



# FREDERICTON MARATHON TRAINING PROGRAM

*presented by* **Fredericton Stride Running**



Thank you for participating in the official training plans for the Fredericton Marathon race weekend. We are glad you are joining us for our journey to race day! The below plan has been carefully designed by Fredericton Stride Run Club Coaches for intermediate athletes.

If you would like a personal training plan or personal coaching, Fredericton Stride Run Club coaches (Stephen, Donna and Nick) are offering customized plans for a small fee. Plans will be customized to YOU and include: 1-on-1 virtual meetings with your coach, specific workouts, fuelling and strength tips. Please contact [Stephen Andersen](#) with any interest.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 23 - 29	30 minutes @E	30 mins @E	STRIDE WORKOUT	REST	40mins @E or 40mins x-train	30mins @E	60mins @E
January 30 – February 5	REST	40mins @E	STRIDE WORKOUT	30 mins @E	40mins @E or 40mins x-train	10-15min WU 10x 1minON / 1minOFF 10-15min CD	70-90mins @E
February 5 - 12	REST	40mins @E	STRIDE WORKOUT	30-45mins @E	40mins @E or 40mins x-train	10-15min WU 6x 3minON / 2minOFF 10-15min CD	80-100mins @E
February 13 - 19	REST	40mins @E	STRIDE WORKOUT	30-45mins @E	40mins @E or 40mins x-train	10-15min WU 2x 10min @ ME / 5minOFF 10-15min CD	90-110mins @ E
February 20 – 26	REST	40-50mins @E	STRIDE WORKOUT	40-50mins @E	40mins @E or	10-15min WU 30mins @ ME	100-120 mins @E

					40mins x-train	10-15min CD	
February 27 – March 5	REST	40-50mins @E	STRIDE WORKOUT	40-50mins @E	50mins @E or 50mins x-train	10-15min WU 2x 20mins @ ME / 8mins @E 10-15min CD	110-130 mins @E
March 5 - 12	REST	40-50mins @E	STRIDE WORKOUT	40-50mins @E	50mins @E or 50mins x-train	10-15min WU 3-5x 10mins @ MP / 3- 4min@E 10-15min CD	120-140 mins @E
March 13 - 19	REST	50-60mins @E	STRIDE WORKOUT	40-50mins @E	50mins @E or 50mins x-train	10-15min WU 2-3x 1K @ 10K / 2min @R + 6-8x Stride 10-15min CD	10-15min WU <b>10K – Half Marathon Race or Time Trial</b> 10-15min CD
March 20 - 26	REST	30-40mins @E	STRIDE WORKOUT	40-60mins @E	50mins @E or 50mins x-train	10-15min WU 6-8x 1K @ HMP / 2min @R 10-15min CD	140-150 mins @E
March 27 – April 2	REST	50-70mins @E	STRIDE WORKOUT	50-60mins @E	50mins @E or 50mins x-train	10-15min WU 2-3x 40mins @ ME / 5- 10mins @ E 10-15min CD	80-90mins @E
April 3 - 9	REST	50-70mins @E	STRIDE WORKOUT	50-60mins @E	50mins @E or 50mins x-train	10-15min WU 15x 1minON / 1minOFF 10-15min CD	150-170 mins @E
April 10 - 16	REST	50-70mins @E	STRIDE WORKOUT	50-60mins @E	50mins @E or 50mins x-train	10-15min WU 2-3x 10K @ MP / 1K @ E	80-90mins @E

						10-15min CD	
April 17 - 23	REST	50-70mins @E	STRIDE WORKOUT	50-60mins @E	50mins @E or 50mins x-train	10-15min WU 6-10x 1K @ HMP / 2min @R 10-15min CD	150 mins @E
April 24 - 30	REST	50mins @E	STRIDE WORKOUT	40-50mins @E	50mins @E or 50mins x-train	10-15min WU 6-8x 10mins @ MP / 3- 4min@E 10-15min CD	90mins @E
May 1 - 7	REST	30-40mins @E	STRIDE WORKOUT	30-45mins @E	40mins @E or 40mins x-train	10-15min WU 3x 10min @ MP / 3minOFF 10-15min CD	60mins @E
May 8 - 14	REST	30-40mins @E	STRIDE WORKOUT	30-40mins @E	REST	15-30mins @E	RACE DAY!

E = Easy Running – easy running should be slow enough that you could have a mostly uninterrupted conversation

x-train = Cross Training – do something else that gets your HR up: biking, swimming, elliptical, cross-country skiing

R = Recovery (jogging or standing)

ME = Marathon Effort

MP = Marathon Pace

HMP = Half Marathon Pace

HME = Half Marathon Effort

ON = 5-10K Effort – focus on effort not pace!

OFF = Easy Jog

WU = warm up

CD = cool down

Stride Workout (EVERY WEDNESDAY!)

Join us every Wednesday at 5:30PM at Queen's Square in Fredericton (meet near the pickleball courts) for a FREE group workout run by coaches Stephen, Donna, and Nick. We will be helping athletes of all abilities prepare for the Fredericton Marathon, Half, 10K and 5K.

