

Feuille1

Wk	Mon	Wk	Tue	Wed	Thu	Fri	Su	Sunday	Sa	LR Saturd		
x48	x5		-	-	-	-		-		29/11/15		
			15 min walk/run easy or cross	15 min walk/run	rest	15 min walk/run or cross		10 min walk/run		06/12/15		
x47	x6		15 min walk/run or cross	18-20 min walk/run	rest	20-25 min walk/run or cross		x20min 2km jog		13/12/15		
x46	x7	2	x20 min walk/run 2km	3	x34:31 min walk/run	rest	2	12,12,12015 x24 min walk/run	5	20/12/15		
x45	x8	2		3	rest	3	2		5	27/12/15		
			x42 min walk/run 3km	3	x33 min w/jog 23,12,12015	pack	4	x41min, 24 min walk/run	5	03/01/16		
x43	x10	4	x60 min w/jog	4	x60 min w/jog	rest	4	some running	2	x18 min run	5	03/01/16
x42												
rest												
4Janu												
ary20												
16	x11	3	x36 min w/jog	4	x43: 16min walk/jog	rest	5	x53:58 min walk/jog	3	x33 min w/jog	6	10/01/16
x41=												
23												
(20k												
m jog												
+												
equiv												
3km :												
dbl												
wlk)	x12	4	x74 min walk 5km=2km jog + 2 km jogged (18:57)	3	x3km trot 09:00 per km + 3km marcher							
x40												
Slow												
(25												
my												
Plan												
vs 27												
-52W												
week												
Marat												
hon												
Plan)	xWee	4	x80 min walk/run + 2km PwrWalk	5	x5km in 51:55 + 2m PwrWalk	min.	5	x5km Walked = 2km run	9	24/01/16		
x39												
(52W												
kPln												
27km												
v 18)												
=9	Week	4	xTues (26,1,16) ; 51 min walk/run + 2km TrnWalk	5	xWed (27,1,16) x5km : 62 min + x2km TrnWalk +20 min, kneeWrk (Tendon Pain)	walk	0	Fridays : REST or maybe 30 min Easy walk (1km, pas plus!!)	Saturd ay = Rest Day (Tendo n Pain Monda y- Friday..)	0; NOW : Walk=3km/hr, Jog= 6 km/hr (so jogging = 10min/km+2m inuteWlk)	0	31/01/16

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x38: fr 26-11km v 28 (No Equ Wk 1 Wlk)	xTues = walk/jog (33.34 minutes: walk 1minute, jog 4 minutes ; pain 1st 2km)	0	xWed No3k Wlk/jog Tired-> 34 min Am wlk=2km	Thur 3km w/jog Tired = W34 min)	0	Friday = Resting Day : easy 30 minute walk =1km OR rest	0	xSunday = Lr Day : 8km in 1:31:22	8	07/02/16
p37 : fr 28-26km vs 28km them Week	Tues = walk/jog (45 minutes: walk 1minute, jog 4 minutes)	5	4km wlk/jog (44 min) + 2km TrnWlk (TrnWlk = Arms up, 20min/km!!)	4km wlk/j og (44 min) 3km wlk/j og (30 min) +	4	Friday = Resting Day : easy 30 minute walk =1km	10	Sunday = ActvRecovery Day; 36 min w/jog	0	14/02/16
pWk 36: 28km vs 30km Week	4km walk/jog	6	6km walk/jog	3km wlk/j og (30 min) +	3	Friday = Resting Day : easy 30 minute walk =1km	12	Sunday = ActvRecovery Day; 33 min w/jog	3	21/02/16
pWk. 35: 21km vs 32 them pWk 34: 30km vs 34km them	Wk.1 8m= 3 3km wlk/run + 3km TrnWlk	3	3km wlk/run + 3km TrnWlk	Wlk 4km walk/j g + 1km TrnW k	2	Friday = Resting Day : easy 30 minute walk =1km	13	Sunday = ActvRecovery Day : 2km=40 min TrnWlk	0	28/02/16
pWk 33 : Week 33km vs 35km them	4km walk/run + 1 km TrnWk	8	8km wlk/run + 1 km TrnWlk	35-40 min walk/ run or cross 35-40 min walk/ run + 3km Trn Wlk	4	Friday = Resting Day : easy 30 minute walk =1km	14	Sunday : 1km TrnWlk	0	06/03/16
pWk 32 : 24km vs 36,7 w21	25-30 min walk/run or cross	9	35-40 min walk/run	friday = Resting Day : easy 30 minute walk =1km	5	rest	15	Sunday = ActvRecovery 2km TrnWlk (40 min 3km/hr walk, arms up !!)	0	13/03/16
pWk 31 : 36km vs 40km W22	30-35 min walk/run + 3km TrnWlk	4	40-45 min walk/run + 3km TrnWlk	5Kwl k/jg Jg2+1 km TrnW lk	2	friday = Resting Day : easy 30 minute walk =1km	16	Sunday : 3km TrnWlk	0	20/03/16
	5km wlk/jog (jog 2km nonstop in 20 min) + 1km TrnWlk	9	9km Total wlk/jog (12-13 min/km) (jog 5km nonStop : 55 minutes)	Friday = Resting Day (JOG 5km of 17km LR tommorrow)	5		17	Sunday = ActvRecovery 2km TrnWlk (40 min 3km/hr walk, arms up !!)	0	27/03/16

