

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

W/C – To Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Volume
9 Jan – 15	Physio 1915	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)	3.5M 0800 (SWIM 20Ls) Club Track Session 6M 1915	5M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club 9M (6M TEMPO) 1900	Tennis 0600 REST	O/R Long Run Easy 15M 0730 with 7M Jase, Stuart, Scott @ (current) MP (back for 1000).	5M (inc 3.6M Race: Relays)	50.5M
23 Jan – 13	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 10Ls) Club Track Session 6M 1915	6.2M 0800 (SWIM 20Ls)	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
30 Jan – 12	20 Ls Run Swim	40ls Run Swim 0800	REST	30ls Run Swim 0800				

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	(SWIM 20Ls) REST (Right Glute) Physio 1900	(SWIM 10Ls) No Track (Glute)		(SWIM 20Ls)				0M
6 Feb – 11								0M
13 Feb – 10			4M EASY 20L Swim	Bike 12Mins (SWIM 20Ls) Club 9M (6M @ 6:30-7s) 1900	4M Run	12 with Jan EASY	14 with Jan EASY	43M
20 Feb – 9	Watt Bike (SWIM 20Ls)	Watt Bike Intervals (SWIM 20Ls)	(SWIM 20Ls) 3M 1700	(SWIM 20Ls) Club 6M (Milverton Ave Loops) 1900	Tennis 0600 REST	14M Solo	13M Rich	36M
27 Feb – 8	3M 0800 (SWIM)	(SWIM 20Ls)	3M 0800 (SWIM 20Ls)	3M 0800	Tennis 0600	O/R 10M EASY 0830 (back for	Lasswade 10M 1200	

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	20Ls)	Club Track Session 6M 1915		Club 9M (x20 Fartleks) 1900	REST	1000)		42M
6 Mar – 7	4M 0800 (SWIM 20Ls)	3M 0800 (SWIM 20Ls) Club Track Session 6M 1915	3M 0800 (SWIM 20Ls)	(SWIM 20Ls) Club 9M (Fartlek) 1900	Tennis 0600 REST	Northern Week-	Soul Ender	25M
13 Mar – 6	4M 0800 (SWIM 20Ls)	4M 0800 (SWIM 20Ls) Club Track Session 5M 1915	3M 0800 (SWIM 20Ls)	4M 0800 (SWIM 20Ls)	Tennis 0600 25M "Bernie Run" 1000 (meet 0915)	Preston (Kids) RECOVERY (maybe a few with kids) Swim and tennis	Preston (Kids) RECOVERY (maybe a few with kids) 2k parkrun and tennis and swim	45M
20 Mar – 5	4M 0800	3M 0800 (SWIM 20Ls) Club Track	3M 0800 (SWIM 20Ls)	REST	Tennis 0600 REST	O/R Long Run Robbie 21M @ 6:43S 0630	Alan Scally Six Stage Road Relays 6M	43M

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		Session Long 6M 1915				(back for 0900)		
27 Mar – 4	SWIM 20Ls 2M 0800	Club Track Session 7M 1915	4M 0800 (SWIM 20Ls)	7M INC X2 @SUB-6S	Tennis 0600	REST	REST	20M
3 Apr – 3	20M: 6:43S	REST	6.3M Sandwood	5M Progressive with Zak	4.5M with Zak	3.4M Eileain EASY	17M 7:16, last nine sub-7	56M
10 Apr – 2	18 Lengths	30 Lengths 5M w/ 15x300M with 100 Jog Recs	3M EASY 20 Lengths	(SWIM 20Ls) Club Rouken Glen Long Miles 4x6:15 (8M) 1900	REST	5.5M With Camperdown parkrun	13.3M (Flat!)	35M
17 Apr – 1	3.3M Easy	1915 DRESS REHEARSAL 10-15 MIN	0745 3M 0800 (SWIM 20Ls)	Club V EASY POLLOK PARK LOOP OFF ROAD AND CUT	REST	REST	London Marathon	16+27=36

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		WARM UP, 2M @ MP, 10-15 MIN WARM DOWN 5M		BACK BY BACK OF P HOUSE 5M				
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N.B.

- Monthly massage with Sheila (x3). Use Jonny @PhysioEffect (x1)
- 40% of mileage off road (ish).
- Foam roll ITB, peroneal, right calf PowerPlate left Achilles, 4x15 (Colin Thomas).
- Nutrition (ok)!!!
- Usual 2-week fat-loading and 1-week caffeine fast.
- Compression, compression, compression.
- Key: Red = Race. Yellow = Yellow. Green: with Iain. Dark Blue: Out-of-the-ordinary weekend commitments. Light Blue: Seeking Company.
- Average weekly mileage for block was 34.7M per week.