Can't make the workout? Follow us on Instagram or like us on Facebook to see the workout for each Wednesday leading up to race day.

#### Saturday, February 4

The session: 10-15min WU + 10x 1minON / 1minOFF + 10-15min CD

Quick explainer: This is an introductory workout. Outside of the warmup and cool down, the session is 20mins long. For the 1minON – you should be running hard, but sustainably – somewhere between 5K and 10K effort.

#### Saturday, February 11

The session: 10-15min WU + 6x 3minON / 2minOFF + 10-15min CD

Quick explainer: This is a workout which will build on last Saturday. For the 3minON – you should be running hard, but sustainably – somewhere between 10K and Half marathon effort. For the two 2minOFF a walk or slow jog is fine.

#### Saturday, February 18

The session: 10-15min WU + 2x 10min @ ME / 5minOFF + 10-15min CD

Quick explainer: This is the first time we will dip our toes into marathon effort. Again, this is an intro workout. Run 10mins at marathon effort, an effort you feel you can sustain for a marathon. THIS DOES NOT NEED TO BE GOAL MARATHON PACE. Take five minutes between the two 10min repeats to recover. If, after this, you feel like you can't possibly run a marathon – have no fear, you still have a long time to get ready!

#### Saturday, February 25

The session: 10-15min WU + 30mins @ ME + 10-15min CD

Quick explainer: This is an expansion of last Saturday's session. To repeat: Run 30mins at marathon effort, an effort you feel you can sustain for a marathon. THIS DOES NOT NEED TO BE GOAL MARATHON PACE.

### Saturday, March 5

The session: 10-15min WU + 2x 20mins @ ME / 8mins @E + 10-15min CD

Quick explainer: Goal of this session is to continue to up the marathon effort minutes. If, after this, you feel like you can't possibly run a marathon – have no fear, you still have a long time to get ready!

### Saturday, March 11

The session: 10-15min WU + 3-5x 10mins @ MP / 3-4min@E + 10-15min CD

Quick explainer: This is the first time we will be running at goal marathon pace instead of marathon effort. Do 3 to 5 repeats of 10 minutes at that pace and run 3 to 4 minutes of easy jogging in between. Again, this is just getting a feel for what marathon pace will be! Don't worry if it feels a bit difficult!

### Saturday, March 18

The session: 10-15min WU + 2-3x 1K @ 10K / 2min @R + 6-8x Stride + 10-15min CD

Quick explainer: Ideally you are racing or doing a time trial the next day. If so, we want to do a short "prep" workout in order to get ready! Run your K repeats at 10K pace, then do 6-8 strides. Strides are basically 20-30 second accelerations, not all out sprints. The idea is to get some turnover. To learn more about what a stride is, [visit this video](#).

### Saturday, March 25

The session: 10-15min WU + 6-8x 1K @ HMP / 2min @R + 10-15min CD

Quick explainer: K repeats are the bread and butter of most runners. These allow you to run a bit faster than marathon pace. Today, we want to run 6-8 of them at half marathon pace or half marathon effort. Feel free to accelerate down to 10K pace by the end if you feel good. BUT be careful of the rest, 2mins is not a long time between intervals!

### Saturday, April 1

The session: 10-15min WU + 2-3x 40mins @ ME / 5-10mins @ E + 10-15min CD

Quick explainer: We are back to marathon effort this week as we increase the minutes within the workout. Key is the get it in.

### Saturday, April 8

The session: 10-15min WU + 15x 1minON / 1minOFF + 10-15min CD

Quick explainer: Consider this a comparable workout to when we did it in week one of the plan. This time you should feel like you either a) are running faster or b) not working quite as hard to run the same pace. Remember: each interval is not all out, you have a big long run tomorrow!

### Saturday, April 15

The session: 10-15min WU + 2-3x 10K @ MP / 1K @ E + 10-15min CD

Quick explainer: This is a “bread and butter” workout for marathoners around the world! We want to make sure we are mentally prepared for this session. On tired legs, which we will have after the last 10 weeks of training, it could be hard. Try to dial into marathon pace for this one. It is also a great time to practice a fuelling plan that you may be working on.

### Saturday, April 23

The session: 10-15min WU + 6-10x 1K @ HMP / 2min @R + 10-15min CD

Quick explainer: After the workouts you have been through recently, this one should feel great! We are going a bit faster than marathon pace but still want to feel smooth and relaxed. If you start running faster than you intend, cut your recoveries down to 90 seconds or even 1 minute to keep yourself honest.

### Saturday, April 29

The session: 10-15min WU + 6-8x 10mins @ MP / 3-4min@E + 10-15min CD

Quick explainer: TAPER TIME! We are still working hard, but not gaining fitness anymore. The objective of this workout is to settle into marathon pace multiple times. It's still a lot of work, but marathon pace should feel like "default" race pace after this workout.

Saturday, May 6

The session: 10-15min WU + 3x 10min @ MP / 3minOFF + 10-15min CD

Quick explainer: GET THOSE ENGINES FIRED UP. But remember nothing you do between now and race day can really make you fitter BUT there are several things you can do to hurt a good race day. Focus on good hydration, good eating and especially, good sleep.