Chiltern Harriers Spring Marathon Training 2023

Below is a suggested **Training Guidance** to help you shape your own spring marathon training plan. It is designed to get you **"Marathon ready" by the start of April** and then maintain that fitness until your marathon.
Depending on when your marathon is, you will need to implement the **taper week in the week leading up to your race**.

This guidance is broadly based on the principles of the **Hansons Marathon Method** (The Beginner's Plan**)**. Reading the book is highly recommended to understand the rational behind the plan, as it explains the underlying sports science principles.
Whilst Hansons suggests running 6 days a week, you will need to **decide for yourself how many times you can / wish to run each week**. It is important to listen to your body week to week and adjust according to the feedback it is giving you.
This guidance provides a structure to give **a balanced progression of training** within each week, and across the weeks, of the training plan.
Tuesday, Thursday, Saturday & Sunday are **4 key runs that will help to strengthen and condition the body** to the stresses of marathon running.
Monday & Friday are **easy or recovery runs to help promote active recovery**. You could substitue with **strength work or low intensity aerobic cross training**. If you need more rest due to feeling fatigued, take it on one of these days, but also **review & reduce your target training paces to avoid overtraining**.
Wednesday is a **rest day** and you should give your body a break on this day.

The **Tuesday night sessions will take place at Harriers through January to April**, following the Speed and Strength progressions at the stated locations.
The **Thursday tempo** run will not be supervised by the club, but please feel free set up your own runs with others in the marathon group.

Getting the most out of each session...
It is vital to **differentiate the pace at which you run** to get the most from your sessions (see **Pacing Guide**). The various recommended paces are colour coded for cross-referencing within the framework.
This training guidance will induce **cumulative fatigue** week to week, so **it is vitally important you stick to the recommended paces** to maximise your training and avoid over fatigue and risk of injury. Try to hit the recommended paces, DO NOT try to "beat" them each session.
It is recommended that you **use a current "best effort" 5km or Parkrun as a benchmark to work out a realistic marathon goal**, and the recommended paces you should train at (using the **Equivalence Table**).
To train effectively, you will need to **take personal responsibility to run at your own recommended paces over the specified distances** in each session (see **Using Your GPS Watch**).

Pacing Guide

Training Pace	Guidance (mins/mile)
Speed	5K Pace
Strength	Marathon Pace minus 10 secs
Tempo	Marathon Pace
Long	Marathon Pace plus 30-60 secs
Easy	Marathon Pace plus 1-2 mins
Recovery	Marathon Pace plus 1.5-3 mins

Training Location Details

Location	Type of Run	Distance	what3words
Fuller's Close	Loop	400 metres	///salsa.badly.hungry
Codmore Crescent	Loop	480 metres	///skinny.bids.listed
Manor Way	Loop	1200 metres / 0.75 miles	///scar.will.needed
Berkeley Avenue	Loop	1 mile	///video.downcast.poetry
Manor Way + Hill Top	Out and Back	1.5 miles figure of 8	///scar.will.needed

Training Guidance

Week Commencing	Monday	Tuesday (Chiltern Harriers Sessions)		Wednesday	Thursday	Friday	Saturday	Sunday	
	Run / Cross-Train	1 mile Easy Warm Up / Speed/Strength + Recovery / 1 mile Recovery Cool Down		Rest	1 mile Easy Warm Up / Tempo / 1 mile Recovery Cool Down	Run / Cross-Train	Easy	Long	
27 Dec		25-35 miles of Easy / Recovery running spread across the week							
03 Jan		25-35 miles of Easy / Recovery running spread across the week							
10 Jan		5km "Best Effort" Benchmark	Berkeley Avenue		Easy 4 miles		Chiltern League XC *	Easy 8 miles	
17 Jan	Easy Run (3-5 miles) or Recovery Run (3-5miles) or Cross Training or Rest (if required)	12 x (400m + 200m)	Fuller's Close	Rest Day	5 miles	Easy Run (4-6 miles) or Recovery Run (4-6miles) or Cross Training or Rest (if required)	6 miles	10 miles	
24 Jan		8 x (600m + 300m)	Codmore Crescent		5 miles		8 miles	10 miles	
31 Jan		6 x (800m + 400m)	Fuller's Close		6 miles		6 miles	12 miles	
07 Feb		5 (1000m + 500m)	Codmore Crescent		Easy 6 miles		Chiltern League XC *	Easy 10 miles	
14 Feb		4 x (1200m + 600m)	Manor Way		Easy 7 miles		Rickmansworth Parkrun **	Easy 14 miles	
21 Feb		6 x (1 mile + 0.25 miles)	Berkeley Avenue		7 miles		8 miles	10 miles	
28 Feb		4 x (1.5 miles + 0.5 miles)	Manor Way		8 miles		6 miles	16 miles	
06 Mar		3 x (2 miles + 0.5 miles)	Berkeley Avenue		8 miles		8 miles	10 miles	
13 Mar		2 x (3 miles + 0.5 miles)	Manor Way + Hill Top		9 miles		6 miles	16 miles	
20 Mar		3 x (2 miles + 0.5 miles)	Berkeley Avenue		9 miles		8 miles	10 miles	
27 Mar		4 x (1.5 miles + 0.5 miles)	Manor Way		10 miles		6 miles	16 miles	
03 Apr		6 x (1 mile + 0.25 miles)	Berkeley Avenue		10 miles		8 miles	10 miles	
10 Apr		6 x (1 mile + 0.25 miles)	Berkeley Avenue		10 miles		8 miles	10 miles	For Manchester Marathon do Taper this week
Taper Week		6 miles			Easy 5 miles		3 miles	26.2 miles	For London Marathon do Taper this week
17 Apr		15-25 miles of Easy / Recovery running spread across the week							
24 Apr		20-30 miles of Easy / Recovery running spread across the week							
01 May		20-30 miles of Easy / Recovery running spread across the week							

