

Hastings Marathon Plan 14th December 2008

Week	Key Intervals	Key Mid-Week	Key Long Run
1 (16-330)	3x1600 @7:00	2-2-2, 8:00, 7:40, 7:20	13 @ 8:20
2 (15-330)	4x800 @ 3:20	2-3-2, 8:00, 7:40, 7:20	15 @ 8:30
3 (14-330)	1200@5:00, 1000@4:10 800@3:15, 400@1:30	2-2-3, 8:00, 7:40, 7:20	17 @ 8:30
4 (13-330)	5x1000@4:10	1-3-3, 8:00, 7:40, 7:20	20 @ 8:30
5 (12-320)	3x1600@6:40	2-2-2, 7:40, 7:20, 7:00	15 @ 8:10
6 (11-320)	2x1200@4:50 4x800@3:15	2-3-2, 7:40, 7:20, 7:00	20 @ 8:20
7 (10-320)	6x800@3:10	1-3-3, 7:40, 7:20, 7:00	13 @ 7:40
8 (9-320)	2x(6x400@1:35) 3 min rest between set	3 @ 6:45	18 @ 8:10
9 (8-315)	1600@6:20 3200@13:00 2x800@3:10	1-2-2, 7:20, 7:10, 6:50	20 @ 8:00
10 (7-315)	3x(2x1200@4:50) 3 min rest between set	11 Pro 7:40 down to 7:10, last 2 in 7	15 @ 7:45
11 (6-315)	1000@4:00/ 400 jog 2000@8:00/400 jog 1000@3:45	6 Pro, first 3 in 7:15, last 3 in sub 7	20 @ 7:50
12 (5-315)	3x1600@6:10/400 jog	11 Pro 7:40 down to 7:10, last 2 in 7	15 @ 7:35
13 (4-315)	10x400@1:35	8 Pro 3-3-2, 7:30, 7:20, 7:00	20 @ 7:40
14 (3-315)	8x800@3:20	6 Pro 2-2-2, 7:30, 7:10, 6:50	13 strong neg split 7@7:40, 6@7:15
15 (2-315)	5x1000@3:55	6 2-3-1, 7:45, 6:55, 6:50	10@7:30
16 (1-315)	6x400@1:35	4 1-2-1, 8:00, 7:20, 8:00	Marathon

All intervals have a rest of 200 meters in 1:20, (no slower than 1:30) except where told different.

All runs should have a negative split aspect.