

4- Months training program for marathon (Estimated time of marathon- 3:59/3:50)

Before starting the training plan, I would like to draw your attention to a few facts.

This training plan is general. Everyone is unique and everyone needs a different approach.

The plan is designed for a fit (healthy) person determined to work on the running form.

Marathon is a very specific and hard discipline. If you decide to run marathon, I recommend to run 10 km and half marathon races before.

I wish you all the best, good health, strength and determination on the path to achieving your goals.

Romana Komárňanská, Bratislava Marathon Team coach

1-week training schedule (27.04. – 03.05.2020)

Monday: 6k (65% of max.HR)

Tuesday: rest

Wednesday: 8k (75% of max. HR)

Thursday: rest

Friday: J 3k, and then 5x100m faster run with jogging 100m, 5x200m faster run with jogging 100m, 5x100m faster run with jogging 100m, RR 2k, summary 8,5k

Saturday: rest

Sunday: 7k jogging

2-week training schedule (04.05. – 10.05.2020)

Monday: rest

Tuesday: 6k easy run, at the end faster run 10x100m with jogging 100m, summary 8k

Wednesday: 8k (6:00 avg.tempo/k)



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Thursday: rest

Friday: 8k

Saturday: rest

Sunday: 10k fartlek, (80% of max. HR)

3-week training schedule (11.05. – 17.05.2020)

Monday: 10k easy run

Tuesday: rest

Wednesday: rest

Thursday: J (jogging) 3k, 5x100m, 5x200m, 5x100m (all faster run with jogging 100m, RR 2k, summary 8,5k

Friday: rest

Saturday: 5k easy run, at the end 10x60m faster run, summary 6k

Sunday: 13k long run

4-week training schedule (18.05. – 24.05.2020)

Monday: rest

Tuesday: 10k (75% of max. HR)

Wednesday: J 2k, 6x1k (5:00) P: 2 minutes, RR 2k, summary 10k

Thursday: 6k easy run

Friday: J 1k, long run 12k (5:50) RR 1k, summary 14k

Saturday: rest

Sunday: 15k long run

5-week training schedule (25.05. – 31.05.2020)

Monday: rest

Tuesday: 6k (80% of max. HR)



Wednesday: 8k (75% of max. HR), and then 10x100m faster run with jogging 100m, summary 10k

Thursday: J 3k, 5x200m (50s) P: 1:30, 5x300m (1:20) P: 2 minutes, RR 3k, summary 8,5k

Friday: rest

Saturday: J 1k, 10k (5:35) RR 1k, summary 12k

Sunday: 17k long run

6-week training schedule (01.06. - 07.06.2020)

Monday: rest

Tuesday: 5k easy run, at the end 10x100m with jogging 100m, summary 7k

Wednesday: 14k (75% of max. HR)

Thursday: rest

Friday: J 1k, 1x6k (5:25 tempo/k) P: 4 minutes, 1x3k (5:15 tempo/k), RR 1k, summary 11k

Saturday: rest

Sunday: 20k long run

7-week training schedule (08.06. - 14.06.2020)

Monday: rest

Tuesday: 6k easy run, at the end 10x100m faster run with jogging 100m, summary 8k

Wednesday: J 1k, 8k (5:50 avg. tempo/k), RR 1k, summary 10k

Thursday: rest

Friday: 8k easy run

Saturday: rest

Sunday: 13k fartlek

8-week training schedule (15.06. – 21.06.2020)

Monday: 10k easy run

Tuesday: rest

Wednesday: rest

Thursday: J 3k, 5x100m, 5x200m, 5x100m (faster run with jogging 100m, RR 2k, summary 8,5k

Friday: rest

Saturday: 5k easy run, at the end 10x60m faster run, summary 6k

Sunday: 15k long run

9-week training schedule (22.06. – 28.06.2020)

Monday: rest

Tuesday: 10k (75% of max. HR)

Wednesday: J 2k, 6x1k (5:00) P: 2 minutes, RR 2k, summary 10k

Thursday: 6k easy run

Friday: J 1k, run 12k (5:50) RR 1k, summary 14k

Saturday: rest

Sunday: 16k long run

10-week training schedule (29.06. – 05.07.2020)

