



M MANCHESTER
MARATHON

ADIDAS MANCHESTER MARATHON

MARATHON BUILD



KICK OFF
TRAINING PLAN
INTERMEDIATE

EVENT DAY TARGET **03.00 – 03.30**
PLAN START DATE **27TH NOVEMBER 2023**



TIME TO KICK OFF

Welcome to your adidas Manchester Marathon Kick Off Training Plans, provided to you by adidas & Best Athletics. These plans have been designed to help you kick off your training for the adidas Manchester Marathon on 14th April 2024.

Starting from 27th November 2023 (20 weeks out from event day), this 5 Week Plan will get your training started with a variety of sessions before you pick up your full 15 Week Plan on 1st January.

These plans have been designed to train any runner for a marathon, ranging from those planning to run their first marathon **NOVICE 4.00 - 6.00**, to those who have completed a marathon before **INTERMEDIATE 3.30 - 4.00** and for those looking to achieve a competitive-standard time for their age-group **ADVANCED 3.00 - 3.30**.





PICK YOUR PLAN

If you're not sure which plan to choose, here's some guidance to help.

NOVICE

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

If this is your first marathon, 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 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.

You can check out the other plans [HERE](#)



UNDERSTANDING YOUR PLAN

We know it can be daunting to understand a new training plan, so we have outlined some key things to help you to 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.

adidas has put together some helpful examples for Strength & Conditioning activity:

1

2

3

CROSS TRAINING

Cross training uses our bodies in different ways. It is a great way to continue to build endurance & strength whilst reducing the impact. Examples of cross training is swimming, cycling, rowing and the cross trainer. If you feel any niggles or your legs are feeling like they need a session off from running feel, replicating a session on the bike or in the pool is a great option.

EASY RUNS

Must feel like an easy jog, try not do anything fast. This is a recovery run. You should be able to have a conversation the whole way.

LONGER RUNS

Longer runs should be done at a controlled and steady effort. Getting the body and mind used to what race pace feels like.

TRACK SESSIONS

Specific guide for your track sessions is detailed below your core plan. It is important to have a dynamic 10-15 minute warm up and cool down as part of these sessions. These sessions are all about working very hard, snapping out of your comfort zone, but not fully emptying the tank.

PROGRESSION

A key principle of training and aim to imitate how conditions get tougher in a race. They help to control our running so that we can skilfully run faster for longer.

TEMPO

Tempo effort level should be around 75-85% effort, working hard, but not racing or emptying the tank. You can say a few words but not hold a conversation.



HOW YOUR SESSIONS SHOULD FEEL

This Training Zones & Paces overview will give you a guideline on how to pace your training sessions.

TARGET EVENT DAY PACE 03:44:59

**05:20
KM PACE**

**08:35
MILE PACE**

ZONE	TYPE OF SESSION	HEART RATE (%HRMAX)	TRAINING RESPONSE	KM PACE	MILE PACE
1	WARM UP, COOL DOWNS, RECOVERY RUNS & SHAKEOUTS	55-72%	ZONE 1 is all about boosting your recovery. Training at this intensity should feel super easy where you can easily hold a conversation.	05:45	09:15
			ZONE 2 helps to build the foundation of your aerobic endurance and allows your body to adapt to becoming better at oxidizing fat as well as increasing your capillary density.	06:00	09:39
3	LONG RUNS	70-85%	ZONE 3 is a moderate effort - This zone improves the efficiency of your bodies circulation and is the zone whereby lactic acid stars to build.	05:10 - 05:25	08:18 - 08:43
4	TEMPO RUNS & HILLS	85-90%	ZONE 4 helps to target your speed endurance. Training in this zone will allow you to become better at using carbohydrates for energy and withstand greater levels of lactic acid in the blood thus increasing your anaerobic threshold.	04:50 - 05:05	07:46 - 08:10
5	INTERVALS & TRACK SESSIONS	85-95%	ZONE 5 is maximal effort - your heart, blood and respiratory system will be working at maximal capacity. In this zone lactic acid levels will build up in your blood and after a few mins you won't be able to continue at this effort.	04:35 - 04:50	07:22 - 07:46



TRAINING TIPS & TRICKS

KEEP EASY DAYS EASY!

On an easy run, you should be able to talk the whole way (Zone 2 Running @ 72% of your max HR). And on harder days, view these as business time! When these sessions kick in, it is time to work hard, and hard work requires focus.