(Tuesday column note: "Speed" labels weeks 10 Jan–14 Feb; "Strength" labels weeks 21 Feb–10 Apr)

* In weeks with a Chiltern League race, the Thursday tempo session is replaced with the Easy Saturday run to help prepare for the race, and the Sunday Long run is done at an Easy pace to aid recovery.
** Aim to run Rickmansworth Parkrun at your 5K pace that you have been doing the speed training.

Equivalence Table

Equivalent Goal Times — "Current Best" / "Goal"

Training Pacing (mins/mile)

Speed Session Targets

5K Time	10K	Half Marathon	Marathon	Tempo ("Marathon Pace")	Strength ("Marathon Pace-10 secs")	Speed ("5K Pace")	1600 (1 mile)	1200 (0.75)	1000 (0.625)	800 (0.5)	600 (0.375)	400 (0.25)
00:35:23	01:13:31	02:43:35	05:45:00	00:13:10	00:13:00	00:11:25	00:11:19	00:08:30	00:07:05	00:05:40	00:04:15	00:02:50
00:34:53	01:12:27	02:41:13	05:40:00	00:12:59	00:12:49	00:11:15	00:11:10	00:08:22	00:06:59	00:05:35	00:04:11	00:02:47
00:34:22	01:11:23	02:38:51	05:35:00	00:12:47	00:12:37	00:11:05	00:11:00	00:08:15	00:06:52	00:05:30	00:04:07	00:02:45
00:33:51	01:10:19	02:36:28	05:30:00	00:12:36	00:12:26	00:10:55	00:10:50	00:08:07	00:06:46	00:05:25	00:04:04	00:02:42
00:33:20	01:09:15	02:34:06	05:25:00	00:12:24	00:12:14	00:10:45	00:10:40	00:08:00	00:06:40	00:05:20	00:04:00	00:02:40
00:32:49	01:08:11	02:31:44	05:20:00	00:12:13	00:12:03	00:10:35	00:10:30	00:07:53	00:06:34	00:05:15	00:03:56	00:02:38
00:32:19	01:07:07	02:29:22	05:15:00	00:12:01	00:11:51	00:10:25	00:10:20	00:07:45	00:06:28	00:05:10	00:03:53	00:02:35
00:31:48	01:06:04	02:26:59	05:10:00	00:11:50	00:11:40	00:10:15	00:10:11	00:07:38	00:06:22	00:05:05	00:03:49	00:02:33
00:31:17	01:05:00	02:24:37	05:05:00	00:11:38	00:11:28	00:10:06	00:10:01	00:07:31	00:06:15	00:05:00	00:03:45	00:02:30
00:30:46	01:03:56	02:22:15	05:00:00	00:11:27	00:11:17	00:09:56	00:09:51	00:07:23	00:06:09	00:04:55	00:03:42	00:02:28
00:30:16	01:02:52	02:19:53	04:55:00	00:11:16	00:11:06	00:09:46	00:09:41	00:07:16	00:06:03	00:04:51	00:03:38	00:02:25
00:29:45	01:01:48	02:17:30	04:50:00	00:11:04	00:10:54	00:09:36	00:09:31	00:07:08	00:05:57	00:04:46	00:03:34	00:02:23
00:29:14	01:00:44	02:15:08	04:45:00	00:10:53	00:10:43	00:09:26	00:09:21	00:07:01	00:05:51	00:04:41	00:03:30	00:02:20
00:28:43	00:59:40	02:12:46	04:40:00	00:10:41	00:10:31	00:09:16	00:09:11	00:06:54	00:05:45	00:04:36	00:03:27	00:02:18
00:28:13	00:58:36	02:10:24	04:35:00	00:10:30	00:10:20	00:09:06	00:09:02	00:06:46	00:05:39	00:04:31	00:03:23	00:02:15
00:27:42	00:57:32	02:08:01	04:30:00	00:10:18	00:10:08	00:08:56	00:08:52	00:06:39	00:05:32	00:04:26	00:03:19	00:02:13
00:27:11	00:56:28	02:05:39	04:25:00	00:10:07	00:09:57	00:08:46	00:08:42	00:06:31	00:05:26	00:04:21	00:03:16	00:02:10
00:26:40	00:55:24	02:03:17	04:20:00	00:09:55	00:09:45	00:08:36	00:08:32	00:06:24	00:05:20	00:04:16	00:03:12	00:02:08
00:26:09	00:54:20	02:00:55	04:15:00	00:09:44	00:09:34	00:08:26	00:08:22	00:06:17	00:05:14	00:04:11	00:03:08	00:02:06
00:25:39	00:53:16	01:58:32	04:10:00	00:09:33	00:09:23	00:08:16	00:08:12	00:06:09	00:05:08	00:04:06	00:03:05	00:02:03
