



TEAM VITALITY
**12-WEEK MARATHON
TRAINING PROGRAMME**



Introduction

At Team Vitality, we are always excited when you decide to take the bold step to run your first, best or most enjoyable marathon.

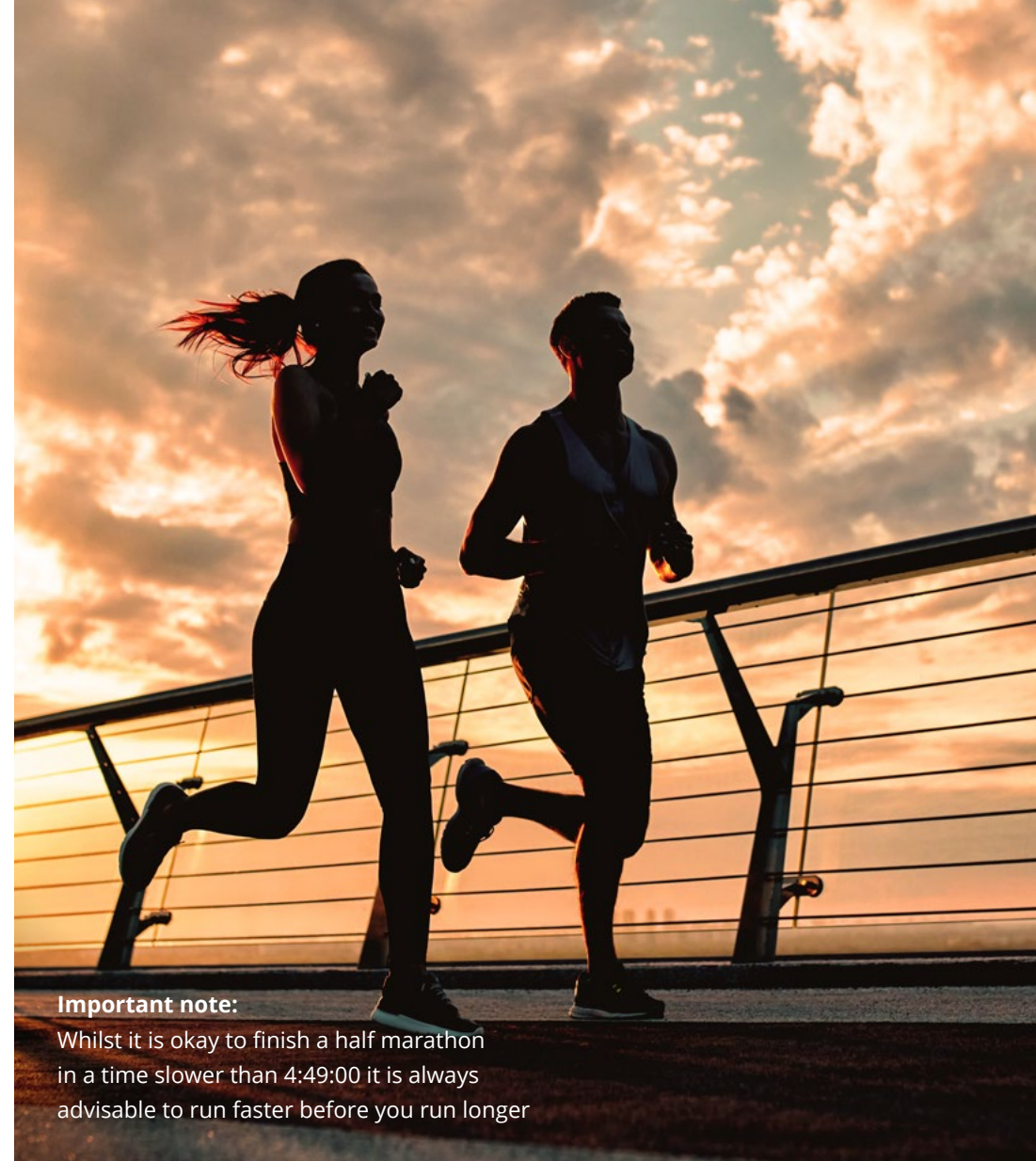
The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** The half marathon times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for race day
3. **Weekly training schedule**
4. **Cross-training:** Resource videos
5. **General notes**

1. Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners including those wanting to improve their marathon times and marathon novices. It is assumed that those using these guidelines have a running base of at least 30 km per week. It is not for those new to road running.

