

Under the Patronage of...

H. H. Sheikh Mohammed Bin Rashid Al Maktoum



# Standard Chartered 2011 DUBAI MARATHON

## Experienced Runners Training Programme

This programme has been specially put together by fitness experts, nutritionists and other marathon experts to provide experienced runners with a training schedule that begins on **October 2nd** and builds up over the four months leading up to RACE DAY!

### WEEKS 1 - 8

Wk	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	45 mins steady run	Rest	60 mins <b>*SPEED PLAY</b> , ideally off-road	Rest	60 mins easy	Rest	80 mins steady pace
<b>2</b>	45 mins easy	Rest	3 x 8-10 mins hard, 3 minutes recovery between efforts, with warm-up and cool down	Easy 25 mins jog	50 mins steady pace	Rest	90 mins
<b>3</b>	30 mins easy	50 mins hilly circuit with efforts on hills	Rest	60 mins steady	35 mins easy	Rest	100-110 mins taken very easy
<b>4</b>	Rest	35 mins steady	3 x 8-10 mins hard, 3 minutes recovery between efforts, with warm-up and cool down	35 mins jog	50 mins steady	Rest	50 mins fast paced
<b>5</b>	25 mins recovery jog	45 mins steady	60 mins off-road and hilly <b>*SPEED PLAY</b> session	Rest	45 mins easy	Rest	120 mins slow
<b>6</b>	24 mins jog	45 mins steady	Alternate 3 min hard bursts with 3 min of easy jogging	Rest	60 mins comfortable pace	Rest	120-130 mins slow
<b>7</b>	25 mins very easy	45 mins steady	60 mins <b>*SPEED PLAY</b> with long duration efforts	Rest	50 mins steady	25 min easy jog	90 mins good pace with long warm-up and cool-down
<b>8</b>	Rest	45 mins steady	Rest	45 mins steady	Rest	20 mins very slow jog	Half marathon race

\* **SPEED PLAY** training involves changing the speed at which you run throughout your training session.

<b>Super slow</b>	Really, really slow, so slow it hardly seems worth putting your kit on
<b>Easy jog</b>	No pressure, just loosening up or a recovery run
<b>Slow</b>	Still an slow pace but a little faster than an 'easy jog'
<b>Comfortable</b>	You can chat easily to your training partner and keep the pace consistent

<b>Steady</b>	Even-paced run where you can chat in short sentences
<b>Brisk</b>	Slightly breathless, not easy to hold any conversation with your training partner
<b>Hard</b>	You certainly know you're working, conversation is definitely out



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### WEEKS 9 - 16

Wk	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9</b>	Rest	45 mins easy	4 x 8-10 mins hard, 2 ½ mins recovery between efforts	45 mins easy	70 mins at race pace	Rest	145 mins
<b>10</b>	25 mins jog recovery	45 mins steady	Rest	75 mins off-road *SPEED PLAY	45 mins easy	Rest	160 mins taken easy
<b>11</b>	Rest	50 mins steady	2 x 15 mins hard, 4 mins recovery between efforts	45 mins steady	25 mins easy jog	Rest	180 mins slow Drink en route
<b>12</b>	Rest	45 mins steady	50 mins relaxed *SPEED PLAY	45 mins steady	25 mins easy jog	20 mins easy jog	10k race Good warm-up and cool-down
<b>13</b>	25 mins easy recovery	45 mins steady	4 x 15 mins hard, 2 ½ mins recovery between efforts	35 mins slow	50 mins steady	Rest	200 mins slow
<b>14</b>	Rest	50 mins steady	60 mins easy *SPEED PLAY	35 mins jog	45 mins at marathon race pace	Rest	130 mins steady
<b>15</b>	5 mins easy off-road	Easy 25 min jog or rest	35 mins brisk pace + warm-up and cool-down	45 mins steady	Rest	25 mins easy	50 mins steady
<b>16</b>	5 mins easy off-road	Warm-up, 10 mins at race pace, cool-down	30 mins very easy	Rest or 25 mins easy	Rest	15 mins very, very easy jog	RACE DAY!

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