John Stanton
MARATHON TIPS THIS WEEK
Types of Running

There are various kinds of running that can be used for different purposes:

Long Runs: Long slow distance is the foundation of your training. Consistency and the progressive nature of the long slow run provide a gentle build-up of stamina and endurance. Steady runs below targeted race pace are used to develop and build strength.

Tempo Runs: High-quality run sessions improve your speed and pace judgment. Simulates race conditions in a condensed version.

Hills Repeats: Repeated sessions of running hard up and easy down a hill improves form, cardiovascular and muscular skeleton strength.

Fartlek: Change of pace runs of various distances of runners choosing to build determination, strength and speed. Teach the athlete to shift gears between training speed and race speed.

Speed Session: Run sessions run at 1 minute to a 1 ½ faster than race day pace. Provides a sense of running in a discomfort zone while maintaining form.

For extended advice and a full schedule visit us at www.runningroom.com

MARATHON (All distances in km)

<table>
<thead>
<tr>
<th>Week</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>29 LSD Run/Walk</td>
<td>Off</td>
<td>6 Tempo</td>
<td>9 Hills 11 km</td>
<td>10 Steady Run</td>
<td>Off</td>
<td>6 Steady Run</td>
</tr>
</tbody>
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Pace Guidelines
To Complete 4:00 6:22-7:11/km
To Complete 4:30 7:08-8:00/km

Average Pace for Run/Walk
5:26
6:09

HALF MARATHON (All distances in km)

<table>
<thead>
<tr>
<th>Week</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>16 LSD Run/Walk</td>
<td>Off</td>
<td>5 Tempo</td>
<td>8 Hills 6 km</td>
<td>7 Steady Run</td>
<td>Off</td>
<td>6 Steady Run</td>
</tr>
</tbody>
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Pace Guidelines
To Complete 2:00 6:34-7:23/km

Average Pace for Run/Walk
5:27

Run/Walk Interval = 10 minutes running, 1 minute walking
Hills are a distance of 600 meters