

07



# MARATHON TRAINING

Bio-Synergys comprehensive guide to and training regime for marathon runners. Written by Kim Ingleby BSc(Hons) Founder of Energised Performance, GB Sports Therapist, NLP Coach & IFS Personal Trainer of the Year

[BIO-SYNERGY.UK](http://BIO-SYNERGY.UK)

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# MARATHONS

Running 26.2 miles is a long way yet, with some good advance planning, commitment, focus and self belief it's totally possible and one of the most rewarding physical challenges you can do.

The London Marathon is one of the biggest and most popular marathons in the World, attracting many first time runners. The support is amazing with crowds lining the streets all the way, and always someone beside you to keep you going. Often you will find yourself running next to a giant bear or man in a sumo suit, hundreds of charity runners and then those speedy club runners – plus of course, the odd celebrity dotted amongst everyone else.

Yet there are many races throughout the UK, and abroad, from small local races through country lanes to bigger races like New York City. These all require early entry, and are often against a ballot, or through a charity place.

So take a little bit of time to look up a few marathons, and get entered up for your very first marathon





# PRODUCTS

**Bio-Synergy Beta Performance HMB** is an effective performance product. Each high strength capsule contains 100 percent betahydroxy- methylbutyrate to maximise your workout and recovery. Beta-hydroxy-methylbutyrate is a metabolite of the essential amino acid leucine and is synthesised in the human body. Its part in protein synthesis was discovered by Steven L. Nissen at Iowa State University. Each tub provides 125 high strength 500mg capsules. The ingredients in Bio-Synergy Beta Performance have been subject to numerous studies the most notable of which, is that by Nissen et al in the 1990s which concluded that the ingredients may assist increases in lean muscle and VO2 max.

**Bio-Synergy Performance l-glutamine** is an effective performance product designed for any taking part in regular exercises based around strength, hypertrophy, endurance and athletic performance. Each tub provides 90,1000mg high strength capsules. Glutamine is well documented in research to be beneficial for anyone exercising regularly. Glutamine reduces the risk of overtraining as well as supporting your natural immune defences.

**Bio-Synergy Performance Joint formula** is an effective performance product. Each high strength capsule contains key nutrients to joint health and flexibility. Each tub provides 90,1000mg high strength capsules. Whether you are bodybuilding, running a marathon or training for a triathlon protecting your joints is vital to staying injury free and getting the most from the hours you put in.

As you may know, beetroot has become famous for its performance enhancing benefits, especially for endurance athletes. But who actually enjoys drinking litres of beetroot juice? Not us. So, we created our own encapsulated supplement to give you an easy, convenient and concentrated shot of beetroot. Ideal as a pre workout supplement, Power Beet® provides a rich source of nitrates, which expand blood vessels and improve the flow of oxygen to the muscles. This helps them perform better for longer, and then assists with recovery after your longer training sessions or races.



# WEEK 1

	Get you round	Gym Fit (you attend a gym regularly but don't run)	4 hours	3.30-4hrs	Under 3 hours
<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	Run for 8 minutes and walk for 2 minutes for a total of 30 minutes.  Change that ratio of 4 to 2 if it is too hard.	We need to build up running time.  Run in chatter zone for 10 mins then ease back to fast walk for 1 min.  Repeat.  Try running in chatter zone for 12 mins and walk fast for 4 mins.	Warm up for 10 minutes.  Then 2 minutes fast 2 minutes slow.  Repeat 5/6 times	Warm up for 10 minutes. Run 2 minutes fast then 2 minutes slow. Repeat 8 times.  Cool down run and stretch.	Warm up for 10 minutes. Run 2 minutes fast 2 minutes slow.  Repeat 8/10 times.  Long cool down
<b>Wed</b>	Rest	Rest	Rest	Steady 4-5 mile run	Steady 5-6 mile run
<b>Thurs</b>	Repeat Tuesday.  Take a friend with you.	Repeat Tuesday	10 minute warm up. Then 800 metres (should take about 4 minutes) x 3 with 2 minutes rest. Do it at your half marathon pace. Then a 10 minute cool down	Warm up. Then 800 metres at your marathon pace x 4 with 90 second rest.  Cool down	Warm up. Then 800 metres at marathon pace x 4/5 with 1 minute rest.  Cool down
<b>Fri</b>	Rest	Rest	Rest	Easy 4 mile run	Easy 4 mile run
<b>Sat</b>	Choose a route on soft ground and walk fast for 20 minutes.	Choose a route on soft ground and jog/walk for 25 minutes.	35 minute run	4 mile run	5 mile run
<b>Sun</b>	Soft ground Walk and run for 30 minutes Try running for 8 minutes and walking for 1 minute.	Soft ground Walk run for 40-45 minutes. Try as much as possible in chatter zone	10 miles	10 miles	10 miles Try to increase the pace for the middle 4 miles

