Blackmores marathon
16 week training program

ADVANCED

Be a Well Being

Blackmores marathon
16 week training program

This tailored 16-week training program has been created by Runlab founder and one of Australia's leading marathoners, Vlad Shatrov to help get you fit and maximise your potential in preparation for a marathon race.

Vlad has combined his experience training clients through his on ground interval running groups Myrungroup and in gym functional strength classes Runstrong, to develop these programs.

Vlad is one of Australia's best distance runners both on the road and the trails.

Follow him on Facebook at facebook.com/VladShatrovRunner

Good luck over the next 16 weeks and see you at the start line!

We want to run with you! Tag us on:

f **@blackmoresnewzealand**

Get the most out of your program

First off, check out these important tips to help you get the most out of your training.

LEVELS

Ensure you select the training program which is best suited to your ability.

Fit to train?

You should always consider seeking professional medical advice prior to commencing any training program. Talk to your doctor to make sure it's right for you before you begin.

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✔ Suited for an experienced marathon runner looking for a personal best between 2hrs 45mins and 3hrs 30mins or even quicker

✔ You regularly do speed work sessions and or run 4-5 times a week already. You can be male or female, a 2:30 marathoner or a 4:30 marathoner and still train as an advanced runner

What decides whether or not you are an advanced runner is your training background and your familiarity with this type of training plus your attitude.

Overall program structure

The program runs for 16 weeks with scheduled session types tailored to how far or close we are to race day.

The program has been specifically set up to focus on different aspects of running and strength training to give you the optimum training adaption as you prepare for your event. You will notice that there are four phases in the program, each phase is 4 weeks. This will also allow you to break down the training plan into more manageable 4 week blocks.

PHASE 1: Base fitness and strength. In this phase there is a focus on developing strength and running fitness.

PHASE 2: Strength and endurance. In this phase hill sessions are added and we also introduce tempo sessions.

PHASE 3: Endurance + speed. In this phase strength work reduces and speed sessions become a focus.

PHASE 4: Speed and race specifics. In this phase speed work is a priority as we focus on the race.

Every fourth week is a recovery week, this week allows your body to catch up with the previous 3 weeks of training before you launch into your next block.

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Overall program structure

The core of all the programs is the long run. This is placed on the weekend as this is generally when most people have the time to complete this run.

We place an importance on hill sessions throughout the 16 weeks to help build you into a more efficient runner and we also schedule in dedicated time for strengthening exercises and running drills. There is plenty of opportunity to get comfortable with your target race pace too!

Whilst the weekly volumes steadily build, peaking three weeks out from the event day, the types of sessions change too.

We start with an emphasis on strength work by running hill repetitions. Towards the middle and later stages of the program speed and tempo sessions are increased. Hill repeats are an important part of your training, because running hills will strengthen your quadriceps muscles. Also, there is less impact running up a hill than running fast on the flat.

TRAINING ADVICE

Use these tips on a weekly basis to help you with your program. It's a long period of time and you may find obstacles along the way.

USE THE PLAN AS A GUIDE

The plan is a "guide" only, as such the pace and heart rate data is based on an average guide for that level of plan, and you may need to adjust this data to suit you.

ADJUSTING THE PROGRAM

Don't ever feel like you can't modify the program if it doesn't work for you - it's flexible. For example, long runs are scheduled for Sunday when most people have the time to complete them, however you can always choose to undertake it on a Saturday instead. When adjusting, always take into account your current fitness level and training history and look to add variety to your rest days such as cross training, swimming or gym sessions.

BE YOUR OWN COACH

Your training program is like your own little coach. The best thing is that it specifies each week and beyond and details the type of sessions you should be doing. This means if you miss a session due to family or work commitments, you can adjust it slightly to suit you, so that you complete all of the recommended sessions.

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Frequently asked questions

I'm feeling run down. Should I rest or is that just being lazy?

This isn't about being lazy – you need to be in tune with your body. Have a day or two off when you need it, like after you've had a cold or if you're experiencing an annoying niggle. Trust us, it's far better to be cautious than to get an injury. However if symptoms do persist please seek medical advice. If you're just feeling stressed at work, training could be the best thing for you, so get out there and do it.

How does pacing work?

If you have not run a marathon before it's important that you work out your pace. Be conservative on your first attempt, but do pick a goal time that will challenge you. From here you can base your training on this target! As a guide, ensure you do your long runs at a comfortable pace that allows you to chat with your training partners, at least during the beginning of the run.
If you can do this, you have set your pace correctly.

I need some race day motivation! Help me!

