



## Introduction to the adidas Marathon Training Plan

This training plan was developed for a race preparation period of **22 weeks**.

The different workout types suggested throughout the plan are based on **heart rate zones**. The zones are defined on the basis of a given **maximal heart rate of 180 beats per minute**. If you have a higher or lower maximal heart rate, please adjust the zones accordingly.

For best training results **stick as close to the training plan as possible** and do not run faster than suggested. Particularly the long slow run must indeed be run very slowly, so that the energy system needed for the marathon will be trained optimally. Preparing your body to burn fat for energy is best done by running at lower intensities – and this is the decisive factor in running a successful marathon.

Of course, the training plan is not carved in stone. If you do not feel up to par, or really can not fit a scheduled run into your day, try to reduce the distance or skip the workout.

It is advisable that you **keep track of your training efforts and results** during race preparation. This will allow you to analyse your improvement and to draw conclusions for your next challenge. Looking at your "diary" will also motivate you. This training plan offers space for entry of your basic workout results.

If you want to log your workouts more professionally, simply **download the adidas Running Organizer** (coming Feb/Mar 2005) from the adidas Running Website and install the tool on your desktop.

Last but not least, please be aware that any training plan that was not developed under exact knowledge of your very individual training level can only be a general supportive guideline. It can never be a guarantee for success. Make sure you **always heed the warning signals of your body**. If the workout load proves too difficult (or the preparation time of 22 weeks too short) you should not try to pull through at the price of your health.



## Workout types

The abbreviations may be used in some parts of the training plan, e.g. IT for Interval Training

**Slow Run (SR)**: Heart rate zone 115 – 130 bpm (if your maximal heart rate is 180 bpm). Not faster!

**Relaxed Run (RR)**: Heart rate zone 130 – 140 bpm

**Medium Slow Run (MSR)**: Heart rate zone 140 – 150 bpm

**Intensive Run (IR)**: Heart rate zone 150 – 160 bpm

**Faster Run (FR)**: Heart rate zone 160 – 170 bpm

**Interval Training (IT)**: Short, repetitive runs at a fast speed (e.g. 4 x 2 km at your 10 km race speed)

**Increased Intensity Runs (IIR)**: Distance of each IIR is about 100 m. Run the first 30 to 40 m increasing in speed, then 30 – 40 m sprint and finally the last 30 m slowing down.

**Marathon Speed (MS) = Your speed during the marathon**: For those in excellent condition this speed is about 20 – 30 sec/km slower than their max. 10 km race tempo. For newcomers it is up to 60 sec/km slower than their max. 10 km tempo (similar to the speed of the Medium Slow Run (m.SR).

**Race Time or Tempo (RT)**: Your maximum tempo. This is your 10 km race tempo (10 km RT).

**3 Test Races**: Test races are very important for marathon training. Especially for newcomers, who will need this race experience to be able to estimate their performance level. 10 Km races are especially important because the 10 Km RT influences some of the workout types.



# adidas Marathon Training Plan

Target time under 3:00 h

The following training plans should aim to make you faster by 10 km after the first two months  
Specific marathon training begins after the third month

A typical training week in the first month looks like this:

DAY	DEFAULT	NOTES	HEARTRATE		
			repose	Ø	max.
mo	12 km	relaxed run			
tue	interval training	8-10 x 600 m in 10 km-RT or 5-6 x 1000 m in 10 km-RT			
wed	10-12 km	relaxed run			
thu	15 km	with 8 km intensive run (ca. 30 sec/km slower than your 10km RT)			
fri	day off	or 45 min regenerating alternative training e.g. biking/swimming/skating			
sat	15 km	with 6 km faster run (ca. 15 sec/km slower than your 10 km RT)			
sun	24 km	slow run (ca. 5:00 min/km)			



A typical training week in the 2nd and 3rd month looks like this:

make you faster by 10 km after the		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mo	12-14 km	relaxed run				
tue	interval training	4-5x 1500 m in 10 km-RT or 3-4x 2000 m				
wed	10-12 km	relaxed run				
thu	16 km	with 10 km intensive run				
fri	day off	or 45 min regenerating alternative training e.g. biking/swimming/skating				
sat	15 km	with 7 km fast run				
sun	25-26 km	slow run				

When racing on Saturday, the Thursday session must be done on Wednesday. The Thursday should be taken off and on Friday a relaxed 8-12 km should be done. The long run on Sunday should stay the same.

