

ADIDAS MANCHESTER MARATHON

16TH APRIL 2023

12 WEEK TRAINING PLAN

INTERMEDIATE

**START
DATE:**
23RD
JANUARY
2023



WELCOME TO YOUR ADIDAS MANCHESTER MARATHON 12 WEEK TRAINING PLAN

Welcome to your adidas Manchester Marathon 12 week Training Plan, provided to you by adidas. This plan aims to help you prepare for the adidas Manchester Marathon and make the most of your training.

These training plans have been designed to train any runner for a marathon, ranging from those planning to run their

first marathon (**NOVICE**), to those who have completed a marathon before (**INTERMEDIATE**) and for those looking to achieve a competitive-standard time for their age-group (**ADVANCED**).

This plan is split into four phases across the 12 weeks to help you prepare for joining us on the start line on 16th April 2023.

ADIDAS RUNNERS LONDON

Your Training Plan Coaches

We are not a running crew. We are an international community of runners. A movement of changemakers spanning all skill levels and backgrounds, where every pace has a place. We are united in the ambition to become better athletes and allies through the power of sports, friendship and commitment, always resulting in personal growth and change.

We aspire to ensure that our community members feel safe, accepted, and inspired to be their best selves, whilst recognising that not all of our community members have the same privileges.

We are excited to have you with us as you prepare for the adidas Manchester Marathon 2023. The following pages will guide you to get out there and provide you an overview on how to train effectively for the adidas Manchester Marathon. Wherever you are.





PICK YOUR PLAN

NOT SURE WHICH PLAN TO USE? HERE'S SOME GUIDANCE TO HELP YOU CHOOSE

NOVICE

AIMING FOR **4 TO 6 HOURS** OR **6 MIN/K**

This may be your first marathon, or you are aiming for the above time; this plan will help you cover the distance. The plan will require you to run 2-3 times a week. At peak training period you will be running 40 to 55km per week.

INTERMEDIATE

AIMING FOR **3:30 TO 4 HOURS** OR **5:25 MIN/K**

This Intermediate plan is for you if you've run a marathon already and are looking to better your time. It will require you to be running 4 times a week by gradually building up duration and intensity. At peak training period you will run 60 to 80km per week.

ADVANCED

AIMING FOR **SUB-3 TO 3:30** OR **4:15 MIN/K**

This advanced plan is ideal if you've run a few marathons but would like to achieve a competitive-standard time for your age-group. The plan will require you to run 5 times a week mixing steady runs with more complex tempo sessions. At peak training period you will run 70 to 100km per week.

Think you're on the wrong plan? Visit the other plans [HERE](#)

WHAT'S IN YOUR PLAN?

TRAINING FORMATS

The plan is created with a time and distance (km) focus. In the initial base phases, the majority of sessions will be time-based as we're building aerobic endurance and there's no need to worry about how fast we're going.

As we get into the swing of things in the peak periods, we'll start to introduce sessions based on distance, this is when we start focusing on run specificity and getting race ready.

TRAINING PHASES

BASE PHASE

WEEK 1 TO WEEK 3

This is the most important phase of the plan as this is where we prime the body for the demands of running and development of an aerobic base. The strength & conditioning we complete here will complement our training as the mileage increases in the upcoming phases.

BUILD PHASE 1

WEEK 4 TO WEEK 6

Here we'll step up endurance efforts with focus on gradually increasing long runs and introduce workouts which require more intensity.

PEAK

WEEK 7 TO WEEK 10

In this stage, we'll fine tune our engines by advancing our workouts which start to tap into our desired marathon pace.

TAPER

WEEK 11 TO WEEK 12

Just as important as the initial builds is conserving your energy before race day and learning that less is more. We'll start to ease back gently during this period with the focus on getting to the start line in the best possible shape.

UNDERSTANDING YOUR PLAN 1/2

We know it can be daunting when looking at different plans, so we have outlined some of the key phrases to help you understand your plan.

STRENGTH & CONDITIONING

Running-specific strength and conditioning workouts, emphasising exercises that strengthen the key muscle groups of: core and abdominals; hamstrings; quads; and calves. Incorporate common moves such as a squat, lunge, Russian deadlift, suitcase hold, calf raises, or split squat. Also, explosive exercises such as a medicine ball slam and kettlebell swing.

