



**M** MANCHESTER  
MARATHON

# ADIDAS MANCHESTER MARATHON

**12 WEEK TRAINING PLANS**



PLAN START DATE  
**22ND JANUARY 2024**



# YOUR 12 WEEK MARATHON TRAINING PLAN

**W**elcome to your adidas Manchester Marathon Training Plans, provided to you by adidas & Best Athletics. These plans have been designed to support your training for the adidas Manchester Marathon on 14th April 2024.

These 12 Week Training Plan will kick off on 22nd January 2024 and offer a variety of levels, sessions and paces.

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

If this is your first marathon, these plan will help you cover the distance.

TARGET TIME: <b>SUB 6</b>	RUNS PER WEEK: <b>4 - 5</b>	PEAK DISTANCE PER WEEK: <b>40 - 42KM</b>
TARGET TIME: <b>SUB 5</b>	RUNS PER WEEK: <b>4 - 5</b>	PEAK DISTANCE PER WEEK: <b>62 - 64KM</b>
TARGET TIME: <b>SUB 4.30</b>	RUNS PER WEEK: <b>4 - 5</b>	PEAK DISTANCE PER WEEK: <b>68 - 70KM</b>

## INTERMEDIATE

These intermediate plans are for you if you've run a marathon already and are looking to better your time

TARGET TIME: <b>SUB 4</b>	RUNS PER WEEK: <b>5</b>	PEAK DISTANCE PER WEEK: <b>68 - 70KM</b>
TARGET TIME: <b>SUB 3.45</b>	RUNS PER WEEK: <b>5</b>	PEAK DISTANCE PER WEEK: <b>80KM</b>

## ADVANCED

These advanced plans are ideal if you've run a few marathons but would like to achieve a competitive-standard time for your age group.

TARGET TIME: Sub <b>3.30</b>	RUNS PER WEEK: <b>5</b>	PEAK DISTANCE PER WEEK: <b>86KM</b>
TARGET TIME: Sub <b>3.15</b>	RUNS PER WEEK: <b>6</b>	PEAK DISTANCE PER WEEK: <b>95KM</b>
TARGET TIME: <b>SUB 3</b>	RUNS PER WEEK: <b>6</b>	PEAK DISTANCE PER WEEK: <b>100KM</b>

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

You must consult with a medical professional before undertaking any new training plan.



# 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:



## **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.

## **FLOATS**

Means active recovery of either a jog or walk.

## **HOT SPOTS**

This is either a 1km or 4-minute pick-up during your quality long runs. The rest of the run should feel comfortable and controlled.

## **STRIDES**

Short, sharp bursts where we work on form during easy runs.



# 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

Everyone is different but here are some key tips:

**Vitamin B12** Helps fight levels of fatigue, aids in the production of our red blood cells transporting oxygen to our muscles and vital organs. It is also important for nerve and brain function.

**Vitamin D** Essential for maintaining

bone health. Aids in muscle function, strength and performance.

**Omega3** An essential fatty acid - helps to lower chronic inflammation and increase oxygen delivery to the heart.

**Calcium** Essential for blood clotting, nerve transmission, muscle stimulation, vitamin D metabolism and maintaining bone structure.

**Magnesium** Important for energy metabolism and is required for the function of our muscles and nerves. For recovery, try and get a good source of protein and carbohydrate in within half an hour of a hard session.

## 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.



# BEST ATHLETICS COMMUNITY

Your Training Plan Coaches

**W**e 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.

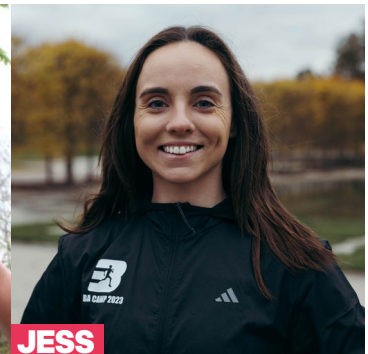
**MEET YOUR  
COACHES**



**DAN**



**NATALIE**



**JESS**



**MARY**



**SAM**



**NICK**



**JACK**



**AMIE**



**ANYA**