When racing on Sunday, the training stays the same until and incl. Friday. Saturday should only consist of 8 -12 km relaxed run. The long, slow run can be dropped altogether or done on Thurs.

Whoever only has time for training 5 days a week should leave either the Monday or Wednesday session out.



### 10 weeks before the marathon

make you faster by 10 km after the		DEFAULT	NOTES	HEARTRATE		
	Min			repose	∅	max.
mo	10 km	relaxed run with 5 IIR				
tue	60 min.	relaxed run with 5 IIR				
wed						
thu	10 km	RT				
fri	5 km	easy run				
sat	18 km	relaxed run				
sun	01:30 h	easy regenerating biking				

### 9 weeks before the marathon

DAY		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mo	8 km	relaxed run				
tue	12 km	medium slow run				
wed						
thu	14 km	relaxed run with 5 IIR				
fri						
sat	28 km	slow run				
sun	60 min and 6 km	easy biking relaxed run				



### 8 weeks before the marathon

make you faster by 10 km after the		DEFAULT	NOTES	HEARTRATE		
	Min			repose	∅	max.
mo	10 km	slow run				
tue	15 km	relaxed run with 5 IIR				
wed	10-12 km	medium slow run				
thu	3x3 km in MS	2 km warm up, 2 km cool down (in between every 6 min jog)				
fri						
sat	13 km	fast run 3 km warm up, 3 km cool down				
sun	29 km	slow run				

### 7 weeks before the marathon

DAY		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mo	8 km	relaxed run with 4 IIR				
tue	3x3 km in halfMS	4 km warm up, 3 km cool down (in between every 6 min jog)				
wed	12 km	relaxed run with 4 IIR				
thu	15 km	intensive run 3 km warm up, 2 km cool down				
fri	6 km	fast run				
sat	12 km	medium slow run				
sun	30 km	25 km slow run 5 km intensive!				



### 6 weeks before the marathon

make you faster by 10 km after the		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mo	10 km	relaxed run				
tue	17 km	intensive run 3 km warm up, 2 km cool down				
wed						
thu	15 km	medium slow run				
fri	8 km	lite jog (5:30-6:00 min/km)				
sat	12 km	relaxed run				
sun	33 km	27 km slow run 6 km intensive run				

### 5 weeks before the marathon

DAY		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mo	6 km	lite jog				
tue	12 km	slow run				
wed	8 km	medium slow run				
thu	15 km	relaxed run				
fri	6 km	lite jog (5:30-6:00 min/km)				
sat	10 km	relaxed run				
sun	35 km	medium slow run ( 50 sec./km slower than 10 km tempo)				



#### 4 weeks before the marathon

make you faster by 10 km after the		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mo	10 km	relaxed run				
tue	2x5 km in halfMS	3 km warm up, 2 km cool down (in between 2 km jog)				
wed	8 km	slow run				
thu	12 km	relaxed run				
fri						
sat	8 km	slow run				
sun		20 km in the MS (4km warm up/5km cool down) or Halfmarathon (21,1 km)				

#### 3 weeks before the marathon

DAY		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mo	8 km	slow run				
tue	12 km	relaxed run				
wed						
thu	15 km	medium slow run				
fri						
sat	25 km	slow run				
sun	10 km	relaxed run				



### 2 weeks before the marathon

make you faster by 10 km after th		DEFAULT	NOTES	HEARTRATE		
	Min			repose	∅	max.
mo	8 km	slow run				
tue	12 km intensive run	3 km warm up 2 km cool down				
wed	12 km	relaxed run				
thu	15 km	medium slow run				
fri						
sat	2x5 km in MS	3 km warm up, 2 km cool down (in between 10 min jog)				
sun	12 km	slow run				

### last week before the marathon

DAY		DEFAULT	NOTES	HEARTRATE		
				repose	∅	max.
mon	10 km	relaxed run				
tue						
wed	5 km in MS	4 km warm up 5 km cool down				
thu	8 km	relaxed run with 5 IIR				
fri						
sat	6 km	slow run				
sun	<b>YOUR MARATHON</b>	<b>Good luck!</b>				