



Introduction to the adidas Marathon Training Plan

This training plan was developed for a race preparation period of **21 weeks**.

The different workout types suggested throughout the plan are based on **heart rate zones**. The zones are defined on the basis of a given **maximal heart rate of 180 beats per minute**. If you have a higher or lower maximal heart rate, please adjust the zones accordingly.

For best training results **stick as close to the training plan as possible** and do not run faster than suggested. Particularly the long slow run must indeed be run very slowly, so that the energy system needed for the marathon will be trained optimally. Preparing your body to burn fat for energy is best done by running at lower intensities – and this is the decisive factor in running a successful marathon.

Of course, the training plan is not carved in stone. If you do not feel up to par, or really can not fit a scheduled run into your day, try to reduce the distance or skip the workout.

It is advisable that you **keep track of your training efforts and results** during race preparation. This will allow you to analyse your improvement and to draw conclusions for your next challenge. Looking at your "diary" will also motivate you. This training plan offers space for entry of your basic workout results.

If you want to log your workouts more professionally, simply **download the adidas Running Organizer** (coming Feb/Mar 2005) from the adidas Running Website and install the tool on your desktop.

Last but not least, please be aware that any training plan that was not developed under exact knowledge of your very individual training level can only be a general supportive guideline. It can never be a guarantee for success. Make sure you **always heed the warning signals of your body**. If the workout load proves too difficult (or the preparation time of 21 weeks too short) you should not try to pull through at the price of your health.



Workout types

The abbreviations may be used in some parts of the training plan, e.g. IT for Interval Training

Slow Run (SR): Heart rate zone 115 – 130 bpm (if your maximal heart rate is 180 bpm). Not faster!

Relaxed Run (RR): Heart rate zone 130 – 140 bpm

Medium Slow Run (MSR): Heart rate zone 140 – 150 bpm

Intensive Run (IR): Heart rate zone 150 – 160 bpm

Faster Run (FR): Heart rate zone 160 – 170 bpm

Interval Training (IT): Short, repetitive runs at a fast speed (e.g. 4 x 2 km at your 10 km race speed)

Increased Intensity Runs (IIR): Distance of each IIR is about 100 m. Run the first 30 to 40 m increasing in speed, then 30 – 40 m sprint and finally the last 30 m slowing down.

Marathon Speed (MS) = Your speed during the marathon: For those in excellent condition this speed is about 20 – 30 sec/km slower than their max. 10 km race tempo. For newcomers it is up to 60 sec/km slower than their max. 10 km tempo (similar to the speed of the Medium Slow Run (m.SR)).

Race Time or Tempo (RT): Your maximum tempo. This is your 10 km race tempo (10 km RT).

3 Test Races: Test races are very important for marathon training. Especially for newcomers, who will need this race experience to be able to estimate their performance level. 10 Km races are especially important because the 10 Km RT influences some of the workout types.



adidas Marathon Training Plan

Target time 3:45 h - 4:15 h

Start of training: 21 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	50 min	relaxed run			
wed					
thu	50 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	90 min	slow run			
sun	40 min and 45 min	medium slow run easy biking			

20 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	50 min	relaxed run			
wed					
thu	50 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	95 min	slow run			
sun	40 min and 45 min	medium slow run easy biking			



19 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	50 min	relaxed run			
wed					
thu	55 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	100 min	slow run			
sun	40 min and 45 min	medium slow run easy biking			

18 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	50 min	relaxed run			
wed					
thu	55 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	01:40 h	slow run			
sun	40 min and 45 min	medium slow run easy biking			



17 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	55 min	relaxed run	
wed			
thu	60 min	of which 20 min are intensive/fast	
fri			
sat	110 min	slow run	
sun	40 min and 45 min	medium slow run easy biking	

16 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	55 min	relaxed run	
wed			
thu	60 min	medium slow run	
fri			
sat	01:50 h	slow run	
sun	40 min and 45 min	medium slow run easy biking	



15 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	60 min	relaxed run			
wed					
thu	45 min	with 3x5 min (or 3x1 km) in 10 km-RT (in between 3 min jog)			
fri					
sat	25 min	slow run			
sun	Test Race 10 km	(or 10 km fast run) (15 min warm up/10 min cool down)			

14 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	30 min	slow run			
wed					
thu	40 min	relaxed run			
fri					
sat	70 min	slow run			
sun	40 min	easy biking or skating			



13 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	55 min	relaxed run			
wed					
thu	60 min	with 4x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	115 min	slow run			
sun	40 min 45 min	medium slow run easy biking			

12 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	55 min	relaxed run			
wed					
thu	60 min	with 4x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	02:00 h	slow run			
sun	40 min and 45 min	medium slow run easy biking			



11 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	55 min	relaxed run	
wed			
thu	60 min	with 4x5 min in 10 km-RT (in between 3 min lite jog)	
fri			
sat	125 min	slow run	
sun	40 min and 45 min	medium slow run easy biking	

10 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	45 min	relaxed run	
wed			
thu	10 km	RT	
fri			
sat	12 km	relaxed run	
sun	60 min	easy biking	



9 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	40 min	slow run	
wed			
thu	45 min	relaxed run	
fri			
sat	130 min	slow run	
sun	45 min	easy biking	

8 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	50 min	relaxed run	
wed			
thu	60 min	medium slow run	
fri			
sat	02:20 h	slow run	
sun	45 min	relaxed run	



7 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	Ø	max.
mo					
tue	60 min	relaxed run			
wed					
thu	3x2 km in 10 km-RT	3 km warm up, in between every 800 m jog, 2 km cool down			
fri					
sat	150 min	slow run			
sun	45 min	relaxed run			

6 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	Ø	max.
mo					
tue	60 min	relaxed run			
wed					
thu	6 km fast run	3 km warm up, 2 km cool down			
fri					
sat	02:45 h	slow run			
sun	45 min	relaxed run			



5 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	45 min	slow run			
wed					
thu	60 min	relaxed run with 6 IIR			
fri					
sat	35 min	slow run			
sun	30 km	relaxed run			

4 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	60 min	relaxed run			
wed					
thu	2x2 km in 21,1 km-RT	3 km warm up, in between 6 min jog, 2 km cool down			
fri					
sat	30 min	slow run			
sun		20km in the MS (3km warm up/cool down) or Halfmarathon (21,1 km)			



3 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	40 min	slow run	
wed			
thu	50 min	relaxed run with 4 IIR	
fri			
sat	02:00 h	slow run	
sun	40 min	relaxed run	

2 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE
			repose ∅ max.
mo			
tue	8 km intense run	2 km warm up 2 km cool down	
wed			
thu	50 min	relaxed run	
fri			
sat	50 min	run, of which 5 km in MS	
sun	35 min	slow run	



Final week before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mon					
tue	40 min	run, of which 3 km in MS			
wed					
thu	30 min	slow run with 4 IIR			
fri					
sat	25 min	slow run			
sun	YOUR MARATHON	Good luck!			