

David Sawyer's 2017 London Marathon Training Plan: This Table Can Be Downloaded From
<http://zudepr.co.uk/runningblog/marathon-training-plan-2017/>

W/C – To Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Volume
9 Jan – 15	Physio	4M 0800	3M 0800	3M 0800 Club 6M 1900	4.5M 1000	6.5M 0700 Braes	X/C RG Sesh 7M 0900	34M
16 Jan – 14	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club 9M (6M TEMPO) 1900	Tennis 0600 REST	O/R Long Run Easy 15M 0730 with 8-9M @ (current) MP (back for 1000). Could incorporate parkrun at end to make it easier	5M (inc 3.6M Race: Relays)	49M
23 Jan – 13	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 (SWIM 20Ls) Club 7M (1K x6) 1900	Tennis 0600 REST	X/C Dundee 8K 1345	O/R Long Run EASY 16M 0645	51M

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30 Jan – 12	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 (SWIM 20Ls) Club 9M (3x2s) 1900	Tennis 0600 REST	O/R 18M TRAIL with 8M @ (current) MP (back for 1015)	4M Doggy Hill Loops EASY 0600 TBC	53M
6 Feb – 11	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 (SWIM 20Ls) Club 9M (5x1 Hags) 1900	Tennis 0600 REST	20M	4M EASY	55M
13 Feb – 10	4M EASY	MLR 11M	4M EASY	3M 0800 (SWIM 20Ls) Club 9M (6M @ MP) 1900	Tennis 0600 REST	O/R 20/22M TRAIL with 6M @MP 0645 (back for 1015)	6M EASY 0800 (Strathaven Half today, not doing it)	59M
20 Feb – 9	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM	3M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls)	Tennis 0600	The National 7M XC 1345	O/R 16M no MP 0645,	

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		20Ls) Club Track Session 6M 1915	3M 1700	Club 10M (x15 Torrington Loops) 1900	REST		(back for 0900)	53M
27 Feb – 8	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 Club 9M (x20 Fartleks) 1900	Tennis 0600 REST	O/R 8M EASY 0830 (back for 1000)	Lasswade 10M 1200	49M
6 Mar – 7	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 (SWIM 20Ls) Club 7M (6x1K Milverton Loops) 1900	Tennis 0600 REST	Northern Week- 16M with 4 @MP	Soul Ender 6M Easy	51M
13 Mar – 6	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 (SWIM 20Ls) Club 7M	Tennis 0600 25M "Bernie"	Preston (Kids) RECOVERY	Preston (Kids) RECOVERY	

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		Club Track Session 6M 1915		(13xDavieland Continuous Hills) 1900 (probably ditch this if Bernie Run goes ahead)	Run" or Clydeside LR with 13M @ MP 1000	(maybe a few with kids)	(maybe a few with kids)	50-54M
20 Mar – 5	4M 0800	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 Club 7M (8x650 Milverton Ave Loops) 1900	Tennis 0600 REST	O/R Long Run 20M inc 6 @MP 0630 (back for 0900)	Alan Scally Six Stage Road Relays 6M (inc 4.8M legs)	55M
27 Mar – 4	4M 0800	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls) 3M 1700	3M 0800 (SWIM 20Ls) Club 9M (6M Tempo) 1900	Tennis 0600 5M Doggy LP Hill Loops 0900	REST	O/R Long Run 20M inc 6 @MP	56M
3 Apr – 3	4M EASY	5M w/ 10x100-Metre	12M MLR	5M Easy w/ 6x100-Metre Strides	4M EASY	REST	17M	47M

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		Strides						
10 Apr – 2	4M EASY	5M w/ 8x100- Metre Strides	3M EASY	3M 0800 (SWIM 20Ls) Club 9M (??) 1900	REST	Recovery: 5M With 8x100-Metre Strides	13M (Flat!)	42M
17 Apr – 1	4 (2x1M) @ MP 0800	OPTIONAL 3M 0800 (re Club Thur) (SWIM 20Ls)	3M 0800 (SWIM 20Ls)	Club V EASY tbc (or REST)	REST	3.1M parkrun: Easy w/10x100- Metre Strides	London Marathon	40M

N.B.

- Average weekly mileage for 15-week block is 50 miles per week. Peak mileage week is 10 weeks out: 59.
- Monthly massage with Sheila. Use Jonny @PhysioEffect
- Try and do 40-50% of mileage off road.
- Foam roll ITB, peroneal, right calf PowerPlate left Achilles, 8x15 (Colin Thomas).
- Nutrition!!!
- Usual 2-week fat-loading and 1-week caffeine fast.
- Compression, compression, compression.

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- Key: Red = Race. Yellow = Yellow. Green: with Iain. Dark Blue: Out-of-the-ordinary weekend commitments. Light Blue: Seeking Company.
- Run through niggles. If injured: stop plus see Jonny.
- Target time: 2:39:59. Realistic goal: get back sub-3, get through first marathon block for two years, and stop doing Mickey Mouse marathons on zilch training. Oh, and enjoy it.