

Hyde Village Striders RC
2017 Manchester Marathon Training Plan

Week	Starting	Mon	Wed	Fri	Sun
1	19/12/16	5	5	4	8
2	26/12/16	5	7	4	10
3	02/01/17	5	7	5	12
4	09/01/17	5	8	5	14
5	16/01/17	5	8	6	12
6	23/01/17	5	9	5	16
7	30/01/17	5	8	6	13
8	06/02/17	5	10	5	18
9	13/02/17	5	9	6	13
10	20/02/17	5	8	5	20
11	27/02/17	5	6	7	13
12	06/03/17	5	8	5	22
13	13/03/17	5	6	4	12
14	20/03/17	5	4	3	6
15	27/03/17	4	3	Rest	Race

Friday Runs can be swapped for gym work if preferred

This is a general plan that suits many people at the club but if you would like a personal plan or training advice please come and speak to any of the senior coaches at the club.