You may also include Yoga or Pilates as part of this segment.

Click on the links below for some examples of Strength & Conditioning activity:



CROSS TRAINING

These are aerobic workouts without the stress of running, this could be swimming or cycling.

EASY RUNS

These should be very easy and relaxed - ideally you should be able to hold a conversation during the run.



LONG RUNS

Long runs are the bread and butter of distance running, in the early weeks we should concentrate on increasing time spent on feet rather than distance. Start off in earlier weeks by running at conversational pace then gradually build up to experimenting with marathon paces. These runs prepare us physically and mentally for the challenge to come. Talk test - Running at a conversational level but feel slightly red-faced with increase of muscular fatigue

UNDERSTANDING YOUR PLAN 2/2

REST/RECOVERY

These days are primarily to rest and recover. Take time off running to allow the body time to repair and recover between workouts. Listen to your body and take notice of any warning signs.

STEADY RUNS

These are slightly harder than an easy run but should still feel comfortable. These runs are designed to raise your lactate threshold and improve your running economy.

TEMPO RUNS

These runs are not designed to run at flat out but running on edge of your comfort zone. You'll be working on improving your aerobic capacity and lactate threshold Remember you're running to feel rather than to pace.

CRUISE INTERVALS

You'll be running at a comfortably hard pace followed by an essential recovery period and the focus is on cruising rather than pushing hard.

RUNNING DRILLS

Do these running drills after warming up to prevent injury and run healthier. Running drills are key to preventing injury and promoting proper running form. Have a look [HERE](#).





HOW YOUR RUNS SHOULD FEEL

There are a number of different efforts that you should aim to master that will make up your training. We think you can base your effort on perceived exertion, which can also be related to heart rate.

5-6/10 OR 50-60% MAX HEART RATE

Recovery running. No more than 30-45 mins at a time with the objective of feeling better at the end, flushing the system through, working totally with oxygen and being able to chat easily at any time.

TALK TEST In control, relaxed and can speak in complete sentences.

6/10 OR 60% MAX HEART RATE

This is steady running. It is probably the average pace of most runs and totally aerobic. This is only a little harder than recovery running.

TALK TEST - can speak in short sentences but with a slight pause.

7-8/10 OR 70-80% MAX HEART RATE

This is near your marathon pace if you train well and are realistic. Totally controlled but you need to focus and remind yourself in case you drift into a slower zone. This needs to be practiced

in your weekly long runs with segments that increase in frequency and time length the nearer you get to race day.

TALK TEST Controlled discomfort, you could speak 4-5 words when asked a question.

8-8.5/10 OR 80-85% MAX HEART RATE

This is tempo running and the most important fitness element in your training. It is the key to a better running economy and important when building your aerobic base. It hurts but you are in control if you remain focused hence it being comfortably hard.

TALK TEST Speak 1-2 words but definitely not a lot of talking.

8.5 & MORE + 85% EFFORT AT MAX HEART RATE

This is often in the form of interval training. You will be working anaerobically during this effort.

TALK TEST You won't be able to hold a conversation and will likely be speaking in grunts/moans etc...

PREPARATION ADVICE

MOVEMENT

Spend 15 mins warming up and cooling down to prevent injuries and aid recovery

Don't skip your core work/conditioning training - you should do this at least once a week, and two weekly sessions are included in your plan.

