

# ENDURANCE TRAINING

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# WHAT ARE THE DEMANDS OF MARATHON RUNNING?

- ❖ You have to run for more than 2hrs
- ❖ Your energy reserves will become depleted
- ❖ In some races you will have up to 50,000 other runners in your way
- ❖ In some races you will have to run on Your own for a long way



A group of runners competing in a marathon on a city street. The runners are wearing various athletic gear, including tank tops and shorts. Some are wearing bibs with "real" and "TAPPA" visible. The background shows a city street with buildings and trees.

**How do you prepare the body for such great demands?**

**Recognise the demands of the event and build up steadily and systematically so that your body adapts gradually to these demands**





Your training should build over 12 to 16 weeks to gradually get close to the intensity of the marathon itself

This means starting with a low level of intensity in your training – which is often called ‘base training’ - and then over time, running longer and faster as you get close to race day



A group of runners is captured in motion on a red running track. In the foreground, a man in a bright yellow-green singlet and shorts runs with a determined expression. Behind him, a woman in a blue t-shirt and dark shorts runs. Further back, a shirtless man in black shorts and sunglasses is visible. To the left, another runner in a yellow singlet and blue shorts is seen. The background features a green lawn, trees, and a white building under a clear blue sky. The text is overlaid in a bold, yellow font.

**There may be different starting points depending on your running background:**

**Established runners can build up the long run at the start of their training block and gradually increase the speed of the run towards race day**

**Runners with some running back ground can build up the long run fairly quickly over the first half of the block then increase the speed towards race day**

**Beginners will concentrate on gradually building up the length of the long run towards race day.**



# **YOUR LONG RUNS**

A scenic background image showing three runners on a sandy beach. In the background, there are prominent reddish-brown cliffs under a clear blue sky. The foreground shows the gentle waves of the ocean meeting the shore.

## **Build Endurance**

**Cause adaptations to bones, muscle and cardio vascular system**

**Develop energy systems and promote fat burning**

**How far depends on your fitness levels – base on time rather than distance with optimal target of 2 to 2.5hrs**



# CONSISTANCY IS THE KEY

Frequency of training has been shown to be the most important factor in developing fitness.

- Beginners should aim at running 3 times per week
- Marathon runners aiming to get around in good form should aim at 5 times per week.
- Experienced runners looking for a time under 3hrs 30 should aim at running 7 times per week.
- International level runners should be aiming at training 14 times per week.



# SPEED WORK

A photograph of four women running on a red athletic track. They are wearing various athletic gear like tank tops, leggings, and shorts. In the background, there is a large, multi-story white building with a red-tiled roof, likely a residential or institutional building. The sky is clear and blue.

In the last 6 weeks introduce some running that is at Marathon pace and some that is quicker than Marathon Pace.

Marathon speed training – optimum 30 to 40mins at marathon pace and during the last few long runs run the final 25% of the run at Marathon Pace

In the last 4 weeks do some effort sessions at 10km and 5km pace – 10 x 2mins, 15 x 1min etc



# Typical 5-Day Week

## January

Sun: 1hr 30min steady run

Mon: Rest

Tue: 45mins steady

Wed: Rest

Thu: 45mins steady

Fri: Rest

Sat: Hills – 20 mins up and down a  
2min long hill

## March

Sun: 2hr steady run

Mon: Rest

Tue: Warm up – 6x3min with 2min  
recovery – cool down

Wed: Rest

Thu: 60mins steady

Fri: Rest

Sat: Hills – warm up – 5 x 1 mile at 10km  
pace

## February

Sun: 1hr 45min steady run

Mon: Rest

Tue: warm-up – 20min tempo run  
- cool down

Wed: Rest

Thu: 60mins steady

Fri: Rest

Sat: Hills – 20 mins up and down a  
2min long hill

## April

Sun: 3hrs steady run

Mon: Rest

Tue: Warm up – 12 x 1 min fast/1 min  
slow – cool down

Wed: Rest

Thu: 60mins steady

Fri: Rest

Sat: 45min speeding up to 10km pace for  
last 10mins



# Typical 7 Day Week

## January

Sun: 2hrs steady run

Mon: 1hr steady

Tue: 30mins threshold

Wed: 1hr 20 steady

Thu: 1hr steady

Fri: 30min easy

Sat: Hills – 30 mins up and down a  
2min long hill

## March

Sun: 3hrs steady run

Mon: 1hr steady

Tue: 4 sets, 5x300m/1min recovery

Wed: 1hr 30min steady – running faster  
towards end

Thu: 30 mins steady followed by 10 x 400m at  
10km pace

Fri: 30mins easy

Sat: 40mins fartlek

## February

Sun: 2hrs 30min steady run

Mon: 1hr steady

Tue: 5 x 1 mile at 10km pace-3 min rec

Wed: 1hr 30mins steady

Thu: 15mins thresold-5min rec-15min  
Threshold

Fri: 30mins easy

Sat: 40 mins fartlek

## April

Sun: 2hrs – progressive run – speeding up  
each 30mins

Mon: 1hr steady

Tue: 10x400m at 5km pace – 2mins rec

Wed: 1hr 30min building to marathon  
pace

Thu: 6x1km at 5km pace – 2min rec

Fri: 30min easy

Sat: Hills – 1hr steady



# Racing

10-8 weeks: XC, 10km

6-4 weeks: Half Marathon up to 20 miler

1-3 weeks: 10km & possibly a 5km

# Taper

3 weeks to go: Last long run

Reduce mileage a little but speed up the quality sessions

2 weeks to go: Reduce training to 75% of Max – continue with quality sessions

Last week: Reduce to 50% of Max – include at least 2 short but fast sessions





# RACE DAY

- GET YOUR RACE KIT READY THE NIGHT BEFORE
  - HAVE HIGH ENERGY BREAKFAST LIKE PORRIDGE AND HONEY
  - GET TO THE START EARLY
  - DRINK SMALL AMOUNT OF WATER REGULARLY UP TO 1 HOUR BEFORE THE START
  - DON'T TAKE ANY HIGH SUGAR SUPPLEMENTS IN THE LAST HOUR
  - DON'T START TOO FAST
  - DRINK SMALL AMOUNTS OF WATER AND LUCOZADE THROUGH OUT THE RUN – BUT NOT TOO MUCH
  - IF YOU HAVE PRACTICED USING GELS TAKE THEM WITH YOU AND USE ONE EVERY 30MINS FROM THE START
  - ENERGY CAN BE GAINED FROM JELLY BABIES, BANANAS, RICE
  - HAVE FUN
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