



Your objective is
our motivation !

event.ahsa-athletisme.com

TRAININGS MARATHON 4H00

POWERED BY FEELINGJACK



MORE INFO

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INFO

TRAINING PLAN :

This training plan was prepared by our club Annecy Haute Savoie Athletics, organizer of running events on Annecy.

PREPARATION 8 WEEKS :

This training plan is aimed at people who regularly run and know their MAS.

For those who start running we advise you to start with shorter events (Ex: 10km) in order to climb gradually as the months and years go by to arrive one day at the marathon.

HEALTH CHECK :

The marathon is a race that requires a particularly high effort. Have a health check-up done with your doctor or cardiologist before taking any program.



CRAZY

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FUN

You can do for yourself

RACE

TIMING

YOUR OBJECTIVE : 4h00
TIME PER KILOMETER : 5min41

KM	TEMPS
1	5'41
5	28'26
10	56'53
15	1h25'19
20	1h53'45
SEMI	1h59'27
25	2h22'05
30	2h50'38
35	3h19'05
40	3h47'31
MARATHON	4h00'00

WEEK 1

LONG MAS & THRESOLD

MONDAY : 1h15

- Footing 1h15

WEDNESDAY : 1h15

- 20' endurance
- 2000m pace 5'27/km - R3'
- 3000m pace 5'27/km - R3'
- 2000m pace 5'27/km
- 20' recovery relax

FRIDAY : 1h30

- 20' endurance
- 45' by alternating 2' pace 6'00/km & 1' at 95% of MAS
- 5' recovery relax
- 10' pace 5'41/km
- 10' recovery relax

SUNDAY : 1h40

- 20' endurance
- 20' pace 4'58/km - R5'
- 20' pace 4'58/km - R5'
- 20' pace 4'58/km
- 10' recovery relax



WATCH

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THE

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WORLD

WEEK 2

LONG MAS & THRESOLD

MONDAY : 1h00

- Footing 1h00

WEDNESDAY : 1h20

- 20' endurance
- 2000m pace 5'13/km - R2'
- 3000m pace 5'13/km - R2'
- 2000m pace 5'13/km
- 20' recovery relax

FRIDAY : 1h40

- 20' endurance
- 50' by alternating 2' pace 6'00/km & 1' at 95% of MAS
- 5' recovery relax
- 15' pace 5'51/km
- 10' recovery relax

SUNDAY : 1h55

- 20' endurance
- 30' pace 5'27/km - R5'
- 30' pace 5'27/km - R5'
- 10' recovery relax

WEEK 3

MAS & THRESOLD

MONDAY : 1h10

- Footing 1h10

WEDNESDAY : 1h20

- 20' endurance
- 2000m pace 5'13/km - R2'
- 2000m pace 5'13/km - R2'
- 2000m pace 5'13/km - R2'
- 2000m pace 5'13/km
- 20' recovery relax

FRIDAY : 1h20

- 1h20 footing pace 6'00/km

SUNDAY : 2h10

- 20' endurance
- 25' pace 5'27/km - R5'
- 25' pace 5'27/km - R5'
- 25' pace 5'27/km
- 15' recovery relax



LAKE

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AND

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MOUNTAINS

WEEK 4

RELEASE

LUNDI : 0h50

- Footing 50' relax

WEDNESDAY : 1h00

- 25' endurance
- 8x 30"/30" pace at 100% of MAS
- 10' pace 5'41/km
- 10' recovery relax

FRIDAY : 0h45

- Footing 45'

SUNDAY : 1h45

- 1h pace 5'41/km
- 15' pace 5'13/km
- 30' pace 5'41/km

WEEK 5

THRESHOLD & MARATHON GAIT

MONDAY : 1h15

- Footing 1h15

WEDNESDAY : 1h00

- 20' endurance
- 3000m pace 5'13/km - R3'
- 3000m pace 5'13/km - R3'
- 3000m pace 5'13/km
- 10' recovery relax

FRIDAY : 1h10

- 20' endurance
- 40' by alternating 2' pace 6'00/km & 1' at 95% of MAS
- 10' recovery relax

SUNDAY : 2h15

- 20' endurance
- 20' pace 5'27/km - R5'
- 20' pace 5'27/km - R5'
- 20' pace 5'27/km - R5'
- 20' pace 5'27/km
- 20' recovery relax



EARN

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FREEDOM

WEEK 6

THRESHOLD & MARATHON GAIT

MONDAY : 1h00

- Footing 1h00

WEDNESDAY : 1h30

- 20' endurance
- 2000m pace 5'27/km - R2'
- 2000m pace 5'27/km - R2'
- 2000m pace 5'27/km - R2'
- 2000m pace 5'27/km
- 20' recovery relax

FRIDAY : 0h45

- Footing 45'

SUNDAY : 2h30

- 20' endurance
- 40' by alternating 3' pace 6'00/km & 1' at 95% of MAS
- 1h pace 5'41/km
- 30' recovery relax

WEEK 7

DECREASE IN VOLUME

TUESDAY : 1h00

- 25' endurance
- 12x 30"/30" pace at 100% of MAS
- 10' pace 5'41/km
- 10' recovery relax

THURSDAY : 0h45

- Footing 45'

SUNDAY : 1h15

- 20' endurance
- 15' pace 5'27/km - R2'
- 15' pace 5'27/km
- 10' pace 5'41/km
- 10' recovery relax



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WEEK 8

SHARPENING

TUESDAY : 0h45

- Footing 45'

THURSDAY : 0h40

- footing 40' relax
- 10' pace 5'40/km

D DAY

SUNDAY : MARATHON

- It is imperative to respect the pace even if you feel good. Regularity and discipline make success !

ADVICE

SLEEPING :

Sleep is a central element of recovery. It is therefore advisable to do these sports sessions at least 3 to 4 hours before going to bed.

MEDITATION :

Regardless of the level, competitor or casual athlete, meditation is a win-win. Meditation brings awareness of oneself and one's body". More attuned to his feelings and his signals, the athlete feels faster when his body is tired, or needs to recover, and knows "better to manage himself in the long term".

STRETCHING :

Stretching is imperative to help your muscles to recover and maintain mobility. Do at least 15 to 30 min of stretching per day.

To run well remember to stretch all the back muscles as well as lower body muscles (calves, quadriceps, hamstring, and especially psoas).



LISTEN TO

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BODY

TIPS

NUTRITION :

Performance requires a good lifestyle regarding food. It is necessary to adapt according to your needs and especially consult your doctor to have informed advice about your physical and metabolic situation.

We recommend a varied and balanced diet, 3 to 5 times a day following training in order to balance the intake.

Low hydration promotes injury and slows recovery. Do not forget to hydrate regularly and adapt according to your training.

AHSA's approach to nutrition awareness focuses on the consumption of seasonal, local and organic products wherever possible.

All advice and tips in this document are for guidance only. Consult your doctor for more details.