

Hyde Village Striders RC  
 2015 London Marathon Training Plan

Week	Mon	Wed	Fri	Sun
12-Jan-15	5	5	4	8
19-Jan-15	5	7	4	10
26-Jan-15	5	7	5	12
02-Feb-15	5	8	5	14
09-Feb-15	5	8	6	12
16-Feb-15	5	9	5	16
23-Feb-15	5	8	6	13
02-Mar-15	5	10	5	18
09-Mar-15	5	9	6	13
16-Mar-15	5	8	5	20
23-Mar-15	5	6	7	13
30-Mar-15	5	8	5	22
06-Apr-15	5	6	4	12
13-Apr-15	5	4	3	6
20-Apr-15	4	3	Rest	Race

Friday Runs can be swapped for Gym work if preferred