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pWk# 30: 39km vs 40 w23	5	60 min walk/run	10	10km 12min/km walk/run	5km in 60 min 34 min	5	rest	14	Sunday = ActvRecovery : 5km wlk/jog + 1km TrnWlk	5	03/04/16
pWk# 29 30km vs 40	24	33-36 min jog + 2km TrnWlk (wlk 3km/hr)	3	60 min jog + 2km TrnWlk	5km jog + 2km Trn Wlk	3	2km TrnWlk (40 minutes slow walk, short strides!!)	19	Sunday = ActvRecovery 2km TrnWlk	0	10/04/16
pWk# 28 42km vs 41	25	50 min walk/jog	5	10km 10min/km walk/run	50 min wlk/j og	5	2km TrnWlk (40 minutes slow walk, short strides!!)	15	Sunday = ActvRecovery : 5km walk/jog	5	17/04/16
pWk2 7 46km vs 41 wk26	5	50 min walk/jog	5	10km 10min/km walk/run	50 min	5	2km TrnWlk (40 minutes slow walk, short strides!!)	21	Sunday = ActvRecovery 3km TrngWlk	0	24/04/16
pWk# 26: 32km myPla n v 40 wk27	5	5km + 2km TrnWlk (40 minutes slow walk, short strides!!) + cross train	7	7km + 2km TrnWlk (40 minutes slow walk, short strides!!)	5km + 2km Trn Wlk	5	rest cross	14	Sunday = ActvRecovery : 1km wlk/jog + 2km TrnWlk	1	01/05/16
pWk# 25 : 46km vs 40 wk28	5	5km + 2km TrnWlk	7	7km + 1km TrnWlk	5km+ 2km Trn Wlk	5	rest	23	Sunday = ActvRecovery 1km TrnWlk	0	08/05/16
pWk# 24 : 50km vs 40 wk29	6	6km wlk/jog + 2km TrnWlk 20-30 min walk/run or cross	12	40 min tired baseline run during 12 km wlk/jog + 2km TrnWlk	6km + 2km TrnW lk	6	2km TrnWlk (40 min slow wak!!)	13	Sunday = ActvRecovery : 3km wlk/jog + 2km TrnWlk	3	15/05/16
23 wk30	5		7	30-35 min run	rest		20 min run	25	rest	0	22/05/16
Wk 31 Se 22 5k 31:10= rest or 8km in 51 4km 10k 1:04: walk/j Half-Mara og Marathon		20-25 min walk/run or cross		30-40 min run	rest		20 min run		20-25 min walk/run ; Sunday, 29May =10min/km	0	29/05/16
21 wk32		20-25 min walk/run or cross		30-40 min run	rest		5km rested baseline		20-25 min walk/run	0	05/06/16
20 wk33	6	45-50 min walk/run or cross	7	50-55 min run	rest	7	45-55 min run or cross	27	30-35 min walk/run	0	12/06/16
19 wk34	5	30-45 min walk/run or cross	7	35-45 min run	rest	6	30-45 min run or cross	5	25-30 min walk/run	19	19/06/16

