

Sarah and Pete's marathon and half marathon training group

29/09/2021

For not London marathoners:

10 mins at 1/2 marathon pace

3 mins active recovery

10 mins at 10k pace

3 mins active recovery

10 mins at 5k pace

3 mins active recovery

4 mins static recovery

Repeat

For London marathoners:

800 between 1/2 marathon and marathon pace

400 recovery

Repeat

06/10/2021

800 at 1/2 marathon pace or 60% effort

800 at 10k pace 80% effort

400 active recovery

Repeat

13/10/2021

400's at 10k pace

400 recovery

Repeat

100's effort (stride straights, jog bends)

20/10/2021

****off track****

Hill session

27/10/2021

1 mile at 10k pace

3 min active recovery

1 mile at 1/2 marathon pace

4 mins active recovery

1 mile at 1/2 marathon

3 mins active recovery

1 mile at 10k pace

3 min active recovery

4 mins static recovery

200's partner Parlufs

03/11/2021

RHM Week

800 at 1/2 marathon pace

400 active recovery

Repeat

10/11/2021

400 at 1/2 marathon pace 200 faster

400 active recovery

17/11/2021

****off track ****

Hills

24/11/2021

400 at 10k pace

400 active recovery

800 at 10k pace

400 active recovery

1200 at 10k pace

400 active recovery

1600 at 10k pace

400 active recovery

1200 at 10k pace

400 active recovery

800 at 10k pace

400 recovery

400 at 10k pace

400 recovery