# WEEK 2

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	Easy 30 minutes walk and run.  Make sure the walking is brisk.	10 min warm up in chatter zone.  Find a long hill and run slowly up (still in chatter zone) then walk down, repeat 4 times.  Warm down for 10 mins by fast walk or walk/jog.	Warm up. Find a long hill that you can run up for at least 40 seconds, your recovery is the gentle jog down. Repeat 6 times. Cool down	Warm up. Find a long hill that you can run up for 40 seconds, your recovery is jog down. Repeat 7/8 times. Cool down	Warm up. Run up long hill fast for 40 seconds, your recovery is jog down. Repeat 8 times. Cool down
<b>Wed</b>	Rest	Rest	Rest	Easy 4 miles	Steady 4 miles
<b>Thur</b>	Walk and run for 20 minutes	Warm up then chatter zone for 8 minutes but try speeding up to puff zone for 1 min Repeat Fast walk of 5-6 mins to cool down	Warm up then 800 ( 4 mins) metres x 4 Cool down & stretch	Warm up then 800 (3 mins)metres x 5 with 90 second rest Cool down & stretch	Warm up 800 metres ( 2.50 mins) x 5/6 Cool down & stretch
<b>Fri</b>	Rest	Rest	Rest	3 miles or rest	4 miles
<b>Sat</b>	Walk /run for 25 minutes.	Run in chatter zone for 35 mins.	35 minutes	4 miles	5 miles
<b>Sun</b>	Walk/run for 40 minutes.	Run in chatter zone, or walk/run for 50 mins.	10/11 miles	10/11 miles steady	12 miles

# WEEK 3

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	Today you are going to be out for 35 minutes. Warm up. Run for 8 minutes and walk for 2 minutes.	Warm up. 9 minutes in the chatter zone and 1 min walk. Repeat	Warm up. 6 minutes brisk (pant zone) with 3 minutes recovery/slow jog. Cool down & stretch.	Warm up. 6 minutes brisk ( pant zone) with 3 minutes recovery/slow jog x 2. Cool down & stretch	Warm up. 6 minutes brisk with 3 minutes slow jog x 4/5.  Cool down and stretch
<b>Wed</b>	Rest	Rest. Or swim/cycle	Rest or cycle	Easy 4 miles in chatter zone	4 miles in chatter zone
<b>Thurs</b>	Repeat Tuesday	Repeat Tuesday	Warm up. 800 metres or 4 minutes at marathon pace with 2 minutes rest x 4. Cool down	Warm up. 800 metres with 90 seconds recovery x 6. Cool down	Warm up. 800 metres with 1 minute recovery x 6. Cool down
<b>Fri</b>	Rest	Rest	Rest	Rest	Rest or easy 5 miles
<b>Sat</b>	Walk and run for 30 minutes. You choose the ratio of running to walking	Warm up. 30 minutes in chatter zone	Warm up. 3-4 miles at an easy pace, (chatter zone) so about 30 minutes.	Warm up. Steady 4/5 miles.	Warm up. 5 miles
<b>Sun</b>	Today may feel hard as this has been a tough week but try to run more than you walk for 44/50 minutes. Well done!	Warm up. Speed walking 10 minutes then 50-60 minutes chatter zone running.	Warm up. Then 11/12 miles. You will be running for about 1hr 30.	Warm up. Then 12/13 miles.	Warm up. Then 14 miles at a steady pace.

