

4 HR Marathon Training Plan // 16 weeks

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Jan 2nd	Long Run	Spin & stretch	Speed work 30 mins	Run slow pace	Early Swim	5.5 miles Fast pace	JDF Circuits
	7 miles						
			Netball Match	Spin pump			
2 Jan 9 th	Long run	20 min bike	Speed work 30 mins	Run slow pace	Rest: early swim	5.5 miles Fast pace	JDF Circuits
	10 miles						
	pilates	Netball training	Netball Match	Spin pump			
3 Jan 16 th	Long run	Bike 20 min	Speed work 30 mins	Run slow pace	Rest: early swim	5.5 miles Fast pace	Dance comp
	13 miles						
	Pilates	Netball training	Netball Match	Spin pump		30 min HIIT	
4 Jan 23rd	Long run	Bike	Speed work 30 mins	Run slow pace	Rest: early swim	5.5 miles Fast pace	JDF Circuits
	14 miles						
	Pilates	Netball training		Spin pump			
5 Jan 30th	Long Run	Bike	Speed work 30 mins	Run slow pace	Rest: early swim	5.5 miles Fast pace	JDF Circuits
	15 miles						
	Pilates	Netball training	Netball Match	Spin pump			
6 Feb 6th	Long run	Bike	Speed work 30 mins	Run slow pace	Rest: early swim	5.5 miles fast	JDF Circuits
	16 miles						
	Pilates	Netball training	Netball Match	Spin pump			
7 Feb 13th	Long run	Bike	Speed work 30 mins	Run slow pace	CORNWALL	CORNWALL	GV Harriers 17 miles
	13 miles				HIIT	REST	
	Pilates	Netball training		Spin pump			
8 Feb 20th	HIIT JDF	Bike	Speed work 30 mins	Run slow pace	Rest: early swim	Ashridge boundary run	JDF Circuits
						17 miles	
	Pilates	Netball training		Spin pump			

9 Feb 27th	HIIT JDF	Bike	Speed work 30 mins	Run slow pace	Rest: early swim	6 miles Fast pace	JDF Circuits
	Pilates	Netball training	Netball Match	Spin pump			
10 March 6th	Long run	Bike	Speed work 30 mins	Run slow pace	Rest: early swim	6 miles Fast pace	Dance comp Hemel
	17 miles	Netball training		Spin pump			
11 Mar 13th	Long run	Bike	Speed work 30 mins	Run slow pace	Fast 3miles	REST	GV Harriers 20 miles
	13.1 miles	Netball training	Netball Match	Spin pump Swim	Box HIIT		
12 Mar 20th	Long run	Bike	Speed work 30 mins	Run slow pace	Fast 3 miles	REST	Long run
	10 miles	Netball training	Netball Match	Spin pump Swim	3 miles/Box HIIT		21 miles
13 March 27th	JDF HIIT	Bike	Speed work 30 mins	Run slow pace	Run long	Skiing	Skiing
	Pilates	Netball training		Spin pump Swim	17 miles		
14 April 3rd	Skiing	Skiing	Skiing	Skiing	Skiing	Skiing	JDF circuits
	Treadmill 8 miles		Treadmill 6 miles	Swimming		Run 6 miles	
15 April 10th	Run		REST	Run slow pace	REST	Run 3.5 miles marathon pace	JDF circuits
	10 miles	Netball training		Spin pump			
16 April 17th	Run		REST		REST	2 miles	RACE DAY!!
	3.5 miles	Netball training		Spin pump			

