 pace

Gustav's 15 week Marathon Plan

Week 3 - 2020-02-17

76.26 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
17 Off Day, no running	18 Easy Day 9 km at 5:12 ~ 5:44 pace	19 Session: Interval 3 km warmup 6 x 3 min at 3:59 pace with 2 min (jog) recovery 3 km cooldown	20 Easy Day 10 km at 5:12 ~ 5:44 pace	21 Off Day, no running	22 Session: Easy, Marathon, Threshold 1 x 2 km at 5:12 pace 1 x 6 km at 4:36 pace 1 x 2 km at 4:20 pace 1 x 6 km at 4:36 pace 1 x 2 km at 5:12 pace (non-stop workout)	23 Session: Easy 1 x 27 km at 5:12 pace

Week 4 - 2020-02-24

76.53 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
24 Off Day, no running	25 Easy Day 13 km at 5:12 ~ 5:44 pace	26 Session: Easy 1 x 60 min at 5:12 pace Finish w/ 6 x 20 second strides	27 Easy Day 13 km at 5:12 ~ 5:44 pace	28 Off Day, no running	29 Session: Marathon 1 x 19 km at 4:36 pace	Mar 1 Session: Marathon, Threshold, Easy 2 km warmup 1 x 10 km at 4:36 pace 1 x 2 km at 4:20 pace 1 x 6 km at 5:12 pace

Week 5 - 2020-03-02

76.04 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
2 Off Day, no running	3 Easy Day 8 km at 5:12 ~ 5:44 pace	4 Session: Interval, Repetition 3 km warmup 4 x 800m at 3:11/rep (3:59/km) pace with 2 min (jog) recovery 4 x 200m at 0:45/rep (3:44/km) pace with 200 m (jog) recovery 2 km cooldown	5 Easy Day 10 km at 5:12 ~ 5:44 pace	6 Off Day, no running	7 Session: Threshold 3 km warmup 4 x 2 km at 4:20 pace with 2 min (jog) recovery Finish w/ 4 x 20 second strides 5 km cooldown	8 Session: Easy 1 x 30 km at 5:12 pace

Gustav's 15 week Marathon Plan

Week 6 - 2020-03-09

68.12 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
9 Off Day, no running	10 Easy Day 7 km at 5:12 ~ 5:44 pace	11 Session: Interval 3 km warmup 10 x 2 min at 3:59 pace with 1 min (jog) recovery 6 km cooldown	12 Easy Day 9 km at 5:12 ~ 5:44 pace	13 Off Day, no running	14 Session: Threshold 2 km warmup 1 x 5 km at 4:20 pace 3 min (jog) recovery 1 x 3 km at 4:20 pace Finish w/ 6 x 20 second strides 5 km cooldown	15 Session: Easy 1 x 21 km at 5:07 pace

Week 7 - 2020-03-16

84.49 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
16 Off Day, no running	17 Easy Day 12 km at 5:07 ~ 5:38 pace	18 Session: Interval 3 km warmup 7 x 3 min at 3:55 pace with 2 min (jog) recovery 6 km cooldown	19 Easy Day 13 km at 5:07 ~ 5:38 pace	20 Off Day, no running	21 Session: Threshold 3 km warmup 1 x 5 km at 4:15 pace Finish w/ 4 x 20 second strides 8 km cooldown	22 Session: Easy 1 x 27 km at 5:07 pace

Week 8 - 2020-03-23

76 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
23 Off Day, no running	24 Easy Day 10 km at 5:07 ~ 5:38 pace	25 Session: Easy, Threshold, Marathon 1 x 3 km at 5:07 pace 1 x 5 km at 4:15 pace 1 x 6 km at 4:31 pace Continuous	26 Easy Day 12 km at 5:07 ~ 5:38 pace	27 Off Day, no running	28 Session: Marathon 1 x 19 km at 4:31 pace	29 Session: Easy, Marathon 1 x 2 km at 5:07 pace 1 x 10 km at 4:31 pace 1 x 3 km at 5:07 pace 1 x 3 km at 4:31 pace 1 x 3 km at 5:07 pace

Gustav's 15 week Marathon Plan

Week 9 - 2020-03-30

85.39 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
30 Off Day, no running	31 Easy Day 11 km at 5:07 ~ 5:38 pace	Apr 1 Session: Interval, Repetition 3 km warmup 4 x 3 min at 3:55 pace with 2 min (jog) recovery 6 x 200m at 0:44/rep (3:40/km) pace with 200 m (jog) recovery 3 km cooldown	2 Easy Day 13 km at 5:07 ~ 5:38 pace	3 Off Day, no running	4 Session: Threshold 3 km warmup 5 x 2 km at 4:15 pace with 1 min (jog) recovery 3 km cooldown	5 Session: Easy 1 x 32 km at 5:07 pace

Week 10 - 2020-04-06

76.23 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6 Off Day, no running	7 Easy Day 8 km at 5:07 ~ 5:38 pace	8 Session: Interval 3 km warmup 5 x 4 min at 3:55 pace with 3 min (jog) recovery 6 km cooldown	9 Easy Day 10 km at 5:07 ~ 5:38 pace	10 Off Day, no running	11 Session: Easy, Marathon 1 x 2 km at 5:07 pace 1 x 19 km at 4:31 pace	12 Session: Easy 1 x 21 km at 5:07 pace