It may get tough, it may get hard, you may question yourself, but you will have thousands of fellow runners all around you going through the same emotions and experience - you're all in it together!

Frequently asked questions

Will I run the full marathon during training?

Don't worry that you may have never actually run 42.2km prior to the day. Too many people have damaged their chances of having a good run by thinking that they need to reach this milestone in training. Trust the program!

Should I do any lead up races?

Undertaking lead up races or race pace efforts is important for more experienced runners as it helps to monitor their progress. Many also find it helps motivate them during training and because of this; they perform at a higher level on race day. Take advantage of your local fun runs and just ensure the two days leading up to race day are very easy and the day after is set aside for recovery. If you can't make any lead up races, we've allocated regular time trials into the program so that you can monitor your progress and determine the pace you should run in your 'speed' sessions.

What should I do race morning?

Make sure you arrive at least 90 minutes before your race to give yourself adequate time to prepare. It's an early morning, so remember to wear something warm that you don't mind leaving behind. Don't worry, it'll go to charity. Also make sure you are properly hydrated and fuelled before the race.

For more information on pre-race nutrition visit - blackmores.com.au/running

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Sessions

LONG RUN

The aim of the long run is to improve endurance. Do this at the correct intensity which is ideally 10-20% slower than marathon pace. You should be able to carry out a conversation running at this pace. If you prefer to use heart rate zones, try the runnersweb.Com online calculator to give you an indication.

GENERAL AEROBIC

General aerobic is a standard moderate effort run, slightly slower or equal in pace to a long run – but just not as long in distance. The aim is to enhance overall aerobic conditioning.

TEMPO

The tempo run – lactate threshold pace is close to 15km or half marathon pace and provides stimulus to improve lactate threshold pace. These runs are challenging and you should only be able to talk in short sentences. The tempo part of the session should be completed on relatively flat ground so you can hold a consistent pace. Training at this pace for certain sessions is very beneficial in preparing you for your best marathon. If you haven't done a half marathon before that is okay too – set this as your desired realistic half marathon target pace.

SPEED

Speed sessions are short repetitions of between 600-1600m at 5km pace. This provides stimulus to increase speed and lactate threshold.

These sessions allow you to become a faster runner and involve a warm up and cool down based around a core running set. The key to effective speed training is to aim to have all the repetitions completed within 1-5 seconds of each other. Don't do the first repetition so hard that the following reps become slower; likewise don't take the first 1-2 reps easy then pick it up. Wear a watch to help time and monitor these sessions.

STRENGTH

Strength work features in the program up to twice a week. Strength training Is often neglected but it is so important for many reasons. Performed correctly it can help address any underlying imbalances and or weaknesses which if left unattended may result in injuries. Strength has been included into the program together with cross training. We would suggest up to 30 minutes of cardio-based exercise followed by the strength work. Heavy weight sessions are not suggested rather functional strength training.

The aim is to develop even and necessary strength for distance runners allowing an improved running efficiency and stronger overall body. Keep a look out for the strength exercise videos which will be sent in the weekly emails during the program or discuss a suitable exercise program with your local gym for guidance.

We have put together a series of strength videos to assist you with your training.

Sessions

RACE PACE

Race pace is the pace you intend to run on event day. For example, if you are training for a marathon finish time of 4 hours, your race pace is 5:41 per kilometre.

DRILLS

Drills are running-specific exercises and are usually performed near the start of certain sessions. Drills will help you warm up the body prior to exercise but dependant on the type and execution they will actually allow you to become a more efficient and faster runner.

REST

Rest is an important component of this or any training program. It is during the rest period (the 24 to 72 hours between hard bouts of exercise) that the muscles actually regenerate and get stronger if you're constantly fatigued, you will fail to reach your potential. We have designated rest days depending on your level. These are usually on Fridays to prepare for the weekends long run and/or Monday to recover after the weekend. If you need to take more rest days because of a sickness or a late night at the office etc.,do so.

TRAIL

Trail sessions are included into the program and serve more than one purpose. Trail running involves more hills and with that you'll get strength adaption when you include these sessions. Where a trail run is scheduled there is an alternate non trail running run also scheduled. Getting onto trails can often be intimidating or logistically difficult, so only do it if you are comfortable. Trail running also impacts the body less and can break up the routine of road running training. Ensure you have trail specific running shoes for any trail runs of length, on wet trails or technically challenging trails.

PHASE 1 -
Base fitness + strength

In this 4 week phase, we focus on general aerobic + long runs and gym strength sessions.

