

**PRE CONDITIONING**

Important not to increase mileage too quickly, this phase is to build up strength & get into your routine.

**LONG**

The LONG run is the most important in this phase, build your week around it & pick a day with less commitments.

**TAPERING**

Lowering mileage building up to race day to avoid burnout. **NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS.**

**FRONT RUNNER MARATHON - 16 WEEK IMPROVER PLAN**

	MON	TUES	WED	THURS	FRI	SAT	SUN	
		SPEED	RECOVERY		TEMPO		LONG	TOTAL MILES
Week 1	REST	<5 Miles	4 Miles	REST	3 Miles	Parkrun (Optional)	6 Miles	18 Miles
Week 2	REST	<5 Miles	6 Miles	REST	3 Miles	Parkrun (Optional)	8 Miles	22 Miles
Week 3	REST	<5 Miles	7 Miles	REST	3 Miles	Parkrun (Optional)	10 Miles	25 Miles
Week 4	REST	<5 Miles	4 Miles	REST	3 Miles	Parkrun (Optional)	6 Miles	18 Miles
Week 5	REST	<5 Miles	9 Miles	REST	5 Miles	Parkrun (Optional)	12 Miles	31 Miles
Week 6	REST	<5 Miles	10 Miles	REST	5 Miles	Parkrun (Optional)	14 Miles	34 Miles
Week 7	REST	<5 Miles	12 Miles	REST	5 Miles	Parkrun (Optional)	16 Miles	38 Miles
Week 8	REST	<5 Miles	9 Miles	REST	5 Miles	Parkrun (Optional)	12 Miles	31 Miles
Week 9	REST	<5 Miles	13 Miles	REST	5 Miles	Parkrun (Optional)	18 Miles	41 Miles
Week 10	REST	<5 Miles	15 Miles	REST	5 Miles	Parkrun (Optional)	20 Miles	45 Miles
Week 11	REST	<5 Miles	16 Miles	REST	5 Miles	Parkrun (Optional)	22 Miles	48 Miles
Week 12	REST	<5 Miles	13 Miles	REST	5 Miles	Parkrun (Optional)	18 Miles	41 Miles
Week 13	REST	<5 Miles	18 Miles	REST	5 Miles	Parkrun (Optional)	24 Miles	52 Miles
Week 14	REST	4 Miles	12 Miles	REST	4 Miles	Parkrun (Optional)	16 Miles	36 Miles
Week 15	REST	4 Miles	6 Miles	REST	4 Miles	Parkrun (Optional)	8 Miles	22 Miles
Week 16	REST	4 Miles	REST	6 Miles	REST	REST	RACE DAY	

**NOTE:** Weeks 4, 8 & 12 are recovery weeks - lower mileage weeks to give your body a break & help avoid injury.

**SPEED** FAST – Ideally find a local track or similar course for fast intervals & recovery sets.

**TOP TIP #1 Hydration** – always keep a bottle of water or a sports drink with you.

**TOP TIP #2 Run in a group** – having others to chase will help to push yourself.

**LONG** Easy pace to build endurance – this run is all about time on your feet.

**TOP TIP #1 STAY HYDRATED & PRACTICE USING ENERGY GELS/ BARS/CHEWS** – consume before start & every 30 minutes after start.

**TOP TIP #2 TRY OUT DIFFERENT ROUTES** – will help prevent boredom & make the run more enjoyable.

**RECOVERY** SLOW – light jogging to loosen the legs – pace is not important.

**TOP TIP #1 STAY LOCAL** – avoid out & back routes in case you need to stop.

**TOP TIP #2 AIM IS TO RECOVER** – if something hurts, don't be a hero, rest up!

**PARK RUN** Free 5k timed run every Saturday 9am in different locations:

Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain