



Cork City Marathon 1/2 Marathon Plan Very Experienced

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
|------|------------|---------------------------|--|-------------|-------------|---|-----------------------|----------------|
| 1 | 6 mile jog | rest | 6 mile run (45 seconds per mile slower than race pace) | 6 miles jog | rest | 6 mile run | rest | 24 |
| 2 | 6 mile jog | rest | 6 mile run (40 seconds per mile slower than race pace) | 5 miles jog | rest | 8 miles jog | 6 mile jog | 26 |
| 3 | 6 mile jog | rest | 7 mile run (30 seconds per mile slower than race pace) | 6 miles jog | rest | 6 Mile Jog, 3 Mile 15 seconds per mile slower than race pace (9 mile total one session) | 6 mile jog | 34 |
| 4 | 6 mile jog | rest | 4 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 4 | 6 miles jog | rest | 6 miles jog, 4 miles 15 seconds per mile slower than race pace (11mile total one session) | 10 miles jog | 35 |
| 5 | rest | 8 mile jog | 5 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 5. | 8 mile jog | rest | 5 miles jog, 5 miles 15 seconds per mile slower than race pace (10 miles one session) | 10 miles jog | 38.5 |
| 6 | rest | 8 mile jog | 6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 6. | 8 mile jog | rest | 6 miles at race pace | 10 miles jog | 35 |
| 7 | rest | 8 mile jog | 6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 6. | 8 mile jog | rest | 7 miles jog, 6 miles 15 seconds slower than race pace (13 miles total one session) | 10 miles jog | 42 |
| 8 | rest | 6 mile jog | 8 mile at race pace | 6 miles jog | rest | 8 miles jog | 10 miles jog | 38 |
| 9 | rest | 10 mile jog | 6 miles (approx 5 or 6 short random sprints during 6 mile jog) | 5 miles jog | 5 miles jog | rest | 10 miles at race pace | 36 |
| 10 | rest | 8 mile jog | 6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 6. | 6 miles jog | rest | 4 miles jog 8 miles 7 minute mile pace (12 miles total one session) | 8 miles jog | 37 |
| 11 | rest | 8 mile jog | 6 miles (approx 5 or 6 short random sprints during 6 mile jog) | 3 miles jog | rest | 9 miles jog | 5 mile jog | 31 |
| 12 | rest | 3 mile 7 minute mile pace | 4 miles jog | rest | 5 miles jog | Rest | raceday | 26 |