

Gustav's 15 week Marathon Plan

Personalized Training Plan for - HC Andersen Marathon, Odense, Denmark

Week 1 - 2021-06-07

16 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
7 Off Day, no running	8 Off Day, no running	9 Off Day, no running	10 Off Day, no running	11 Off Day, no running	12 Off Day, no running	13 Session: Easy, Marathon 1 x 3 km at 4:57 pace 1 x 13 km at 4:22 pace Always practice M-pace on terrain similar to goal race course

Week 2 - 2021-06-14

76 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
14 Easy Day 6 km at 4:57 ~ 5:28 pace	15 Easy Day 10 km at 4:57 ~ 5:28 pace	16 Session: Easy, Threshold 1 x 8 km at 4:57 pace 1 x 3 km at 4:07 pace 1 x 2 km at 4:57 pace Continuous run	17 Easy Day 14 km at 4:57 ~ 5:28 pace	18 Off Day, no running	19 Easy Day 10 km at 4:57 ~ 5:28 pace	20 Session: Easy 1 x 23 km at 4:57 pace

Week 3 - 2021-06-21

67.60 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
21 Easy Day 5 km at 4:57 ~ 5:28 pace	22 Easy Day 8 km at 4:57 ~ 5:28 pace	23 Session: Repetition, Hills 2 km warmup 4 x 200m at 0:42/rep (3:32/km) pace with 200 m (jog) recovery 2 x 400m at 1:25/rep (3:32/km) pace with 400 m (jog) recovery 4 x 200m Hills	24 Easy Day 10 km at 4:57 ~ 5:28 pace	25 Off Day, no running	26 Easy Day 8 km at 4:57 ~ 5:28 pace	27 Session: Easy 1 x 28 km at 4:57 pace Pace must remain conversational throughout

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2 km cooldown

Week 4 - 2021-06-28

76.76 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
28 Easy Day 9 km at 4:57 ~ 5:28 pace	29 Easy Day 12 km at 4:57 ~ 5:28 pace	30 Session: Threshold, Interval 3 km warmup 2 x 2 km at 4:07 pace with 1.5 min (jog) recovery 4 x 800m at 3:02/rep (3:47/km) pace with 2 min (jog) recovery 3 km cooldown	Jul 1 Easy Day 14 km at 4:57 ~ 5:28 pace	2 Off Day, no running	3 Easy Day 12 km at 4:57 ~ 5:28 pace	4 Session: Threshold 3 km warmup 1 x 3 km at 4:07 pace 3 min (jog) recovery 1 x 2 km at 4:07 pace 2 min (jog) recovery 1 x 3 km at 4:07 pace 3 km cooldown

Week 5 - 2021-07-05

76.22 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
5 Easy Day 8 km at 4:57 ~ 5:28 pace	6 Easy Day 10 km at 4:57 ~ 5:28 pace	7 Session: Threshold, Repetition 3 km warmup 3 x 2 km at 4:07 pace with 1.5 min (jog) recovery 4 x 200m at 0:42/rep (3:32/km) pace with 200 m (jog) recovery 3 km cooldown	8 Easy Day 13 km at 4:57 ~ 5:28 pace	9 Off Day, no running	10 Easy Day 10 km at 4:57 ~ 5:28 pace	11 Session: Easy, Marathon 1 x 5 km at 4:57 pace 1 x 16 km at 4:22 pace Practice on terrain similar to your goal course

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Week 6 - 2021-07-12

85 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
12 Easy Day 10 km at 4:57 ~ 5:28 pace	13 Easy Day 13 km at 4:57 ~ 5:28 pace	14 Session: Easy, Threshold 1 x 8 km at 4:57 pace 1 x 5 km at 4:07 pace 1 x 2 km at 4:57 pace Continuous run	15 Easy Day 15 km at 4:57 ~ 5:28 pace	16 Off Day, no running	17 Easy Day 13 km at 4:57 ~ 5:28 pace	18 Session: Easy 1 x 19 km at 4:57 pace

Week 7 - 2021-07-19

85 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
19 Easy Day 7 km at 4:53 ~ 5:22 pace	20 Easy Day 10 km at 4:53 ~ 5:22 pace	21 Session: Repetition 3 km warmup 8 x 200m at 0:42/rep (3:32/km) pace with 200 m (jog) recovery 4 x 400m at 1:25/rep (3:32/km) pace with 400 m (jog) recovery 2 km cooldown	22 Easy Day 14 km at 4:53 ~ 5:22 pace	23 Off Day, no running	24 Easy Day 10 km at 4:53 ~ 5:22 pace	25 Session: Easy 1 x 33 km at 4:53 pace

Week 8 - 2021-07-26

76.23 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
26 Easy Day 9 km at 4:53 ~ 5:22 pace	27 Easy Day 11 km at 4:53 ~ 5:22 pace	28 Session: Threshold, Interval, Repetition 3 km warmup 2 x 2 km at 4:03 pace with 1.5 min (jog) recovery 4 x 500m at 1:52/rep (3:44/km) pace with 1 min (jog) recovery 4 x 200m at 0:42/rep (3:32/km) pace with 200 m (jog) recovery	29 Easy Day 13 km at 4:53 ~ 5:22 pace	30 Off Day, no running	31 Easy Day 11 km at 4:53 ~ 5:22 pace	Aug 1 Session: Easy, Threshold 1 x 10 km at 4:53 pace 1 x 5 km at 4:03 pace 3 min (jog) recovery 1 x 2 km at 4:53 pace