# WEEK 4

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	Easy 30 minutes walking and running.	Hills build strong legs! Warm up. Find a steep hill - run up (pant zone) and walk down x 4.	Find a short but steep hill. Run up then jog down x 3 then recover for 2 minutes & repeat.	Find a short but steep hill. Run up and use down as recovery x 4. Repeat. Cool down.	Find a short but steep hill. Run up and use down as recovery x 4. Repeat. Cool down.
<b>Wed</b>	Rest	Rest	Rest	Rest	Easy 3-4 miles
<b>Thurs</b>	20 minutes walking & running.	Warm up. Jog for 10 mins, 2 mins in gasp zone then 1 min recovery x 4. Cool with brisk walk.	Warm up. 3 minutes at marathon pace with 2 minutes rest x 4. 10 min cool down.	Warm up. 400 metres in gasp zone with 1 min recovery x 4. Cool down.	Warm up. 400 metres in gasp zone with 1 min recovery x 5. Cool down
<b>Fri</b>	Rest	Rest	Rest	Rest	Easy 4 miles
<b>Sat</b>	Brisk 30 minute walk	Run for 30 mins in chatter zone	3-4miles	4 miles	5 miles
<b>Sun</b>	40 minutes walking and running.	Run for 70-90 mins in chatter zone.	10 miles or an hour and a half easy pace run in chatter zone	10 miles	10 miles

# WEEK 5

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tue</b>	Steady run in puff zone for 8 minutes, walk for 2 minutes. Then run for another 8 minutes in puff zone, with 1 min in pant zone and walk for 2 mins. Cool down 10 mins	Warm up. 2 mins in puff zone, 2 mins in chatter zone x 3.  10 mins jog/walk.	10 minutes warm up. 2 minutes fast 2 minutes slow x 5, followed by 3 minutes fast 3 minutes slow x 2. Cool down and stretch.	10 minutes warm up. 2 minutes fast 2 minutes slow x 6, followed by 3 minutes fast 3 minutes slow x 2. Cool down and stretch.	10 minutes warm up. 2 minutes fast 2 minutes slow x 7, followed by 3 minutes fast 3 minutes slow x 3. Cool down and stretch
<b>Wed</b>	Rest	Easy 40 min run or cycle	Steady 4/5 miles.	Steady 4/5 miles.	Steady 5/6 miles.
<b>Thurs</b>	Repeat Tuesday but try to only walk for 1 minute.	Repeat Tuesday	Warm up for 10 minutes. 800 metres or 4 minutes at half marathon pace with 90 second rest. Repeat 4 times.	Warm up for 10 minutes. 800 metres or 3 minutes at half marathon pace with 1 minute rest. Repeat 4 times.	Warm up for 10 minutes. 800 metres or 3 minutes at half marathon pace with 1 minute rest. Repeat 6 times.
<b>Fri</b>	Rest	Rest	Rest	Rest	Easy 4 miles
<b>Sat</b>	25 minutes walking/running.	Chatter zone for 40 mins	3/4 miles	4 miles	5 miles
<b>Sun</b>	65/70 minutes walking and running.	90 mins at chatter zone or puff pace.	13 miles, you will be running for nearly 2 hours.	13 miles. Run this at marathon pace for the middle 7 miles.	13 miles. Try picking up the pace after 3 miles for 2 miles then relax for 1 mile then up the pace again for 2 miles.

