

**Get ready  
for the 10  
October 2021!**

**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 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  
BEGINNER**

## 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 / Walk day:** alternate between walking and running at easy pace.

The symbol ' represents minutes you should spend for the running and walking sections.

For example 5'/30'/5' means 5 minutes of walking, 30 minutes of running and another 5 minutes of 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.

## 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**

**BEGINNER**

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

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

<b>WEEK -20</b>	REST	ACTIVE WALK 30'	REST	RUN/WALK 5'/10'/5'/10'/5'	REST	REST	RUN/WALK 10'/20'/5'/10'/5'
<b>WEEK -19</b>	REST	RUN/WALK 5'/20'/5'/10'/5'	REST	RUN/WALK 10'/20'/5'/10'/5'	REST	REST	RUN/WALK 10'/25'/10'/15'/5'
<b>WEEK -18</b>	REST	RUN/WALK 5'/30'/5'	REST	RUN/WALK 5'/40'/5'	REST	REST	RUN/WALK 10'/30'/10'/20'/10'
<b>WEEK -17</b>	REST	RUN 40'	REST	RUN/WALK 5'/45'/5'	REST	REST	RUN/WALK 10'/40'/10'/20'/10'
<b>WEEK -16</b>	REST	RUN 20'	REST	RUN 30'	REST	REST	RUN 50'

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

<b>WEEK -15</b>	REST	RUN 40'	REST	INTERVALS 45' : 8x 30sec	REST	REST	RUN 100', walk if needed
<b>WEEK -14</b>	REST	RUN 40'	REST	INTERVALS 45' : 8x 45sec	REST	REST	RUN 110', walk if needed
<b>WEEK -13</b>	REST	RUN 45'	REST	INTERVALS 50' : 8x 60sec	REST	REST	RUN 100', walk if needed
<b>WEEK -12</b>	REST	RUN 45'	REST	INTERVALS 45' : 6x 90sec	REST	REST	RUN 120', walk if needed
<b>WEEK -11</b>	REST	RUN 30' : 4x 2' sprint	REST	RUN 30'	REST	REST	RUN 50'

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

<b>WEEK -10</b>	REST	RUN 30'	REST	INTERVALS 45' : 10x 30sec	REST	REST	RUN 60'
<b>WEEK -9</b>	REST	RUN 45'	REST	INTERVALS 45' : 10x 45sec	REST	REST	RUN 75'
<b>WEEK -8</b>	REST	RUN 45'	REST	INTERVALS 50' : 10x 60sec	REST	REST	RUN 90'
<b>WEEK -7</b>	REST	RUN 40'	REST	INTERVALS 45' : 8x 90sec	REST	REST	RUN Half Marathon
<b>WEEK -6</b>	REST	RUN 35' : 6x 2' sprint	REST	RUN 45'	REST	REST	RUN 105'

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

<b>WEEK -5</b>	REST	RUN 30'	REST	INTERVALS 45' : 6x 3'	REST	REST	RUN 120'
<b>WEEK -4</b>	REST	RUN 45'	REST	INTERVALS 50' : 5x 4'	REST	REST	RUN 120'
<b>WEEK -3</b>	REST	RUN 45'	REST	INTERVALS 50' : 12' + 8'	REST	REST	RUN 80'
<b>WEEK -2</b>	REST	RUN 40'	REST	INTERVALS 50' : 25'	REST	REST	RUN 50'
<b>WEEK -1</b>	REST	RUN 35' : 15' fast	REST	RUN 25'	REST	REST	