PHASE 1 - Base fitness + strength

WEEK 1	SESSION		NOTES
MONDAY	Strength + general aerobic		90 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.
TUESDAY	General aerobic		75 minutes easy pace running.
WEDNESDAY	General aerobic		40 minutes easy pace running.
THURSDAY	Strength		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
FRIDAY	General aerobic + drills		40 minutes easy pace running. Start with 10 minutes of running drills first.
SATURDAY	Rest day		
SUNDAY	Long run		90 minutes easy. Pace is easier than marathon pace. Steady pace run.

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WEEK 2	SESSION		NOTES
MONDAY	Strength + general aerobic		90 minutes in total. Easy run or cardio for 30 minutes. **Then functional strength work.**
TUESDAY	General aerobic		80 minutes easy pace running.
WEDNESDAY	General aerobic		45 minutes easy pace running.
THURSDAY	Strength		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
FRIDAY	General aerobic + drills		30 minutes easy pace running. Start with 10 minutes of running drills first.
SATURDAY	Time trial		5km effort. Start with an easy 10-15 minutes warm-up then run 3km hard timing yourself. Easy cool-down jog.
SUNDAY	Long run		100 minutes easy. Pace is easier than marathon pace. Steady pace run.

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WEEK 3	SESSION		NOTES
MONDAY	**Strength + general aerobic**		90 minutes in total. Easy run or cardio for 30 minutes. **Then functional strength work.**
TUESDAY	**General aerobic**		90 minutes easy pace running.
WEDNESDAY	**General aerobic**		50 minutes easy pace running.
THURSDAY	**Strength**		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
FRIDAY	**General aerobic + drills**		50 minutes easy pace running. Start with 10 minutes of running drills first.
SATURDAY	**Rest day**		
SUNDAY	**Long run**		120 minutes easy. Pace is easier than marathon pace. Steady pace run.

WEEK 4	SESSION		NOTES
MONDAY	Strength + general aerobic		90 minutes in total. Easy run or cardio for 30 minutes. **Then functional strength work.**
TUESDAY	Tempo or trail		60 minute run. Run a hilly road circuit - surging up the hills, alternatively hit the trails for a steady paced hilly run off-road.
WEDNESDAY	General aerobic		40 minutes easy pace running.
THURSDAY	Strength		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
FRIDAY	General aerobic + drills		40 minutes easy pace running. Start with 10 minutes of running drills first.
SATURDAY	Rest day		
SUNDAY	Long run		90 minutes easy. Pace is easier than marathon pace. Steady pace run.

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PHASE 2 -
Strength + endurance

A focus on strength remains with the addition of hill sessions and tempo runs to improve endurance.

WEEK 5	SESSION			NOTES
MONDAY	Strength + general aerobic		90 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.	
TUESDAY	Speed work		Long hill repetitions 10 x 90 seconds approximately. Hill of gradual incline run hard up for about 90 seconds and jog/walk back. Easy 2km warm-up and 2km cool-down jog.	
WEDNESDAY	General aerobic		60 minutes easy pace running.	
THURSDAY	Strength		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.	
FRIDAY	Rest day			
SATURDAY	Tempo + drills		20 minutes tempo run. The tempo is at target half marathon pace with 90 seconds walk recovery between each effort. Start with 15 minutes of running drills first and a short warm-up & 2km cool-down.	
SUNDAY	Long run		150 minutes easy pace + hills- is easier than marathon pace. Steady pace run. Choose a course with some hills in it.	

WEEK 6	SESSION		NOTES
MONDAY	**Strength + general aerobic**		90 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.
TUESDAY	**Tempo or trail**		60 minute run. Run a hilly road circuit - surging up the hills, alternatively hit the trails for a steady paced hilly run off-road.
WEDNESDAY	**General aerobic**		60 minutes easy pace running.
THURSDAY	**Strength**		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work. Leg 3 - blackmores.com.au/strengthtraining
FRIDAY	**Tempo + drills**		Progressive Tempo 3 times 10 minutes + 5minutes. First 10 minutes at half marathon -20 seconds per/km; second 10 minutes at half marathon - 10 seconds; third 10 minutes at target half marathon pace and last 5 minutes at half marathon pace - 10 seconds per km. No stops in the 35 minutes. 2km warm-up + drills/ 1km warm-down.
SATURDAY	**Rest day**		
SUNDAY	**Long run**		150 minutes easy. Pace is easier than marathon pace. Steady pace run.