RECOVERY

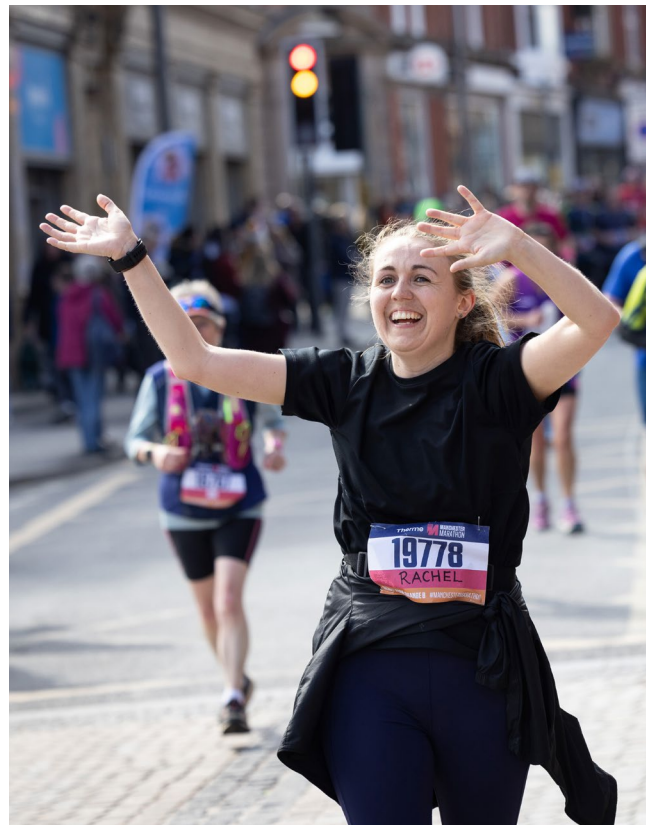
Remember this guide is not the holy grail, if you need to change days around or take an extra days off do you tiredness/fatigue/injury then do so - the key thing is to listen to your body!

Please consult a physiotherapist or medical professional if you encounter a running-related injury/

NUTRITION

Healthy nutrition is key to support optimal performance pre, during and post training. Please have sufficient food before completing any physical activity. Stay hydrated during your run and opt for simple carbohydrates (bananas or dried fruit) to power you through the run. After your run, eat a balanced meal of complex carbohydrates, protein, and fat.

You can also find latest sports nutrition products from from SiS, the Official Sports Nutrition Partner of



the adidas Manchester Marathon to support your training. Use the exclusive discount code to get 10% off at check out: SISMM

KIT

Remember to choose the correct clothing that respects the conditions you are running in.

The right shoe should be one that's comfortable and supports you and coordinates with your natural running style. Check out the footwear guide on page 12 to find the best shoe for you.



TRAINING PLANS

BASE PHASE 23 JAN - 12 FEB

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1 1 W/C 23rd Jan	40 mins easy run + running drills	Strength & Conditioning	REST & RECOVERY	40 mins steady run	REST & RECOVERY	1.40 hour easy run + Strength & conditioning	REST & RECOVERY or 45 mins cross-training
WEEK 2 2 W/C 30th Jan	60 mins easy run	Strength & Conditioning	REST & RECOVERY	65 mins steady run	REST & RECOVERY	2 hours easy run + Strength & conditioning	REST & RECOVERY or 45 mins cross-training
WEEK 3 3 W/C 6th Feb	70 mins easy run	30 mins easy run + 10 x 1 min at 8/10 effort with 90s jog recovery (after each 1 min run) + running drills	REST & RECOVERY	35 mins tempo = • 10 mins easy pace, • 10 mins tempo pace, • 10 mins easy pace, • 5 mins tempo pace + Strength & Conditioning	REST & RECOVERY	2.20 hours easy run + Strength & conditioning	REST & RECOVERY or 45 mins cross-training



BASE PHASE 2 13 FEB – 5 MARCH

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 4 W/C 13th Feb	70 mins easy run	20 mins easy run Surges 20 minutes (5 Blocks) 3 mins @ 7/10 effort 1 min @ 8/10 effort (not a sprint)	REST & RECOVERY	35 mins = Progression. 10 min easy + 10 min steady + 15 min tempo + Strength & Conditioning	REST & RECOVERY	2 hours easy run + Strength & conditioning	REST & RECOVERY or 45 mins cross-training
WEEK 5 W/C 20th Feb	45 mins easy run + running drills	20 mins easy run Surges 20 minutes (5 Blocks) 3 mins @ 7/10 effort 1 min @ 8/10 effort (not a sprint)	REST & RECOVERY	35 mins using Hills = 15 mins easy pace, 10 X 1 min @ 7/10 uphill effort with jog back down recovery, 10 mins easy pace + Strength & Conditioning	REST & RECOVERY	2.30 hours easy run incl. 7,6,5,4,3,2,1 min progression (all 2 minutes jog recovery) Starting at MP (Marathon pace) and getting faster throughout	REST & RECOVERY or 45 mins cross-training
WEEK 6 W/C 27th Feb	45 mins easy run	20 mins easy run Surges 20 minutes (5 Blocks) 3 mins @ 7/10 effort 1 min @ 8/10 effort (not a sprint)	REST & RECOVERY	30 mins tempo = • 5 mins easy pace, • 15 mins tempo pace, • 5 mins easy pace, • 5 mins tempo pace	REST & RECOVERY	2.10 hours easy run + Strength & Conditioning	REST & RECOVERY or 45 mins cross-training