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18	wk35	6	45-50 min walk/run or cross	8	55-60 min run	rest	7	45-55 min run or cross	29	35-40 min walk/run	0	26/06/16
17	wk36		cross train 45-50 min walk/run or cross	9	65-75 min run	rest	8	60 min run	5	35-40 min walk/run	22	03/07/16
16	wk37	8		9	55-60 min run	rest	7	55-65 min run	6	35-40 min walk/run	18	10/07/16
Wk#1 5 rest week	wk38		55-65 min walk/run or cross		(1 st 5km in 30 minutes) 65-75 min run	rest		55-60 min run		35-40 min walk/run	22	17/07/16
14	wk39, 17h		45-50 min walk/run or cross	9	55-60 min run Goal: 5km avg 10km/hr =6min/km	rest		55-65 min run		35-45 min walk/run	17	24/07/16
13	40		55-65 min walk/run or cross		65-75 min run	rest		55-65 min run		35-45 min walk/run	23	31/07/16
12	41		45-50 min walk/run or cross	9	55-60 min run	rest		55-65 min run		35-45 min walk/run	26	07/08/16
11	42		45-50 min walk/run or cross		55-60 min run	rest	10	55-60 min run		35-45 min walk/run	17	14/08/16
10	Wk 43, 8		55-65 min walk/run or cross		70-80 min run	rest		55-65 min run		35-45 min walk/run	26	21/08/16
9	44		16-18 miles 55-65 min walk/run or cross		55-65 min run	rest		55-65 min run		35-45 min walk/run		28/08/16
8	Wk45, 30		45-50 min walk/run or cross		75-90 min run	rest		55-65 min run		35-45 min walk/run	30	04/09/16
7	46		45-50 min walk/run or cross		55-65 min run	rest		55-65 min run		35-45 min walk/run	23	11/09/16
6	Wk47, 5		45-50 min walk/run or cross	4	50-55 min run	rest	5	55-65 min run	0	35-45 min walk	36	18/09/16
Wk5	Week 48		45-50 min walk or cross		55-60 min run	rest	10	55-60 min run		35-45 min walk/run	17	25/09/16
4	WK49, 16		45-50 min walk/run Stop Strength Trng		55-65 min run	rest		55-65 min run		35-45 min walk/run	26	02/10/16
3	Week 50		45-50 min walk/run		30-45 min run	rest		40-50 min run		35-45 min walk/run	19	09/10/16
2	Wk#51		rest		20 min run (5:49/km)	20-30 min run		rest		rest	5	16/10/16

Feuille1

Wk1.
25
min
run
(abt
5km)

WK52 : (7

rest

20 min run (3-
4 km)

20-30
min
run

rest (easy
walk)

Rest (30 min
easy walk)

23/10/16

Feuille1

Total Plan Week

5

6

12 x7 5km (49:45)+7km marché 13,12,12015

15 x8 x50 min; ran 47:07 w/hills

17 x9 x50min, tgt was 9:30/km (47min)

19 x10 x47min w/hills

21 x11 x1hr16min =12min/km

20 x12 Week #12: x3km x1+x5=6km x3km x8km+1,5PwrWlk Total : 12miles=x20km Ends 17.1.1201

25 xWeek #13 : x5km x7km x5km x6miles=10 km , xTotal : 16miles=27km (25 run) ; 9km dans 1:38:

9 Week #14: Ch **NOW : Walk=3km/hr, Jog= 6 km/hr (so jogging = 10min/km+2minut**

Feuille1

52 wk C2Marathon Week 15 : LR : 7miles=11,7km Total :17miles=28,339km
11 (but 3min wk 1min jog)

