

Get ready
for the 3rd
April 2022.

Therme **2022** 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 2022 Therme 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 3 April.

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.





by Adam Hickey

2022 MANCHESTER MARATHON: 3 April
20-week training plan, starting on 15 November 2021

BEGINNER

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

PHASE 1, 15 Nov - 19 Dec, AIM HIGH AND ACHIEVE YOUR OWN GREATNESS

WEEK -20	REST	ACTIVE WALK 30'	REST	RUN/WALK 5'/10'/5'/10'/5'	REST	REST	RUN/WALK 10'/20'/5'/10'/5'
WEEK -19	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'
WEEK -18	REST	RUN/WALK 5'/30'/5'	REST	RUN/WALK 5'/40'/5'	REST	REST	RUN/WALK 10'/30'/10'/20'/10'
WEEK -17	REST	RUN 40'	REST	RUN/WALK 5'/45'/5'	REST	REST	RUN/WALK 10'/40'/10'/20'/10'
WEEK -16	REST	RUN 20'	REST	RUN 30'	REST	REST	RUN 50'

PHASE 2, 20 Dec - 23 Jan, IT DOES NOT CHALLENGE YOU, IT WON'T CHANGE YOU

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

PHASE 3, 24 Jan - 27 Feb, IT IS NOT GETTING EASIER, YOU ARE JUST GETTING BETTER

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

PHASE 4, 28 Feb - 3 Apr, STAY FOCUS, RACE HARD AND KEEP FLYING

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