# WEEK 6

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	Walk/Run for 50 minutes. Again keep to the ratio of running for 8 minutes, walking for 2 minutes.	Warm up. Find a 1K loop and run it in the puff zone. Rest for 3 mins. Repeat. Warm down at chatter zone pace for 10 mins.	Find a 1km loop and after a 10 minute warm up run it 4 times or with a partner run the loop separately so that you meet in the middle of the loop then jog back to beginning. Repeat 4 times.	Find a 1km loop and after a 10 minute warm up run it 4 times or with a partner run the loop separately so that you meet in the middle of the loop then jog back to beginning. Repeat 4 times.	Find a 1km loop and after a 10 minute warm up run it 5 times or with a partner run the loop separately so that you meet in the middle of the loop then run back to beginning. Repeat 4 times.
<b>Wed</b>	Rest	Rest	Steady 4/5 miles.	Steady 4/5 miles.	Steady 5 miles.
<b>Thurs</b>	Jog gently for 10 minutes then try running fast for 3 minutes. Walk for 3 minutes and repeat twice Don't forget to stretch after every session	Warm up. Run in pant zone for 5 mins and recover for 2 mins x 3. Warm down.	Warm up. 5 minutes brisk running in pant zone with 90 seconds rest x 5.	Warm up. 5 minutes brisk running in pant zone with 90 seconds rest x 5.	Warm up. 3 minutes briskly with 90 seconds rest x 7.
<b>Friday</b>	Rest	Rest	Rest	Rest	3-4 miles
<b>Sat</b>	Run for 25 minutes even if you are racing tomorrow.	Run for 50-60 mins in chatter zone.	6 miles. Run at marathon pace.	5/6 miles. Run at marathon pace.	6 miles. Run at marathon pace.
<b>Sun</b>	80 minutes or a 10km race. Pace doesn't matter but run more than walk.	Run at marathon pace for 100 mins over mixed terrain.	15 miles. Run at just below marathon pace.	15 miles. Run at just below marathon pace.	15 miles. Run at just below marathon pace.

# WEEK 7

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	50 minutes of running & walking in ratio of 8 minutes to 1 minute. Use hills if possible.	Those hills again to strengthen legs! Run up a long hill in puff zone and recover by walking down and resting at bottom x 6.	Warm up. Find a long hill, run up to top, jog recovery x 4. Then sprint up for 10 seconds and jog back x 5. Cool down.	Warm up. Find a long hill run up to top, jog recovery x 5. Then sprint up for 10 seconds jog back x 6. Cool down.	Warm up. Find a long hill run up to top, jog recovery x 6. Then sprint up for 10 seconds jog back x 6. Cool down.
<b>Wed</b>	30 minutes very slow running.	Chatter zone run for 40 minutes.	Easy 4 mile run.	Easy 4 mile run.	Easy 4 mile run.
<b>Thurs</b>	60 minutes walking & running	70 minutes. Run for 10 mins in chatter zone, then run 3 mins in puff zone, 4 mins in chatter zone. Warm down	5 mile run, warm up for 10 minutes then 3 minutes fast 3 minutes slow. Repeat throughout run.	5 mile run, warm up for 10 minutes then 3 minutes fast 3 minutes slow. Repeat throughout run.	5/6 mile run, warm up for 10 minutes then 3 minutes fast 3 minutes slow. Repeat throughout run
<b>Fri</b>	Rest	Rest	Rest	Rest	Easy 3 mile run
<b>Sat</b>	25 minutes	60-70 mins at marathon pace.	7 miles marathon pace.	7 miles marathon pace.	7 miles marathon pace.
<b>Sun</b>	100 minutes using the ratio of 8 minutes running to 1 minute walking.	2 hours run In chatter zone.	14/15 miles. In the middle of the run try speed bursts for 30 seconds.	15 miles. Warm up for 2 miles then every mile after that try a speed burst lasting for 20-30 seconds.	15 miles. Warm up for 2 miles then every mile after that try a speed burst lasting for 1 minute.

# WEEK 8

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	50 minutes	60 mins in chatter zone.	Easy 5 mile run.	Easy 5 mile run.	5 mile run at ½ marathon pace.
<b>Wed</b>	30 minutes	4 miles in chatter zone.	Steady 4/5 mile run.	Steady 4/5 mile run.	Steady 4/5 mile run.
<b>Thurs</b>	65 minutes at marathon pace.	Warm up. 4 mins at marathon pace and 2 mins recovery x 3-4. Cool down	Warm up then 5 minutes at marathon pace with 90 seconds recovery x 4.	Warm up then 4 minutes at marathon pace with 90 seconds recovery x 5.	Warm up then 3 minutes at marathon pace with 90 seconds recovery x 6.
<b>Fri</b>	Rest	Rest	Rest	Rest	Easy 5 mile run
<b>Sat</b>	25 minutes.	4 miles or 40 mins at marathon pace.	4 miles at marathon pace.	4 miles at marathon pace.	5 miles at marathon pace.
<b>Sun</b>	50 minutes	A half marathon race or 90 mins at marathon pace.	12/13 mile run at marathon pace.	13 mile run at marathon pace.	13 mile run at marathon pace.