00:25:08	00:52:12	01:56:10	04:05:00	00:09:21	00:09:11	00:08:06	00:08:03	00:06:02	00:05:02	00:04:01	00:03:01	00:02:01
00:24:37	00:51:09	01:53:48	04:00:00	00:09:10	00:09:00	00:07:56	00:07:53	00:05:55	00:04:55	00:03:56	00:02:57	00:01:58
00:24:06	00:50:05	01:51:26	03:55:00	00:08:58	00:08:48	00:07:47	00:07:43	00:05:47	00:04:49	00:03:51	00:02:54	00:01:56
00:23:36	00:49:01	01:49:03	03:50:00	00:08:47	00:08:37	00:07:37	00:07:33	00:05:40	00:04:43	00:03:46	00:02:50	00:01:53
00:23:05	00:47:57	01:46:41	03:45:00	00:08:35	00:08:25	00:07:27	00:07:23	00:05:32	00:04:37	00:03:42	00:02:46	00:01:51
00:22:34	00:46:53	01:44:19	03:40:00	00:08:24	00:08:14	00:07:17	00:07:13	00:05:25	00:04:31	00:03:37	00:02:42	00:01:48
00:22:03	00:45:49	01:41:57	03:35:00	00:08:12	00:08:02	00:07:07	00:07:03	00:05:18	00:04:25	00:03:32	00:02:39	00:01:46
00:21:32	00:44:45	01:39:34	03:30:00	00:08:01	00:07:51	00:06:57	00:06:54	00:05:10	00:04:18	00:03:27	00:02:35	00:01:43
00:21:02	00:43:41	01:37:12	03:25:00	00:07:49	00:07:39	00:06:47	00:06:44	00:05:03	00:04:12	00:03:22	00:02:31	00:01:41
00:20:31	00:42:37	01:34:50	03:20:00	00:07:38	00:07:28	00:06:37	00:06:34	00:04:55	00:04:06	00:03:17	00:02:28	00:01:38
00:20:00	00:41:33	01:32:28	03:15:00	00:07:27	00:07:17	00:06:27	00:06:24	00:04:48	00:04:00	00:03:12	00:02:24	00:01:36
00:19:29	00:40:29	01:30:05	03:10:00	00:07:15	00:07:05	00:06:17	00:06:14	00:04:41	00:03:54	00:03:07	00:02:20	00:01:34
00:18:59	00:39:25	01:27:43	03:05:00	00:07:04	00:06:54	00:06:07	00:06:04	00:04:33	00:03:48	00:03:02	00:02:17	00:01:31
00:18:28	00:38:21	01:25:21	03:00:00	00:06:52	00:06:42	00:05:57	00:05:55	00:04:26	00:03:42	00:02:57	00:02:13	00:01:29
00:17:57	00:37:17	01:22:59	02:55:00	00:06:41	00:06:31	00:05:47	00:05:45	00:04:18	00:03:35	00:02:52	00:02:09	00:01:26
00:17:26	00:36:14	01:20:36	02:50:00	00:06:29	00:06:19	00:05:38	00:05:35	00:04:11	00:03:29	00:02:47	00:02:06	00:01:24
00:16:56	00:35:10	01:18:14	02:45:00	00:06:18	00:06:08	00:05:28	00:05:25	00:04:04	00:03:23	00:02:42	00:02:02	00:01:21
00:16:25	00:34:06	01:15:52	02:40:00	00:06:06	00:05:56	00:05:18	00:05:15	00:03:56	00:03:17	00:02:38	00:01:58	00:01:19
00:15:54	00:33:02	01:13:30	02:35:00	00:05:55	00:05:45	00:05:08	00:05:05	00:03:49	00:03:11	00:02:33	00:01:54	00:01:16
00:15:23	00:31:58	01:11:07	02:30:00	00:05:44	00:05:34	00:04:58	00:04:55	00:03:42	00:03:05	00:02:28	00:01:51	00:01:14
00:14:52	00:30:54	01:08:45	02:25:00	00:05:32	00:05:22	00:04:48	00:04:46	00:03:34	00:02:58	00:02:23	00:01:47	00:01:11
00:14:22	00:29:50	01:06:23	02:20:00	00:05:21	00:05:11	00:04:38	00:04:36	00:03:27	00:02:52	00:02:18	00:01:43	00:01:09
00:13:51	00:28:46	01:04:01	02:15:00	00:05:09	00:04:59	00:04:28	00:04:26	00:03:19	00:02:46	00:02:13	00:01:40	00:01:06
00:13:20	00:27:42	01:01:38	02:10:00	00:04:58	00:04:48	00:04:18	00:04:16	00:03:12	00:02:40	00:02:08	00:01:36	00:01:04
00:12:49	00:26:38	00:59:16	02:05:00	00:04:46	00:04:36	00:04:08	00:04:06	00:03:05	00:02:34	00:02:03	00:01:32	00:01:02
00:12:19	00:25:34	00:56:54	02:00:00	00:04:35	00:04:25	00:03:58	00:03:56	00:02:57	00:02:28	00:01:58	00:01:29	00:00:59