Monday: rest

Tuesday: 6k (80% of max. HR)

Wednesday: 8k (75% of max. HR), and then 10x100m faster run with jogging 100m, summary 10k

Thursday: J 3k, 5x200m (50s) P: 1:30, 5x300m (1:20) P: 2 minutes, RR 3k, summary 8,5k

Friday: rest

Saturday: J 1k, 10k (5:35) RR 1k, summary 12k

Sunday: 18k long run

11-week training schedule (06.07. – 12.07.2020)

Monday: rest

Tuesday: 5k easy run, at the end 10x100m with jogging 100m, summary 7k

Wednesday: 14k (75% of max. HR)

Thursday: rest

Friday: J 1k, 1x6k (5:25 avg.tempo/k) P: 4 minutes, 1x3k, (5:15 avg.tempo/k), RR 1k, summary 11k

Saturday: rest

Sunday: 20k long run

12-week training schedule (13.07. – 19.07.2020)

Monday: 8k easy run

Tuesday: rest

Wednesday: J 2k, 1x2k (5:10 avg.tempo/k) P: 3 minutes, 2x1k (5:00 avg.tempo/k)
P: 2 minutes RR 2k, summary 8k

Thursday: rest

Friday: rest

Saturday: 6k easy run, at the end 10x100m faster run with jogging 100m, summary 8k

Sunday: 21k long run

13-week training schedule (20.07. – 26.07.2020)

Monday: 6k easy run, at the end 10x100m faster run, summary 8k

Tuesday: J 3k, 14x200m (48/50s) P: 2minutes RR 2k, summary 7,8k

Wednesday: 10k easy run

Thursday: rest



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Friday: rest

Saturday: 4k easy run, at the end 6x100m faster run, summary 5k

Sunday: 22k long run

14-week training schedule (27.07. – 02.08.2020)

Monday: rest

Tuesday: 10k (5:50 avg.temp/k)

Wednesday: 5k easy run, at the end 10x100m faster run, summary 7k

Thursday: J 2k, 5x2k (5:10- avg.temp/k) P: 2:30/3:00, RR 1k, summary 13k

Friday: rest

Saturday: 26k long run

Sunday: 6k easy run

15-week training schedule (03.08. – 09.08.2020)

Monday: rest

Tuesday: 10k easy run

Wednesday: J 3k, and then 10x300m (80% of effort) with jogging 100m, RR 3k, summary 10k

Thursday: 8k easy run

Friday: rest

Saturday: 30k free long run

Sunday: 5k jogging

16-week training schedule (10.08. – 16.08.2020)

Monday: rest

Tuesday: J 3k, 10x200m (75% of effort) with jogging 100m, RR 2k, summary 8k

Wednesday: 12k easy run





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Thursday: rest

Friday: 10k easy run

Saturday: 4k easy run, at the end faster run 10x80m, summary 5,5k

Sunday: 24k free long run

17-week training schedule (17.08. - 23.08.2020)

Monday: rest

Tuesday: 10k easy run

Wednesday: J 1,5k, main part: 3x3k (5:15/5:20 avg.tempo/k) P: 3 minutes, RR 1,5k, summary 12k

Thursday: 6k easy run

Friday: rest

Saturday: 23k free long run

Sunday: rest

18-week training schedule (24.08. - 30.08.2020)

Monday: rest

Tuesday: 8k easy run

Wednesday: J 2k, main part: 6x500m (2:25) P: 2 minutes, RR 2k, summary 7k

Thursday: 6k easy run

Friday: rest

Saturday: 20k free long run

Sunday: 6k easy run

19-week training schedule (31.08. - 06.09.2020)

Monday: rest

Tuesday: J 2k, 2x1k (5:00), P: 2:30, 2x500m (2:20) P: 2 minutes, RR 1k, 6k





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Wednesday: 6k easy run

Thursday: rest

Friday: rest

Saturday: 3k easy run, at the end 6x120m faster run

Sunday: MARATHON (06.09.2020)

HR / heart rate

J / jogging (warm up)

R / recovery run (cool down)

P / pause

AVG / average

