

Reading Roadrunners' Coach				
Prepared by	Tom Harrison	Technical Aims		
Delivered by	Tom Harrison	Fitness	Marathon Preparation	
Dates:	This session will help you	Fundamentals	Physical	Technical Dr
				Running activities
8 Jan 20	fat burn			5 laps at your marathon pace + 10 laps at your marathon pace + 10 laps at your marathon pace - 3mins rest between
15 Jan 20	increase VO2 max			single lap relay - fast
22 Jan 20	increase VO2 max			short pyramid: 200m, 400m fast, 200m recovery
29 Jan 20	increase VO2 max			Whistling Rufus (bring hi viz/ reflective clothing, as this will be off track)
5 Feb 20	fat burn			5 laps at your Bramley Ten Mile pace + 10 laps at your Bramley Ten Mile pace + 10 laps + 3 mins rest between
12 Feb 20				Speedy Gonzales: 100m Very Fast + 200m recovery - Repeat x5 - 3 mins rest
19 Feb 20	recover from Bramley 10			10 laps at your marathon pace - 3mins rest - repeat
26 Feb 20	increase VO2 max			single lap relay - fast
4 Mar 20	increase VO2 max			Whistling Rufus (bring hi viz/ reflective clothing, as this will be off track)
11 Mar 20				400m + 800m at Threshold pace - 3 mins rest - x4
18 Mar 20				Short pyramid - 100m + 200m Fast - 3mins rest x6
25 Mar 20				Speedy Gonzales: 100m Very Fast + 100m recovery - Repeat x10
1 Apr 20				Run along towpath to Sonning at your marathon pace - Enjoy Old Father Thames and the countryside
8 Apr 20				5 laps at your Easter Ten pace x5
15 Apr 20				Hill Training at Crescent Road - Meet in Foyer
22 Apr 20				10 Laps in the park at slightly sub your marathon pace x2 + 5 Laps x2
29 Apr 20	Recover from London Marathon			gentle recovery jog
6 May 20				Speedy Gonzales: 100m Very Fast + 100m recovery - Repeat x10
13 May 20	increase VO2 max			single lap relay - fast
20 May 20				mixed pyramid in the park
27 May 20	increase VO2 max			Whistling Rufus (bring hi viz/ reflective clothing, as this will be off track)