Half marathon target times leading up to your marathon	Marathon target
1:40:00 to 1:51:00	3:25:00 to 3:46:00
1:51:00 to 2:01:00	3:46:00 to 4:07:00
2:01:00 to 2:11:00	4:07:00 to 4:28:00
2:11:00 to 2:22:00	4:28:00 to 4:49:00



Important note:

Whilst it is okay to finish a half marathon in a time slower than 4:49:00 it is always advisable to run faster before you run longer

You need to have run a half marathon in the past two weeks based on the above targets. Using the above as an example, you should aim to run a half marathon in under 2 hours 22 minutes before you attempt to run a full marathon. If you feel you are not ready and have not run a half marathon yet, please check out our **8-week half marathon training programme**.

2. Training paces (mins/km)

Marathon target	Recovery pace	Comfortable pace	Race pace	Hills	Time trials	
					5 km	8 km or 10 km
3:25:00 to 3:46:00	5:32 to 6:02	5:12 to 5:42	4:52 to 5:22	4:52 to 5:22	4:05 to 4:36	4:17 to 4:47
3:46:00 to 4:07:00	6:02 to 6:32	5:42 to 6:12	5:22 to 5:52	5:22 to 5:52	4:36 to 5:05	4:47 to 5:17
4:07:00 to 4:28:00	6:32 to 7:02	6:12 to 6:42	5:52 to 6:22	5:52 to 6:22	5:05 to 5:36	5:17 to 5:47
4:28:00 to 4:49:00	7:02 to 7:32	6:42 to 7:12	6:22 to 6:52	6:22 to 6:52	5:36 to 6:05	5:47 to 6:17



3. Weekly training schedule:

Week No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	8 km comfortable pace	Strength or Cross-training	5 km time trial	REST	10 km comfortable pace	24 km comfortable pace	REST
2	8 km comfortable pace	Strength or Cross-training	5 km time trial	REST	12 km comfortable pace	21 km comfortable pace	REST
3	8 km comfortable pace	Strength or Cross-training	5 km time trial	REST	10 km comfortable pace	27 km comfortable pace	REST



Week No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
4	8 km comfortable pace	Strength or Cross-training	8 km 8k time trial/track	REST	14 km recovery pace	21 km race pace	REST
5	10km comfortable pace	Strength or Cross-training	8 km 8k time trial/track	REST	10 km comfortable pace	30 km comfortable pace	REST
6	10km comfortable pace	Strength or Cross-training	8 km 8k time trial/track	REST	14 km recovery pace	21 km race pace	REST
7	10km comfortable pace	Strength or Cross-training	8 km 8k time trial/track	REST	12 km comfortable pace	32km comfortable pace	REST

Week No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
8	8 km hill repeats	Leg strength	8 km time trial/track	STRENGTH OR CROSS-TRAINING	14 km comfortable pace	21 km comfortable pace	REST
9	8 km hill repeats	Leg strength	8 km time trial/track	STRENGTH OR CROSS-TRAINING	12 km recovery Pace	27 km race pace	REST
10	8 km hill repeats	Leg strength	8 km time trail/track	STRENGTH OR CROSS-TRAINING	14 km comfortable pace	21 km comfortable pace	REST
11	8 km hill repeats	Leg strength	8 km time trial/track	STRENGTH OR CROSS-TRAINING	8 km comfortable pace	24 km comfortable pace	REST
12	8 km comfortable pace	5 km to 8 km comfortable pace	REST	REST	REST	Walk/stretch	RACE DAY

4. Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.



In this programme, we've included the following resource videos to help you:

5. General notes

WEEKLY TRAINING

- Please use the programme as a guideline. It is ideal if you can stick to it. However, depending on your timetable, you can move things around. For example:
 - You can choose to rest on Day 3 and do your time trial on Day 4.
 - You can run your long runs on Day 7. If Day 7 is your preferred day, then do the shorter runs on Day 6.
 - Include a rest or recovery day after your race pace run.
- **Cross training:** Aim to do a full-body workout on most of your sessions
- **Hill repeats:** Try and find a hill of 300 m to 500 m long. Incline will always vary but try to find a hill with a challenging incline.
- **Leg Strength:** It is important do the leg strength sessions early in the week.



We will continuously work on providing you opportunities of engagement and these will include online or in-person workshops, training runs at our various Champ Zones and pacing at some of the Vitality Run Series events and other flagship races.

With the above, we hope to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

Team Vitality