

COACHING SUGGESTIONS FOR ROAD RACING & THE MARATHON

Phase (One)	Base or Foundation Period (Building the Foundation of the House)
	These are the truly Aerobic Endurance events requiring enormous amounts of Aerobic Endurance and Aerobic Power
Mon	(am) 35'e (pm) Strength/CT(1) + 40'e
Tues	(am) 30'e (pm) Week (1) : 10'e + Stretching/Striding + 5 x 1600m/3'e walk rec + 15'e Week (2) : 10'e + Stretching/Striding + 20'e + 20'med + 5'e + 10'faster + 10'e Week (3) : 10'e + Stretching/Striding + 15 x 200m fast uphill strides/200m jog down recovery + 15'e Week (4) : 10'e + Stretching/Striding + 70'med
Wed	(am) 35'e (pm) 1hr:20'e/med
Thu	(am) 30'e (pm) Strength/CT(2) + 50'e
Fri	No training
Sat	Week (1) : 10'e + Stretching/Striding + 5 x 1000m/2'rec + 15'e Week (2) : 10'e + Stretching/Striding + 20 x 100m fast uphill strides/100m jog down recovery + 15'e Week (3) : 10'e + Stretching/Striding + 70'med Week (4) : 10'e + Stretching/Striding + 6 x 800m/3'e walk rec + 10'e
Sun	Week (1) : 3hrs:00'e/med over a Hilly Route Week (2) : 2hrs:30'e/med over a Hilly Route Week (3) : 2hrs:00'e/med over a Hilly Route Week (4) : No training
Total Mileage	Kms

Phase (Two)	Pre-Season Period (Build the walls of the House)
Mon	(am) 35'e (pm) Strength/CT(1) or CT(2) + 40'e
Tue	Week (1) : 10'e + Stretching/Striding + 40'hard Week (2) : 10'e + Stretching/Striding + 5 x 1600m/3'e walk rec + 15'e

	Week (3) : 10'e + Stretching/Striding + 20 x 100m fast uphill strides/100m jog down recovery + 15'e Week (4) : 10'e + Stretching/Striding + 8km Time Trial + 10'e
Wed	(am) 30'e (pm) 1hr:00'e
Thu	(am) 35'e (pm) 1hr:00'(15'e/ 35'hard /10'e)
Fri	No training
Sat	Week (1) : 10'e + Stretching/Striding + 21.1kms @ Marathon pace Week (2) : 10'e + Stretching/Striding + 15 x 400m/3'e walk rec + 15'e Week (3) : 10'e + Stretching/Striding + 70'med Week (4) : 10'e + Stretching/Striding + 4 x 1000m/5'e walk rec + 15'e
Sun	Week (1) : 3hrs:00'e/med over a Hilly Route Week (2) : 1hr:30'e/med over a Hilly Route Week (3) : 2hrs:00'e/med over a Hilly Route Week (4) : No training
Total Mileage	Kms

Period (Three)	Competition Period (Placing the Roof on the House)
	The Marathoner should consider running a 25km trial 10-12 days before the event.
Mon	Week (1) : 10'e + Stretching/Striding + 8km Time Trial + 10'e Week (2) : 10'e + Stretching/Striding + 5 x 1600m/3'e walk rec + 15'e Week (3) : 10'e + Stretching/Striding + 8km Time Trial + 10'e Week (4) : 10'e + Stretching/Striding + 15 x 400m/3'e walk rec + 15'e
Tue	45'e
Wed	35'e
Thu	30'e
Fri	No training
Sat	Race over 1500m/5000m/10,000m/Cross Country/the Road/ ½ - Marathon (the Road and the Marathon being the No. 1 events). 'Trio Training' : The Road runner/Marathoner must know his/her 1500m/5000m/10,000m speed ie speed/strength endurance and aerobic endurance
Sun	35'e

Total Mileage	Kms

Period (Four)	Recovery Period (Planning and Designing the next House)
	Post competition recovery is essential. Reclaiming the desire to train and race. This can be made up of slow runs, swimming, cycling, hiking, another type of sport but with adequate days of complete rest ie recharging the batteries. This recovery period can last between 2 to 3 to 4 weeks. 3 weeks is preferable.
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	
Total Mileage	Kms

Strength Training Component

Strength/Circuit Training (1)		
8 Exercises		
Squats		
Bench Press		
Leg Extension		
Sit-ups		
Leg Curl		
Back Raise		
Leg Raise		
Alt Leg Thrusts		

Strength/Circuit Training (2)		
8 Exercises		
Leg Press		
Press-ups		
Alt Dumb Bell Press		
Step-ups		

Lat Pull Down		
Sit-ups		
Back Raise		
Double Leg Thrusts		

Technical/Speed/Strength/Plyometrics Training (3)		
3 Exercises		
High Knees x 30m		
Butt Kicks x 30m		
High Knee Jumps x 30m		
Hopping R & L x 30m		
Hurdle Jumps x 8H's		
Standing Long Jump		
Standing Triple Jump		
Running Drills 30/30/30m		

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