miles (roughly) / metres

Using Your GPS Watch

Turn "Autopause" off
Autopause automatically stops your watch when you stop… if you are doing reps you need to turn this off, so that you can record your recovery time/distance.
This will mean that your running time represents elapsed time rather than moving time, however, it will allow you to use the lap button to measure lap times within the overall elapsed time.

Use the "Lap Button" to record reps and recovery
When you are doing reps, you need to press the lap button at the start and stop of each phase of the training session (rep… recovery… rep… recovery… etc.).
Post workout, you will be able to see your lap splits in either Garmin Connect or the Strava Workout Analysis section (if you have paid for Summit, as Strava automatically removes any "non moving" time from your mile splits.

Use "Autolap" to help understand your pacing each mile over steady runs
If you want, you can turn your autolap on and set it to lap every 1.00 mile. This will mean that your watch will automatically take a lap split every time the lap distance gets to 1 mile.
This is of particularly use when you are doing steady runs and want to keep track of your regular mile splits.
Note - if you are doing reps that are longer than 1 mile, then you will need to either turn autolap off, or increase the distance that the autolap is set at.

**"Lap Pace" is the better measure of your pace**
Lap Pace is a better field to use than Instantaneous Pace to better measure how consistent your pace is…. This is because it gives a average measure of your pace based on the distance travelled through the lap so far.
Taking an example where you are doing a steady run and have autolap on to lap every mile... if you have run half a mile in 4 minutes, then the lap pace will indicate that you are running an average of 8 mins per mile.
Another example could be where you are doing 400m reps… if you are aiming for 2 mins per 400m rep (roughly a quarter of a mile), then you can aim for a lap pace of 8 mins per mile
It essentially gives you a more stable estimate of the pace you are running at consistently, compared to instantaneous pace which is only in the moment.

Set your watch up with two screens
A good way to set your watch up is to use two screens, one for your total run and one for the lap that you are currently running.
Below are the suggested fields for each screen.
For the geeks amongst you, you'll notice this is based on the classic physics triangle formula of distance = speed x time!!! (where pace is used instead of speed)
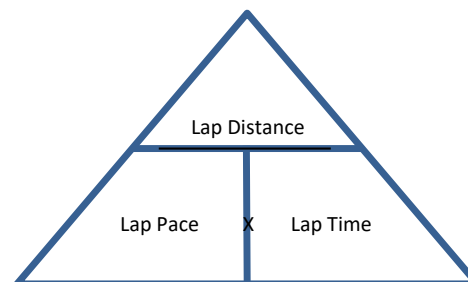
Screen 1 - Totals
This allows you to see metrics for your total run
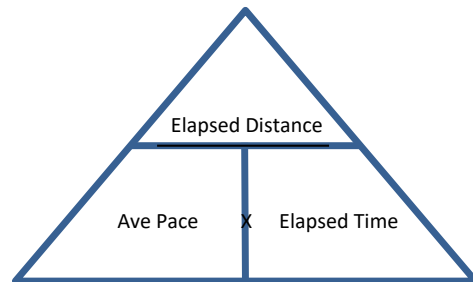
Screen 2 - Lap
This allows you to see metrics for the lap (rep or recovery) that you are currently running

Elapsed Distance
Ave Pace   X   Elapsed Time

Lap Distance
Lap Pace   X   Lap Time

Additional explanation of pacing fields can be found on the following link
https://www.dcrainmaker.com/2011/03/art-of-pacing-with-garmin.html