# WEEK 9

<b>Monday</b>	Rest	Rest	Rest	Rest	Rest
<b>Tuesday</b>	70 minutes in chatter zone.	Warm up Find a loop that takes about 5 mins e.g. a football pitch. Run loop in pant zone then rest 2 mins x 4. Cool down.	Warm up. Find a loop that takes about 5 minutes. Run the loop in pant zone, rest for 2 minutes x 5. Cool down run.	Warm up. Find a loop that takes about 5 minutes. Run the loop very briskly, rest for 2 minutes x 5. Cool down run.	Warm up. Find a loop that takes about 5 minutes. Run the loop very briskly, rest for 2 minutes, x 7. Cool down run.
<b>Wed</b>	30 minutes in chatter zone.	Easy 4miles	Easy 4/5 mile run.	Easy 4/5 mile run.	Easy 6 mile run.
<b>Thurs</b>	60 minutes with some it in puff pace.	Warm up Find an "out and back" course. Run out for 20 mins turn round and try to run back faster.	Warm up. Find an "out and back" course. Run fast for 2 miles, turn round and run back faster.	Warm up. Find an "out and back" course. Run fast for 3 miles, turn round and run back faster.	Warm up. Find an out and back course. Run fast for 3/4 miles, turn round and run back faster.
<b>Fri</b>	Rest	Rest	Rest	3/4 miles	4/5 miles
<b>Sat</b>	40 minutes	6 miles so 70 mins	7 miles	7 miles	7 miles
<b>Sun</b>	You are going to be out for 2 hours 10 minutes or a half marathon.	2 hours 20-30 mins on your feet so remember a drink.	17 miles	17/18 miles	18 miles

# WEEK 10

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	80 minutes. Try to run in puff zone for 30 seconds every so often.	90 min run try 2 mins at puff pace two mins slow then 3 mins at puff pace 3 mins slow 4 mins at puff pace 4 mins slow repeat 2, 3 mins Cool down	Warm up. Pyramid of 2 minutes fast, 2 slow, 3 fast 3 slow up to 4 minutes. Come down 4 fast 3 slow. Stretch.	Warm up. Pyramid of 2 minutes fast, 2 slow, 3 fast 3 slow up to 4 minutes. Come down 4 fast 3 slow. Stretch.	Warm up. Pyramid of 2 minutes fast, 2 slow, 3 fast 3 slow up to 5 minutes. Come down 5 fast 4 slow. Stretch.
<b>Wed</b>	30	Easy 40 mins	Easy 4 miles	Easy 4 miles	Easy 5 miles
<b>Thurs</b>	75mins in chatter zone.	Warm up 10 mins Run 3 mins @ marathon pace Repeat 6 times	Warm up. 800 metres or 4 minutes at marathon pace with 90 second rest x 7.	Warm up. 800 metres or 4 minutes at marathon pace with 90 second rest x 7.	Warm up. 800 metres or 4 minutes at marathon pace with 90 second rest x 8.
<b>Fri</b>	Rest	Rest	Rest	4 miles	4 miles
<b>Sat</b>	40 minutes	Run at chatter pace or puff pace for 1 hour	6.2 miles	6.2 miles	6.2 miles
<b>Sun</b>	You are going to be out for 2hrs 10 minutes.	Run for 2hrs 30-40 mins. Maybe try a 20 mile race.	18/20 miles	20 miles	20 miles or 20 mile race