TRAINING & RECOVERY

Your recovery should be aligned to your session with a Track Sessions being Static Recovery, and Tempo & Weekend Interval Sessions being Active. Non-impact recovery is hugely beneficial. If ever you're feeling niggly and have a recovery run in your plan, then feel free to do it as a non-impact session instead. An example of this would be the cross trainer (elliptical), cycling, swimming, rowing machine, stairs climber etc.

NUTRITION

Healthy nutrition is key to support optimal performance pre, during and post training. Ensure you 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. Try and get a good source protein and Carbohydrate in within half an hour of a hard session, such as SiS REGO Rapid Recovery drink (optimal blend of carbohydrate and protein). This is important in the maintenance and building of muscle and increasing recovery time.

Use the exclusive discount code to get 20% off at check out: **HREXTRA20**.

MORNING ROUTINE & SLEEP

The more you can do it, or your version of it the better. It's 10 - 15 minutes of your day that will go a long way. And sleep is when we truly recover; always aim to get at least 8 hours a night.

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** to find the best shoes for you.



TRAINING

YOUR 5 WEEK KICK OFF PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1 27th Nov - 3rd Dec	AM 6 km Easy Run PM Strength & Conditioning	Track Session 1	AM 45 min Cross training PM Strength & Conditioning	6 km Easy Run	REST & RECOVERY	6 km Easy Run	10 km Long Run
WEEK 2 4th Dec - 10th Dec	AM 6 km Easy Run PM Strength & Conditioning	Track Session 2	AM 45 min Cross training PM Strength & Conditioning	6 km Easy Run	REST & RECOVERY	6 km Easy Run	12 km Long Run
WEEK 3 11th Dec - 17th Dec	AM 6 km Easy Run PM Strength & Conditioning	Track Session 3	AM 45 min Cross training PM Strength & Conditioning	6 km Easy Run	REST & RECOVERY	Progression Long Run 2 km warm up 3 x 2km progressions (start at easy pace + increasing by 5 secs per km) 2 km cool down	10 km Long Run
WEEK 4 18th Dec - 24th Dec	AM 6 km Easy Run PM Strength & conditioning	Track Session 4	AM 45 min Cross training PM Strength & Conditioning	6 km Easy Run	REST & RECOVERY	8 km Easy Run	Quality Long run 3km warm up 6' / 7' / 8' tempo efforts (2' easy recovery) 3km cool down
WEEK 5 25th Dec - 31st Dec	CHRISTMAS DAY Rest OR AM 6 km Easy Run PM Strength & conditioning	Track Session 5	AM 60 min Cross training PM Strength & Conditioning	6 km Easy Run	REST & RECOVERY	Quality Long run 3km warm up 1km /2km /2km / 1km (2' easy recovery) 3km cool down	NEW YEARS EVE 8 km Easy Run



TRACK SESSION PLANS

TRACK SESSION	WARM UP	TRACK VOLUME	SESSION	COOL DOWN
1	2.5km	3.2km	200m Run / 45sec Rest 400m Run / 60 sec Rest 600m Run / 75 sec Rest 800m Run / 90 sec Rest 600m Run / 75 sec Rest 400m Run / 60 sec Rest 200m Run / 45sec Rest	2.5km
2	2.5km	4km	5 x Set: 3min Run / 90sec Rest	2.5km
3	2.5km	5km	2 x Set: 1min Run / 90sec Rest 2min Run / 90sec Rest 3min Run / 90sec Rest 4min Run / 150sec Rest	2.5km
4	3km	5km	5 x 1km / 120sec Rest	3km
5	3km	5km	800m Run / 75sec Rest 1000m Run / 90sec Rest 1200m Run / 120sec Rest 1000m Run / 90sec Rest 800m Run / 75sec Rest	3km



BEST ATHLETICS COMMUNITY

Your Training Plan Coaches

We are an Athletics Club based in Southwest London (+ we have members worldwide, all over the UK with a vision to expand our training sessions in other areas in the UK). The community of Best Athletics is what makes running so amazing, meeting like-minded people to help work towards your goals and push you in those harder sessions & hit all those PBs come race day.

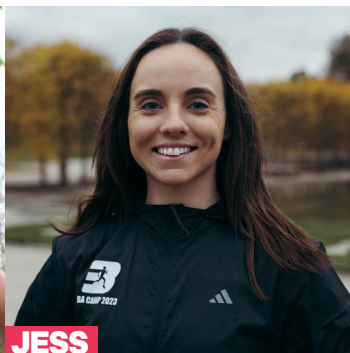
**MEET YOUR
COACHES**



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