

Get ready
for the 10
October 2021!

M MANCHESTER
MARATHON

TRAINING PLAN

by **HOKA** and Adam Hickey

26.2 miles

**RUN THE FIRST THIRD WITH YOUR HEAD
RUN THE SECOND THIRD WITH YOUR LEGS
RUN THE LAST THIRD WITH YOUR HEART**

**Thanks for joining the 2021 Manchester Marathon!
HOKA athlete Adam Hickey has created this exclusive
marathon training plan to help you cross the finish
line in around 3 to 3.5 hours.**

**Everyone is unique, so please listen to your mind and
body during the training cycle. Feel free to use this plan
as a base and find a training solution that works for you.**

**You are taking on an incredible challenge that aims to
push you. Add the details of the plan into your calendar at
the start of each week, to keep you focused and committed.
We are really excited to see you on 10th October.**

**Level
ADVANCED**

HOW TO READ THE PLAN

Each session includes a warm-up (minimum 15 minutes) and a cool down (minimum 10 minutes)

- **Rest day:** can be used for strength and conditioning, stretching and active recovery such as gentle swimming, cycling or walking.

- **Run day:** the focus for these runs is time, not necessarily speed, so you should run at an easy pace and be able to speak comfortably when running. The times for these runs may seem daunting when you first look at the plan, but together we will build your stamina to be able to run for suggested amount.

- **Intervals Day:** days that include some faster running interspersed with recovery periods so that you can maintain the quality. The total time allocated for interval days includes time to warm up and cool down. For example 45': 10x 60sec means a 45 minutes training session, that is made up of a warm up, 60 seconds of running effort and 60 seconds of walk recovery, repeated 10 times, followed by a cool down.

Effort and sprint: those terms are mentioned few times in the plan. The standard exertion for your runs should be a comfortable pace where you are able to speak comfortably. Unless you see that 'effort' is listed then you need to push that much harder, and where 'sprint' is listed run at your fastest speed.

ADAM HICKEY

Adam Hickey is a professional athlete supported by HOKA. A Great Britain international, who competes on the track, road and cross country, Adam also has marathon personal best of 2hrs 16 mins 56 secs. He is an experienced running coach, full-time firefighter, husband to Katie and father of two to Leo and Beau. Adam lives in Southend, UK and this year will be targeting the England Athletics qualifying standard for the 2022 Commonwealth Games in Manchester.





by Adam Hickey



TRAINING PLAN

2021 MANCHESTER MARATHON: 10 October
20-week training plan, starting on 24 May 2021

ADVANCED

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

PHASE 1, 24 May - 27 Jun: AIM HIGH AND ACHIEVE YOUR OWN GREATNESS

WEEK -20	REST	RUN 40'	RUN 50'	INTERVALS 50' : 8x 30sec	REST	RUN 50' hilly run	RUN 70'
WEEK -19	REST	RUN 45'	RUN 50'	INTERVALS 50' : 8x 30sec	REST	RUN 50' hilly run	RUN 80'
WEEK -18	REST	INTERVALS 50' : 8x 2' effort	RUN 60'	RUN 45'	REST	RUN 50' hilly run	RUN 90'
WEEK -17	REST	INTERVALS 50' : 6x 3' effort	RUN 60'	RUN 45'	REST	RUN 50' hilly run	RUN 115'
WEEK -16	REST	INTERVALS 50' : 5x 4' effort	RUN 60'	INTERVALS 60' : 21x 45sec	REST	RUN 45'	RUN 120'

PHASE 2, 28 Jun - 01 Aug: IF IT DOES NOT CHALLENGE YOU, IT WON'T CHANGE YOU

WEEK -15	REST	INTERVALS 50' : 4x 5' effort	RUN 70'	INTERVALS 50' : 8x 30sec	REST	RUN 45'	INTERVALS 105' : 30' effort
WEEK -14	REST	RUN 45'	RUN 70'	INTERVALS 40' : 20' effort	REST	RUN 45'	RUN 130'
WEEK -13	REST	INTERVALS 60' : 10x 2' effort	RUN 80'	INTERVALS 50' : 8x 30sec	REST	RUN 50'	INTERVALS 105' : 30' effort
WEEK -12	REST	INTERVALS 60' : 8x 3' effort	RUN 80'	INTERVALS 40' : 20' effort	REST	RUN 45'	RUN 120'
WEEK -11	REST	INTERVALS 60' : 6x 4' effort	RUN 75'	INTERVALS 40' : 6x 30sec	REST	RUN 20'	INTERVALS 120' : 60' effort

PHASE 3, 02 Aug - 05 Sept: IT IS NOT GETTING EASIER, YOU ARE JUST GETTING BETTER

WEEK -10	REST	RUN 45'	RUN 80'	INTERVALS 40' : 20' effort	REST	RUN 45'	RUN 130'
WEEK -9	REST	INTERVALS 60' : 5x 5' effort	RUN 60'	INTERVALS 50' : 8x 30sec	REST	RUN 50'	INTERVALS 105' : 40' effort
WEEK -8	REST	RUN 45'	RUN 80'	INTERVALS 40' : 20' effort	REST	RUN 45'	RUN 120'
WEEK -7	REST	INTERVALS 60' : 8x 3' effort	RUN 75'	INTERVALS 40' : 6x 30sec	REST	RUN 20'	RUN Half Marathon Race
WEEK -6	REST	INTERVALS 60' : 6x 4' effort	RUN 90'	RUN 50' hilly run	REST	INTERVALS 60' : 20' effort	RUN 140'

PHASE 4, 06 Sept - 10 Oct: STAY FOCUS, RACE HARD AND KEEP FLYING

WEEK -5	REST	INTERVALS 60' : 5x 5' effort	RUN 70'	INTERVALS 40' : 6x 30sec	REST	RUN 35'	INTERVALS 120' : 3x 20' effort
WEEK -4	REST	RUN 45'	RUN 70'	RUN 50'	REST	INTERVALS 50' : 21x 45sec	RUN 150'
WEEK -3	REST	INTERVALS 60' : 30' effort	RUN 80'	RUN 45'	REST	INTERVALS 60' : 3x 8' effort	RUN 135'
WEEK -2	REST	INTERVALS 60' : 25x 45sec	RUN 70'	RUN 45'	REST	RUN 35'	INTERVALS 60' : 20' effort
WEEK -1	REST	RUN 40'	REST	INTERVALS 30' : 6x 20sec	RUN 20'	REST	