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3 km cooldown

Week 9 - 2021-08-02

84.82 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
2 Easy Day 6 km at 4:53 ~ 5:22 pace	3 Easy Day 11 km at 4:53 ~ 5:22 pace	4 Session: Threshold 3 km warmup 4 x 2 km at 4:03 pace with 1.5 min (jog) recovery 3 km cooldown	5 Easy Day 14 km at 4:53 ~ 5:22 pace	6 Off Day, no running	7 Easy Day 12 km at 4:53 ~ 5:22 pace	8 Session: Easy, Marathon 1 x 10 min at 4:53 pace 1 x 100 min at 4:22 pace 1 x 10 min at 4:53 pace Continuous; run on terrain similar to goal course

Week 10 - 2021-08-09

76 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
9 Easy Day 5 km at 4:53 ~ 5:22 pace	10 Easy Day 10 km at 4:53 ~ 5:22 pace	11 Session: Easy, Marathon, Threshold 1 x 2 km at 4:53 pace 1 x 6 km at 4:22 pace 1 x 2 km at 4:03 pace 1 x 6 km at 4:22 pace	12 Easy Day 12 km at 4:53 ~ 5:22 pace	13 Off Day, no running	14 Easy Day 10 km at 4:53 ~ 5:22 pace	15 Session: Easy, Threshold 1 x 18 km at 4:53 pace 1 x 3 km at 4:03 pace 1 x 2 km at 4:53 pace

Week 11 - 2021-08-16

85.20 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
16 Easy Day 6 km at 4:53 ~ 5:22 pace	17 Easy Day 11 km at 4:53 ~ 5:22 pace	18 Session: Repetition 3 km warmup 4 x 200m at 0:42/rep (3:32/km) pace with 200 m (jog) recovery 4 x 400m at 1:23/rep (3:27/km) pace with 400 m (jog) recovery 4 x 200m at 0:42/rep (3:32/km) pace	19 Easy Day 13 km at 4:53 ~ 5:22 pace	20 Off Day, no running	21 Easy Day 11 km at 4:53 ~ 5:22 pace	22 Session: Easy 1 x 33 km at 4:53 pace Practice fueling, maintain conversational pace throughout

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with 200 m (jog)
recovery
2 km cooldown

Week 12 - 2021-08-23

67.18 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
23 Easy Day 5 km at 4:53 ~ 5:22 pace	24 Easy Day 7 km at 4:53 ~ 5:22 pace	25 Session: Threshold, Interval, Repetition 2 km warmup 2 x 2 km at 4:03 pace with 1.5 min (jog) recovery 3 x 800m at 2:59/rep (3:44/km) pace with 2 min (jog) recovery 4 x 200m at 0:42/rep (3:32/km) pace with 200 m (jog) recovery 2 km cooldown	26 Easy Day 12 km at 4:53 ~ 5:22 pace	27 Off Day, no running	28 Easy Day 10 km at 4:53 ~ 5:22 pace	29 Session: Easy, Threshold 1 x 10 km at 4:53 pace 2 x 3 km at 4:03 pace with 2 min (jog) recovery 1 x 3 km at 4:53 pace Continuous run

Week 13 - 2021-08-30

84.17 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
30 Easy Day 8 km at 4:48 ~ 5:17 pace	31 Easy Day 10 km at 4:48 ~ 5:17 pace	Sep 1 Session: Threshold 3 km warmup 5 x 2 km at 4:03 pace with 1.5 min (jog) recovery 3 km cooldown	2 Easy Day 12 km at 4:48 ~ 5:17 pace	3 Off Day, no running	4 Easy Day 10 km at 4:48 ~ 5:17 pace	5 Session: Easy, Marathon 1 x 20 min at 4:48 pace 1 x 100 min at 4:22 pace

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Week 14 - 2021-09-06

76 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
6 Easy Day 8 km at 4:48 ~ 5:17 pace	7 Easy Day 10 km at 4:48 ~ 5:17 pace	8 Session: Easy, Threshold 1 x 10 km at 4:48 pace 1 x 5 km at 3:59 pace 1 x 2 km at 4:48 pace Continuous workout	9 Easy Day 12 km at 4:48 ~ 5:17 pace	10 Off Day, no running	11 Easy Day 10 km at 4:48 ~ 5:17 pace	12 Session: Easy 1 x 19 km at 4:48 pace

Week 15 - 2021-09-13

51.55 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
13 Off Day, no running	14 Easy Day 8 km at 4:48 ~ 5:17 pace	15 Session: Threshold 3 km warmup 3 x 2 km at 3:59 pace with 1.5 min (jog) recovery 2 km cooldown	16 Easy Day 11 km at 4:48 ~ 5:17 pace	17 Off Day, no running	18 Easy Day 8 km at 4:48 ~ 5:17 pace	19 Session: Easy 1 x 13 km at 4:48 pace

Week 16 - 2021-09-20

65.56 km

monday	tuesday	wednesday	thursday	friday	saturday	sunday
20 Off Day, no running	21 Easy Day 6 km at 4:48 ~ 5:17 pace	22 Session: Threshold 3 km warmup 2 x 2 km at 3:59 pace with 2 min (jog) recovery 2 km cooldown	23 Easy Day 5 km at 4:48 ~ 5:17 pace	24 Off Day, no running	25 Easy Day 3 km at 4:48 ~ 5:17 pace	26 Race: HC Andersen Marathon, Odense, Denmark Review race plan/pace on app.

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).
4. 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."