# WEEK 11

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	70 mins in chatter zone.	Warm up. Find a long hill. Run up and then jog/walk down x 4. Really recover between each.	Warm up. Find a long hill, which takes about 40 seconds. Run up and jog down to recover x 4. Really recover and repeat.	Warm up. Find a long hill, which takes about 40 seconds. Run up and jog down to recover x 4. Really recover and repeat.	Warm up. Find a long hill, which takes about 40 seconds. Run up and jog down to recover x 5. Really recover and repeat.
<b>Wed</b>	30 mins in chatter zone.	Chatter zone for 30-40 mins	Steady 3/4 miles	Steady 4 miles	Steady 4 miles
<b>Thurs</b>	60 mins in chatter zone.	Warm up. 5 mile run - try to run at puff pace for 1 min and repeat.	Warm up. 5 mile run with 4 minutes fast. Recover, do not walk, run slowly. Do not start next speed burst until fully recovered. Repeat at least 3 times.	Warm up. 5 mile run with 4 minutes fast. Recover, do not walk, run slowly. Do not start next speed burst until fully recovered. Repeat at least 3 times.	Warm up. 5 mile run with 4 minutes fast. Recover do not walk, run slowly. Do not start next speed burst until fully recovered. Repeat at least 4 times.
<b>Fri</b>	Rest or a brisk walk.	Rest	Rest	Rest	Easy 4 miles
<b>Sat</b>	40 minutes	6/7 miles	7 miles	7 miles	7 miles
<b>Sun</b>	You are going to be out for 2hrs 30 minutes so take water with you.	15 miles or 1hr 50 mins at marathon pace.	15 miles at marathon pace.	15 miles at marathon pace.	15 miles at marathon pace.

# WEEK 12

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	80 mins in chatter zone.	Warm up. "Out and back" course - 24 mins out and same back but faster.	Warm up. "Out and back" course but lengthen distance to two & half miles out. Remember back must be faster. Warm down of a mile.	Warm up. "Out and back" course but lengthen distance to two & half miles. Warm down of a mile.	Warm up. "Out and back" course but lengthen distance 3 miles. Warm down of a mile.
<b>Wed</b>	30 mins in chatter zone.	Easy 4 miles	Easy 4 miles	Easy 4 miles	Easy 4 miles
<b>Thurs</b>	70 in chatter zone.	Easy 4-5 mile run. Every 8 mins up the pace to puff zone.	5 mile run with speed bursts of 5 minutes and 3 minute slow jog.	5 mile run with speed bursts of 5 minutes and 3 minute slow jog.	5 mile run with speed bursts of 5 minutes and 2 minute slow running.
<b>Fri</b>	A brisk walk	3 miles	3 miles	3 miles	5 miles easy
<b>Sat</b>	45 minutes	6-7 miles. 60-70 mins.	6/7 miles	7 miles	7 miles
<b>Sun</b>	2hrs 50 mins walk/run. Take water with you.	18 miles at marathon pace. 3 hours on your feet.	18 miles	18/20 miles	18/20 miles

# WEEK 13

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	60 minutes	Run at chatter pace for 1 hour. Up pace to puff pace for 30 seconds then run for at chatter pace for 6 min keep repeating until 50 mins are up then last 10 mins at chatter pace	5 miles including a round the clock. Warm up. 200 metres fast, 200 slow, 300 fast, 300 slow, 400 fast 400 slow. The time would be 1 minute fast, 1 slow etc. keep going until 1 mile from home. Warm down.	5 miles including a round the clock. Warm up. 200 metres fast, 200 slow, 300 fast, 300 slow, 400 fast 400 slow. The time would be 45 seconds fast, 45 slow etc. keep going until 1 mile from home. Warm down.	6 miles including a round the clock. Warm up. 200 metres fast, 200 slow, 300 fast, 300 slow, 400 fast 400 slow. The time would be 35 seconds fast, 35 slow etc. keep going until 1 mile from home. Warm down.
<b>Wed</b>	30mins in chatter zone.	3-4 miles very easy	3-4 miles very easy	3-4 miles very easy	4 miles very easy
<b>Thurs</b>	50 mins in chatter zone.	Long warm up 4 mins at puff pace rest 2 mins repeat x 6	Long Warm up. 800 with 90 seconds rest x 7. Cool down.	Long Warm up. 800 with 90 seconds rest x 8. Cool down.	Long Warm up. 800 with 90 seconds rest x 8. Cool down.
<b>Fri</b>	Brisk walk for 40 minutes	Rest	3-4 miles	4 miles	4/5 miles
<b>Sat</b>	40 minutes	6 miles	6 miles	6 miles	6 miles
<b>Sun</b>	2hrs 30 mins	15 miles or 2 hours	15-17 miles	15-18 miles	18 miles

