

Hyde Village Striders RC  
2016 London Marathon Training Plan

| Week | Starting  | Mon | Wed | Fri  | Sun  |
|------|-----------|-----|-----|------|------|
| 1    | 11-Jan-16 | 5   | 5   | 4    | 8    |
| 2    | 18-Jan-16 | 5   | 7   | 4    | 10   |
| 3    | 25-Jan-16 | 5   | 7   | 5    | 12   |
| 4    | 01-Feb-16 | 5   | 8   | 5    | 14   |
| 5    | 08-Feb-16 | 5   | 8   | 6    | 12   |
| 6    | 15-Feb-16 | 5   | 9   | 5    | 16   |
| 7    | 22-Feb-16 | 5   | 8   | 6    | 13   |
| 8    | 29-Feb-16 | 5   | 10  | 5    | 18   |
| 9    | 07-Mar-16 | 5   | 9   | 6    | 13   |
| 10   | 14-Mar-16 | 5   | 8   | 5    | 20   |
| 11   | 21-Mar-16 | 5   | 6   | 7    | 13   |
| 12   | 28-Mar-16 | 5   | 8   | 5    | 22   |
| 13   | 04-Apr-16 | 5   | 6   | 4    | 12   |
| 14   | 11-Apr-16 | 5   | 4   | 3    | 6    |
| 15   | 18-Apr-16 | 4   | 3   | Rest | Race |

Friday Runs can be swapped for Gym work if preferred