



Your objective is
our motivation !

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TRAININGS MARATHON 4H30

POWERED BY FEELINGJACK



MORE INFO

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INFO



CRAZY

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FUN

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RACE

TIMING

YOUR OBJECTIVE : 4h30
TIME PER KILOMETER : 6min24

KM	TEMPS
1	6'24
5	32'00
10	1H03'59
15	1H35'59
20	2H07'59
SEMI	2H14'23
25	2H39'58
30	3H11'58
35	3H43'58
40	4H15'57
MARATHON	4H30'00

TRAINING PLAN :

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

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.

WEEK 1

LONG MAS & THRESOLD

TUESDAY : 1h15

- Footing 1h15
- 10' pace 6'23/km

THURSDAY : 1h25

- 20' endurance
- 2000m pace 6'00/km - R3'
- 3000m pace 6'00/km - R3'
- 2000m pace 6'00/km
- 20' recovery relax

SUNDAY : 1h40

- 20' endurance
- 20' pace 6'23/km - R5'
- 20' pace 6'23/km - R5'
- 20' pace 6'23/km
- 10' recovery relax



WATCH

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THE

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WORLD

WEEK 2

LONG MAS & THRESOLD

TUESDAY : 1h00

- Footing 1h
- 10' pace 6'23/km

THURSDAY : 1h10

- 20' endurance
- 2000m pace 5'42/km - R3'
- 3000m pace 5'42/km - R3'
- 2000m pace 5'42/km
- 20' recovery relax

SUNDAY : 1h45

- 20' endurance
- 30' pace 6'00/km - R5'
- 30' pace 6'00/km - R5'
- 20' recovery relax

WEEK 3

MAS & THRESOLD

TUESDAY : 1h30

- 20' endurance
- 2000m pace 5'42/km - R2'
- 2000m pace 5'42/km - R2'
- 2000m pace 5'42/km - R2'
- 2000m pace 5'42/km
- 20' recovery relax

THURSDAY : 1h15

- Footing 1h15

SUNDAY : 2h00

- 20' endurance
- 25' pace 6'00/km - R5'
- 25' pace 6'00/km - R5'
- 25' pace 6'00/km
- 15' recovery relax



LAKE

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AND

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MOUNTAINS

WEEK 4

RELEASE

TUESDAY : 0h50

- Footing 50' relax

THURSDAY : 1h10

- Footing 1h10

SUNDAY : 1h45

- 1h pace 6'23/km
- 15' pace 5'42/km
- 30' pace 6'23/km

WEEK 5

THRESHOLD & MARATHON GAIT

TUESDAY : 1h00

- Footing 1h
- 10' pace 6'23/km

THURSDAY : 1h20

- 20' endurance
- 3000m pace 5'42/km - R3'
- 3000m pace 5'42/km - R3'
- 3000m pace 5'42/km
- 10' recovery relax

SUNDAY : 2h15

- 20' endurance
- 20' pace 6'00/km - R5'
- 20' pace 6'00/km - R5'
- 20' pace 6'00/km - R5'
- 20' pace 6'00/km
- 20' recovery relax



EARN

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FREEDOM

WEEK 6

THRESHOLD & MARATHON GAIT

TUESDAY : 1h00

- Footing 1h00
- 10' pace 6'23/km

THURSDAY : 1h30

- 20' endurance
- 2000m pace 5'42/km - R3'
- 2000m pace 5'42/km - R3'
- 2000m pace 5'42/km - R3'
- 2000m pace 5'42/km
- 20' recovery relax

SUNDAY : 2h30

- 1h endurance
- 1h pace 6'23/km
- 30' recovery relax

WEEK 7

DECREASE IN VOLUME

TUESDAY : 0h40

- Footing 40' relax

THURSDAY : 1h05

- 20' endurance
- 2000 pace 5'42/km - R3'
- 2000 pace 5'42/km
- 20' recovery

SUNDAY : 1h15

- 20' endurance
- 15' pace 6'23/km - R2'
- 15' pace 6'23/km - R3'
- 10' pace 6'52/km
- 10' recovery relax



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WEEK 8

SHARPENING

TUESDAY : 0h45

- Footing 45'

THURSDAY : 0h40

- footing 30' relax
- 10' pace 6'23/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.