# WEEK 14

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	After warm up run 3 minutes fast and 3 minutes slower repeat 3 times	Warm up Run pant zone for 5 mins puff pace 4 mins, chatter pace 3 mins Try to repeat Chatter pace 10 mins to get home	Warm up Then run fast for 5 minutes slow for 4 minutes, fast 4 minutes, slow for 3. Alternate these two for 4 miles then jog or 10 minutes to cool down	Warm up Then run fast for 5 minutes slow for 4 minutes, fast 4 minutes, slow for 3. Alternate these two for 4 miles then jog or 10 minutes to cool down	Warm up Then run fast for 5 minutes slow for 4 minutes, fast 4 minutes, slow for 3. Alternate these two for 4 miles then jog or 10 minutes to cool down
<b>Wed</b>	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy	3-4 miles easy
<b>Thurs</b>	Warm up then 45 minutes at a brisk pace	Warm up then brisk 5 mile run Puff pace	Warm up then brisk 5 mile run	Warm up then brisk 5 mile run Puff pace	Warm up then brisk 5 mile run
<b>Fri</b>	Brisk walk for 45-50 minutes	rest	rest	rest	rest
<b>Sat</b>	40 minutes	40 minutes steady, puff pace	40 minutes steady, puff pace	6-7 miles steady	6-7 miles steady
<b>Sun</b>	2 hours	Marathon pace for 2hrs 15 mins	12 miles	12 miles	13/14 miles