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WEEK 7	SESSION		NOTES
MONDAY	Strength + general aerobic		90 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.
TUESDAY	Speed work		Long Hill Repetitions 10 x 90 seconds approximately. Hill of gradual incline. Run hard up for about 90 seconds and jog/walk back. Easy 2km warm-up and 2km cool-down jog.
WEDNESDAY	General aerobic		70 minutes easy pace running.
THURSDAY	Strength + general aerobic		90 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work. An optional 30 minute general aerobic run can be completed separately or within this session.
FRIDAY	Tempo + drills		Tempo 4 x 7 minutes at target half marathon pace with 90 seconds walk recovery between efforts. 2km warm-up + drills/ 1km warm down.
SATURDAY	Rest day		
SUNDAY	Long run		160 minutes easy. Pace is easier than marathon pace. Steady pace run.

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PHASE 2 - Strength + endurance

WEEK 8	SESSION		NOTES
MONDAY	Strength + general aerobic		90 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.
TUESDAY	Speed work		8 X 800m repetitions. Slightly faster than 3km TT pace - 90 seconds walk/jog recovery a repeat for 8 repetitions. 2km warm-up/down.
WEDNESDAY	General aerobic		40 minutes easy pace running.
THURSDAY	Strength + general aerobic		60 minutes in total. Easy run or cardio for 30 minutes. Then strength.
FRIDAY	Rest day		
SATURDAY	General aerobic + Drills		40 minutes easy pace running. Start with 10 minutes of running drills first.
SUNDAY	Long run		170 minutes easy. Pace is easier than marathon pace. Steady pace run.

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PHASE 3 -
Endurance + speed

In this phase the focus on strength reduces, and there is an increased focus on developing speed.

PHASE 3 - Endurance + speed

WEEK 9	SESSION		NOTES
MONDAY	Strength + general aerobic	90 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.	
TUESDAY	Speed work	8 X 400m hard + tempo. 400m hard with 90 seconds walk recovery for 8 reps. 5 minute break then 10 minutes at target half marathon pace. 2km warm-up and 2km cool-down.	
WEDNESDAY	General aerobic + race pace	50 minutes easy + 20 minutes marathon pace. 50 minutes easy pace running then 20 minutes at marathon race pace.	
THURSDAY	Strength + general aerobic	60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work. An optional 30 minute general aerobic run can be completed separately or within this session.	
FRIDAY	Rest day		
SATURDAY	Time trial	5km effort. Start with an easy 10-15 minutes warm-up then run 3km hard timing yourself.	
SUNDAY	Long run	180 minutes easy pace + hills - is easier than marathon pace. Steady pace run. Choose a course with some hills in it.	

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WEEK 10	SESSION			NOTES
MONDAY	Strength + general aerobic		90 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.	
TUESDAY	Speed work		6 X 1km (3km pace) - run hard for 1km have 2 minutes break and repeat for 6 efforts in total. Easy 2km warm-up and 2km cool-down jog.	
WEDNESDAY	General aerobic + race pace		50 minutes easy + 20 minutes marathon pace. 50 minutes easy pace running then 20 minutes at marathon race pace	
THURSDAY	Strength + general aerobic		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work. An optional 30 minute general aerobic run can be completed separately or within this session.	
FRIDAY	Tempo + drills		Tempo 2 x 4km at target half marathon pace with 2 minutes walk recovery between efforts. 2km warm-up + drills/ 1km warm-down.	
SATURDAY	Rest day			
SUNDAY	Long run		180 minutes. Include 20 minutes at target marathon pace.	

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PHASE 3 - Endurance + speed

WEEK 11	SESSION		NOTES
MONDAY	Strength + general aerobic		60 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.
TUESDAY	Tempo or trail		60 minute run. Run a hilly road circuit - surging up the hills, alternatively hit the trails for a steady paced hilly run off-road.
WEDNESDAY	General aerobic + race pace		30 minutes easy + 20 minutes marathon pace. 30 minutes easy pace running then 20 minutes at marathon race pace. Easy cool-down jog.
THURSDAY	Strength + general aerobic		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work. An optional 30 minute general aerobic run can be completed separately or within this session.
FRIDAY	General aerobic		60 minutes easy pace running.
SATURDAY	Rest day		
SUNDAY	Race pace		170 minutes + fast finish. Steady pace long run with the last 30 minutes at target marathon pace.