Week 11 - 2020-04-13

85.71 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
13 Off Day, no running	14 Easy Day 9 km at 5:07 ~ 5:38 pace	15 Session: Threshold 3 km warmup 3 x 3 km at 4:15 pace with 2 min (jog) recovery 3 km cooldown	16 Easy Day 12 km at 5:07 ~ 5:38 pace	17 Off Day, no running	18 Session: Easy, Marathon 1 x 5 km at 5:07 pace 1 x 6 km at 4:31 pace 1 x 5 km at 5:07 pace	19 Session: Easy 1 x 33 km at 5:07 pace

Gustav's 15 week Marathon Plan

Week 12 - 2020-04-20

85 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
20 Off Day, no running	21 Easy Day 9 km at 5:07 ~ 5:38 pace	22 Session: Easy 1 x 16 km at 5:07 pace	23 Easy Day 10 km at 5:07 ~ 5:38 pace	24 Off Day, no running	25 Session: Marathon 1 x 23 km at 4:31 pace	26 Session: Easy 1 x 27 km at 5:02 pace

Week 13 - 2020-04-27

68.42 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
27 Off Day, no running	28 Easy Day 6 km at 5:02 ~ 5:33 pace	29 Session: Interval 3 km warmup 8 x 2 min at 3:51 pace with 1 min (jog) recovery 3 km cooldown	30 Easy Day 7 km at 5:02 ~ 5:33 pace	May 1 Off Day, no running	2 Session: Easy, Marathon 1 x 3 km at 5:02 pace 1 x 19 km at 4:27 pace	3 Session: Easy 1 x 22 km at 5:02 pace

Week 14 - 2020-05-04

59.36 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
4 Off Day, no running	5 Easy Day 8 km at 5:02 ~ 5:33 pace	6 Session: Threshold 3 km warmup 2 x 3 km at 4:11 pace with 2 min (jog) recovery 4 km cooldown	7 Easy Day 10 km at 5:02 ~ 5:33 pace	8 Off Day, no running	9 Session: Easy 1 x 12 km at 5:12 pace Finish w/ 6 x 20 second strides	10 Session: Easy 1 x 16 km at 5:02 pace

Week 15 - 2020-05-11

73.92 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
11 Off Day, no running	12 Easy Day 10 km at 5:02 ~ 5:33 pace	13 Session: Threshold 3 km warmup 3 x 2 km at 4:11 pace with 2 min (jog) recovery 3 km cooldown	14 Easy Day 6 km at 5:02 ~ 5:33 pace	15 Off Day, no running	16 Easy Day 3 km at 5:02 ~ 5:33 pace	17 Race: Copenhagen Marathon 26.2 mi at 4:27 pace

Legend

Listed below you will find definitions for terms used in your schedule. These terms were coined by Dr. Jack Daniels to help define a given effort. This will help you better understand the purpose of each workout. The paces suggested for each scheduled workout are determined by considering information you've submitted in your profile. We've calculated your pace by using Jack's world famous VDOT formulas. If after reading these definitions you are not clear about any detail on your schedule please contact a Run SMART coach.

- 1. Easy running (E)** which includes warm-up, cool-down and recovery between faster bouts of work. You also use **E** intensity on long (L) runs. **E** running has a fair range of intensities from about 60 to 75% of maximum effort. In general, **E** running is running at a comfortable, conversational pace, which certainly may vary daily, depending on how you are feeling. You may be up to 20 seconds slower or faster than the specified pace on a given day.
- 2. Marathon-pace (M)** would be projected marathon pace, based on performances in other events. Based on ability and fitness, **M** ranges from about 76% to 85% of max effort. Even if not training for a marathon, it is often good to include some **M** runs in the program.
- 3. Threshold pace (T)** is comfortably hard running for either a steady 3-4 miles (or 5 to 6km) or repeated runs of 5 to 15 minutes each, with 1 to 3 minutes of rest between the runs. Intensity is to be 86-88% of max effort (a speed of running that you could maintain for about 1 hour in an all-out 1-hour race).
- Interval-pace (I) running or "hard" running. This is hard and at a pace that you could maintain for about 10-15 minutes in a serious race. **I** work bouts are best if they involve runs of 3 to 5 minutes each (800 to 1600m are typical), with jog recoveries of similar duration (not necessarily, equal distance); relative to the runs they follow. If a workout calls for "hard" runs, then go by feel and imagine 5k race pace, as the intensity of each run.
- 5. Rep-pace (R)** running is fast, but not necessarily "hard," because work bouts are relatively short and are followed by relatively long recovery bouts. Recoveries are to be long enough that each run feels no more difficult than the previous run, because the purpose of Reps is to improve speed and economy and you can not get faster (nor more economical) if you are not running relaxed. If it takes 3 minutes recovery between Rep 400s, then that is what is needed. Reducing rest time between individual work bouts does not make for a better workout, in fact it probably makes for a worse workout because the short rests could increase the stress and lead to poor economy. Think of **R** pace as similar to current 1500 or mile race pace.
- 6. Strides** are runs that last about 20seconds each and are run at a subjective feeling that approximates R-pace running. Take 30-60 seconds rest between strides, or enough time to feel light and quick on each stride. Strides are **not** meant to be "sprints."