# WEEK 15

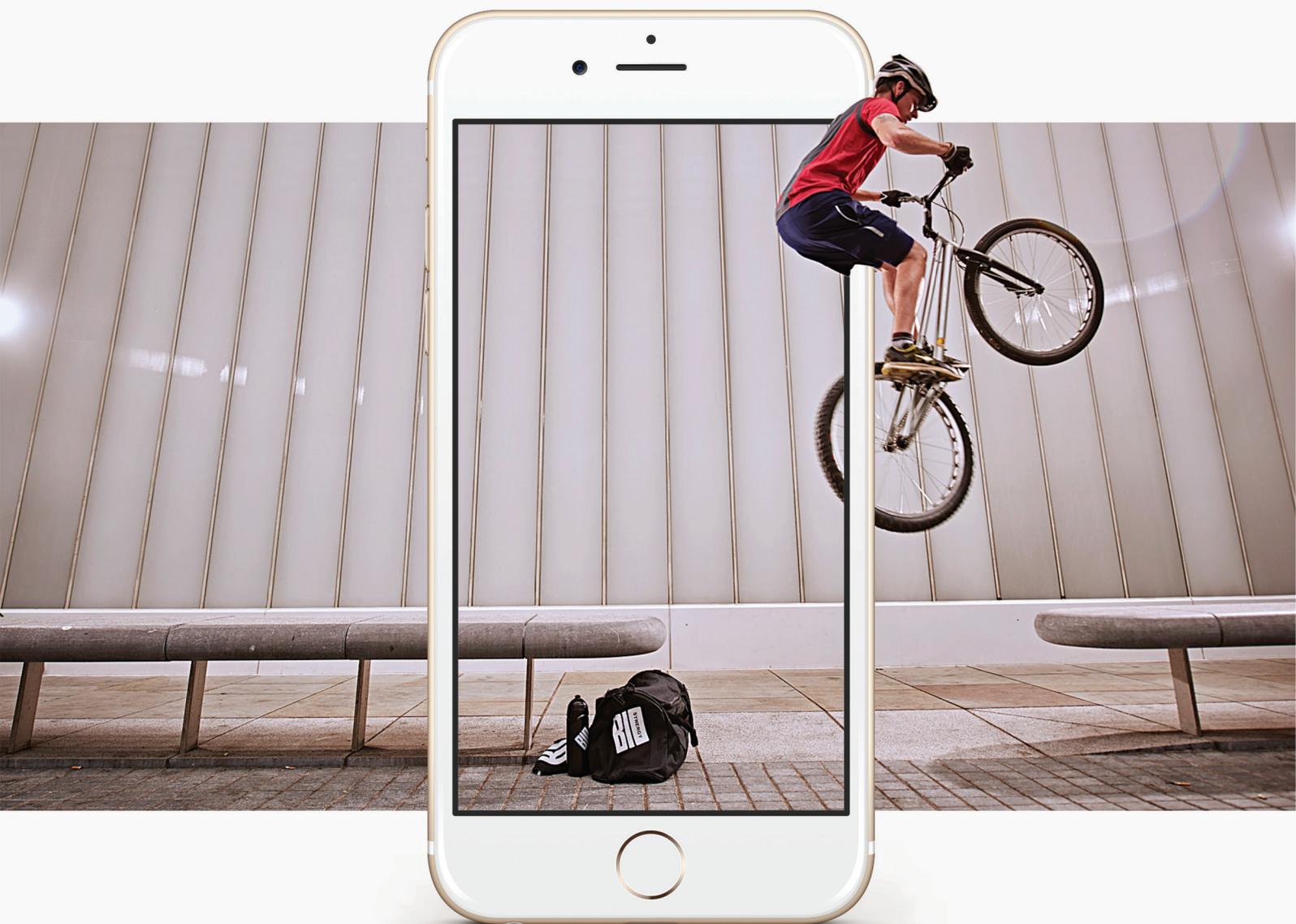
<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	Easy 30 minutes.	Final hills Short sharp hill Run up 10 seconds, jog back x 10 Cool down	Warm up. Find a long hill. Run up for 15 seconds, jog down. Repeat x 10.	Warm up. Find a long hill. Run up for 15 seconds, jog down. Repeat x 10.	Warm up. Find a long hill. Run up for 15 seconds, jog down. Repeat x 12.
<b>Wed</b>	Walk briskly for 35 minutes.	Easy 3 mile run	Easy 3 mile run.	Easy 3 mile run.	Easy 4 mile run.
<b>Thurs</b>	40 minutes with ratio of running for 8 minutes and walking for 1 minute.	10 mins warm up. 3 mins in puff zone with 90 seconds rest x 6-7. Cool down	Warm up for at least 1 mile. Then 800 metres with 90 seconds rest x 8.	Warm up for at least 1 mile. Then 800 metres with 90 seconds rest x 8.	Warm up for at least 1 mile. Then 800 metres with 1 minute rest x 8.
<b>Fri</b>	Rest	Rest	Rest or short run.	Rest or short run.	4 miles easy.
<b>Sat</b>	50 minutes	6 miles	6 miles	7 miles	7 miles.
<b>Sun</b>	100 minutes	13 miles	13 miles	15 miles	15 miles

# WEEK 16

<b>Mon</b>	Rest	Rest	Rest	Rest	Rest
<b>Tues</b>	Run and walk for 40 minutes.	5 mile run with occasional bursts of speed.	5 mile run with bursts of speed.	5 mile run with bursts of speed.	6 mile run with bursts of speed.
<b>Wed</b>	Brisk walk.	Steady 3 mile run.	Steady 3 mile run.	Steady 3 mile run.	Steady 4 mile run.
<b>Thurs</b>	Last day's training so go for a gentle 30 minute run wearing all the kit you are wearing on Sunday.	Last day's training so very gently go for a 4-5 mile run wearing all the kit you are wearing on Sunday.	Last day's training so very gently go for a 4-5 mile run wearing all the kit you are wearing on Sunday.	Steady 4-5 mile run wearing all the kit you are wearing on Sunday.	Steady 5-6 mile run wearing all the kit you are wearing on Sunday.
<b>Fri</b>	Rest	Rest	Rest	Rest or gentle run.	Rest or gentle run.
<b>Sat</b>	Rest, really put your feet up.	Rest	Rest	Rest or if you feel you need to just jog easily for 3 miles	Rest or if you feel you need to just jog easily for 3 miles
<b>Sun</b>	<b>RACE</b>	<b>RACE</b>	<b>RACE</b>	<b>RACE</b>	<b>RACE</b>

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