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PHASE 3 - Endurance + speed

WEEK 12	SESSION		NOTES
MONDAY	Strength + general aerobic		60 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.
TUESDAY	Speed work		7 X 1km (3km Pace) - run hard for 1km have 90 seconds break (try to slow jog) and repeat for 7 efforts in total. Easy 2km warm-up and 2km cool-down jog.
WEDNESDAY	General aerobic		60 minutes easy pace running.
THURSDAY	Strength + general aerobic		60 minutes including 30 minutes of functional strength work and a 30 minute general aerobic run can be completed separately or within this session.
FRIDAY	General aerobic + drills		60 minutes easy pace running. Start with 10 minutes of running drills first.
SATURDAY	Rest day		
SUNDAY	Long run or race		210 minutes Long run or race. Don't race longer than half marathon.

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PHASE 4 -
Speed + race specifics

In this phase we focus on key race sessions and race preparation, reducing our focus on strength.

WEEK 13	SESSION		NOTES
MONDAY	**Strength + general aerobic**		60 minutes in total. Easy run or cardio for 30 minutes. **Then functional strength work.**	
TUESDAY	**Speed work**		8 X 400m hard + tempo. 400m hard with 90 seconds walk recovery for 8 reps. 5 minute break then 8 minutes at target half marathon pace. 2km warm-up and 2km cool-down.	
WEDNESDAY	**General aerobic + race pace**		40 minutes easy + 20 minutes marathon pace. 40 minutes easy pace running then 20 minutes at marathon race pace. 10 minutes easy cool-down jog.	
THURSDAY	**Strength + general aerobic**		60 minutes in total. Easy run or cardio for 30 minutes. Then functional strength training.	
FRIDAY	**General aerobic + drills**		30 minutes easy pace running + drills.	
SATURDAY	**Time trial or general aerobic**		5km effort. Start with an easy 10-15 minutes warm-up then run 3km hard timing yourself. If you are going to do the Sunday long run as planned - run 40-50 minutes steady only on the Saturday.	
SUNDAY	**Race pace**		Marathon specific long run. Warmup 4km then 1km at normal long run pace and immediately 1 minute at target marathon pace (minus 10-20 seconds per km) then immediately 1km at long run pace followed by 2 minutes (again at target marathon pace minus 10-20 seconds per km) etc.. keep going until you do 5 minutes at target - 10-20 seconds at which point you do 1km at long run pace before descending in reverse i.e.: 5 minutes, 4 minutes, 3 minutes, 2 minutes 1 minute (at that target) with a 1km long run pace float. Finally easy cool-down.	

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WEEK 14	SESSION			NOTES
MONDAY	Strength + general aerobic		60 minutes in total. Easy run or cardio for 30 minutes. Then functional strength work.	
TUESDAY	Speed work		7 X 1km (3km pace). Run hard for 1km have 90 seconds break (try to slow jog) and repeat for 7 efforts in total. Easy 2km warm-up and 2km cool-down jog.	
WEDNESDAY	General aerobic + race pace		40 minutes easy + 20 minutes marathon pace. 40 minutes easy pace running then 20 minutes at marathon race pace. 10 minutes easy cool down jog.	
THURSDAY	Strength + general aerobic		30 minutes functional strength work + 20 minutes easy pace running. Then functional strength work.	
FRIDAY	Tempo + drills		Tempo 1 x 6km at target half marathon pace. 2km warm-up + drills/ 1km warm-down.	
SATURDAY	Time trial		5km effort. Start with an easy 10-15 minutes warm-up then run 3km hard timing yourself.	
SUNDAY	Long run with race pace		120 minutes + fast finish. Steady pace long run with the last 15 minutes at target marathon pace.	

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WEEK 15	SESSION			NOTES
MONDAY	Strength		20 minutes of functional strength work.	
TUESDAY	Speed work		8 X 400m hard/200 float continuous. 400m hard then straight into 200m at half marathon pace repeating for 8 efforts in total 2km warm-up and 2km cool-down.	
WEDNESDAY	General aerobic		60 minutes easy pace running.	
THURSDAY	General aerobic		30 minutes easy pace running.	
FRIDAY	General aerobic		50 minutes easy pace running.	
SATURDAY	Rest day			
SUNDAY	Long run		60 minutes easy pace running.	

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WEEK 16	SESSION			NOTES
MONDAY	Strength		20 minutes of functional strength work.	
TUESDAY	Speed work		8 X 400m hard/200 float continuous. 400m hard then straight into 200m at half marathon pace repeating for 8 efforts in total 2km warm-up and 1km cool-down.	
WEDNESDAY	General aerobic		30 minutes easy pace running.	
THURSDAY	Rest day			
FRIDAY	General aerobic		20 minutes easy pace running + 4 x 100m efforts.	
SATURDAY	Rest day			
SUNDAY	RACE DAY		GOOD LUCK!	

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