PEAK PHASE 6 MARCH – 2 APRIL

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 7 W/C 6th Mar	60 mins easy run + running drills	30 mins easy run + 20 x 1 min at 8/10 effort with 90s jog recovery (after each 1 min run)	REST & RECOVERY	45 mins tempo progression: • 10 mins easy pace, • 10 mins steady, • 25 mins @ MP + Strength & Conditioning	REST & RECOVERY	27km incl. 1 x 15 mins at target MP 1 x 10 mins at slightly faster than MP 1 x 15 mins at target MP (5 minutes jog recovery in between)	REST & RECOVERY or 60 mins cross-training
WEEK 8 W/C 13th Mar	60 mins easy run	20 mins easy run Surges 24 minutes (6 Blocks) 3 mins @ 7/10 effort 1 min @ 8/10 effort (not a sprint)	REST & RECOVERY	60 mins Cruise Intervals: 10 min easy + 6 x 1k at MP with 90 sec jog recovery inbetween + 10 min easy + Strength & Conditioning	REST & RECOVERY	29km incl. 20 x 1 minute over/under target MP (look to alternate between 10 seconds faster, followed by 10 seconds slower than target MP)	REST & RECOVERY or 60 mins cross-training
WEEK 9 W/C 20th Mar	60 mins easy run + running drills	30 mins easy run + 5 x 5 mins at 8/10 effort with 90s jog recovery (after each 5 mins run) + Strength & Conditioning	REST & RECOVERY	26 mins tempo = 1 min at MP / 1 min at easy pace	REST & RECOVERY	30km progression 10km @ easy 10km @ steady 10km @ target MP	REST & RECOVERY or 60 mins cross-training
WEEK 10 W/C 27th Mar	60 mins easy run	20 mins easy run + Surges 28 minutes (7 Blocks) 3 mins @ 7/10 effort 1 min @ 8/10 effort (not a sprint) + Strength & Conditioning	REST & RECOVERY	35 mins using Hills = 15 mins easy pace, 10 x 1 min @ 7/10 uphill effort with jog back down recovery, 10 mins easy pace	REST & RECOVERY	32km incl. 3 x 20 minutes at target MP (10 minutes jog recovery in between)	REST & RECOVERY or 60 mins cross-training



TAPER PHASE 3 APRIL - EVENT DAY

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 11 W/C 3rd Apri	45 mins easy run	30 mins easy run + 5 x 4 min at 8/10 effort with 90s jog recovery (after each 4 mins run)	45 mins easy run	60 mins tempo progression: • 30 mins easy pace, • 30 mins @ MP + Strength & conditioning	REST & RECOVERY	70 mins easy run incl 20 mins @ target MP	REST & RECOVERY
WEEK 12 W/C 10th April	30 mins easy run	30 mins easy run + 3 x 5 min at 8/10 effort with 90s jog recovery (after each 5 mins run)	45 mins easy run	30 min easy including 5 min at MP + running drills	REST & RECOVERY	30 mins easy run	RACE DAY GOOD LUCK





CHOOSE THE RIGHT SHOE FOR YOU

CHOOSE
THE
RIGHT SHOE
FOR YOU

ace up with confidence in your adidas Manchester Marathon training after finding your perfect match. For new runners to seasoned marathoners, use the adidas running shoe finder to choose your ideal shoe.

WHAT TYPE OF RUNNER ARE YOU?



WHAT'S YOUR FAVOURITE FEATURE?