23 Week 16 = Wk 15 (28,5km) ; Week #15: 3, 6,668, 3, 11,669

28 Week 17 (5, 7, 5, 13) Total : 17 (=30km)

Wk.18 : 5,8,5
8m=13,34km ; total:31,673
21

Week #19:
5,8,5, 9m=15km;
Total:33,34
30

Week #20 : 5, 10, 5
9miles
Total :
35,007
33

24 Wk#21 : 5, 10 LR +1mile/week Ir-> 10 miles. Then, LR every other weekend, +2 miles each Lr. +17 m

36 Wk#22 (goal=40-45km/wk 28Mar-23May) 5,13,5,17 tot : 24miles=40km

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39 Wk23 (5,10,5,20 =24kmiles) ; 17-30km, evRest		1.5 m run	3 m run	1.5 m run
30 wk24=wk23	Rest	1.5 m run	3 m run	1.5 m run
40 Wk25 = resting week !! (5,10,5,21 tot : 41)	Rest	2 m run	3 m run	1.5 m run
41 Wk26 = wk25 Short easy run or walk day a Rest		2 m run	3 m run	2 m run
32 Wk27 = wk28 (5,6,5, 14miles=23km)	Rest	2 m run	3 m run	2 m run
40 wk28 Total : 4 _{Max 50km per Week}	Rest	2 m run	3 m run	2 m run
40 Wk29 (5,10,5,12=20km ; Total : 40km)	Rest	2 m run	3 m run	2 m run
37 wk30	Rest	2 m run	3 m run	2.5 m run
Wk 31 Sept Goals: 1km=05:49/km, 5k 31:10=06:13/km, 8km in 51:13=06:24/km, 10k 1:04:58=06:29/km, Half-Marathon 2:23:06=06:47/km, 0 Marathon in 4:58:22=07:04/km	Rest	2 m run	3 m run	2.5 m run
0 wk32	Rest	3 m run	3 m run	3 m run
47 wk33	Rest	3 m run	3 m run	3 m run
42 wk34	Rest	3 m run	3 m run	3 m run

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50 wk35		Rest	3 m run	3 m run	3 m run
44 wk36		Rest	3 m run	4 m run	3 m run
48 wk37		Rest	3 m run	4 m run	3 m run
22 wk38		Rest	3 m run	5 m run	3 m run
26 wk39, 17km (harder last 30 minutes)		Rest	3 m run	5 m run	3 m run
23	40	Rest	3 m run	6 m run	3 m run
35	41	Rest	3 m run	6 m run	3 m run
27	42	Rest	3 m run	7 m run	4 m run
26 Wk 43, 8 min/116, 5, 7, 5		Rest	3 m run	7 m run	4 m run
0	44 17 ,5, hills, 5	Rest	4 m run	8 m run	4 m run
30 Wk45, 30km (	Wk17/24: 11 miles, 5km, 60 mins, 5km	Rest	4 m run	8 m run	5 m run
23	46 Week18/24:11 miles 5km, 5-6 miles 5km,	Rest	4 m run	9 m run	5 m run
50 WK47, 36km (	Wk19 12 miles 5km 5-6 Miles 5km	Rest	5 m run	9 m run	5 m run
	of 24WeekPlan : Wk20				
	12 miles				
	5km				
	7-8 Miles				
	5km				
27 Week 48		Rest	5 m run	10 m run	5 m run
	Wk 21				
	13 miles, 5k				
26 WK49, 16 mile	7-8 Miles, 5- The optimum (	Rest	5 m run	8 m run	4 m run
	16-18 Miles				
19 Week 50	Keep Maratho	7-8 Miles, 5	Rest	4 m run	6 m run
5 Wk#51	Keep MP Intensity !	Rest	3 m run	4 m run	2 m run

Wk24
13,336
5,
6,668, 5,
Marathon

0 WK52 : (7,5mi

6

:30+2km,31min (1,5km avec 7kg sac à dos)

teWalkBreaks)

iles, +3 miles every third week.

03/04/16

Feuille1

Rest	3.5 m run	35 min walk	10/04/16
Rest	3 m run	40 min walk	17/04/16
Rest	4 m run	30 min walk	24/04/16
Rest	3 m run	45 min walk	01/05/16
Rest	4.5 m run	30 min walk	08/05/16
Rest	3 m run	50 min walk	15/05/16
Rest	5 m run	30 min walk	22/05/16
Rest	3 m run	55 min walk	29/05/16
Rest	5.5 m run	30 min walk	05/06/16
Rest	3 m run	60 min walk	12/06/16
Rest	6 m run	30 min walk	19/06/16
Rest	6 m run	Cross	26/06/16

Feuille1

Rest	7 m run	Cross	03/07/16
Rest	5 m run	Cross	10/07/16
Rest	9 m run	Cross	17/07/16
Rest	10 m run	Cross	24/07/16
Rest	7 m run	Cross	31/07/16
Rest	12 m run	Cross	07/08/16
Rest	13 m run	Cross	14/08/16
Rest	10 m run	Cross	21/08/16
Rest	15 m run	Cross	28/08/16
Rest	16 m run	Cross	04/09/16
Rest	12 m run	Cross	11/09/16
Rest	18 m run	Cross	18/09/16
Rest	14 m run	Cross	25/09/16
Rest	20 m run	Cross	02/10/16
Rest	12 m run	Cross	09/10/16
Rest	8 m run	Cross	16/10/16
Rest	Rest	Marathon	23/10/16

