

Three Forts Challenge



A suggested training programme for less experienced runners

Are you training sufficiently?

Check you weekly mileage against the table below

Week 1 ends Sunday 18 February 2018

MARATHON

12 WEEK - LONG RUN PLAN

WEEK	MILES	APPROX WEEKLY MILES
WEEK 1	6 MILES	16
WEEK 2	8 MILES	19
WEEK 3	10 MILES	22
WEEK 4	12 MILES	25
WEEK 5	14 MILES	27
WEEK 6	16 MILES	29
WEEK 7	18 MILES	31
WEEK 8	20 MILES	33
WEEK 9	10 MILES	22
WEEK 10	20 MILES	35
WEEK 11	10 MILES	25
WEEK 12	RACE DAY	RACE WEEK

HALF MARATHON

12 WEEK - LONG RUN PLAN

WEEK	MILES	APPROX WEEKLY MILES
WEEK 1	5 MILES	14
WEEK 2	6 MILES	16
WEEK 3	7 MILES	18
WEEK 4	7 MILES	16
WEEK 5	8 MILES	18
WEEK 6	8 MILES	18
WEEK 7	10 MILES	20
WEEK 8	11 MILES	22
WEEK 9	10 MILES	21
WEEK 10	12 MILES	24
WEEK 11	8 MILES	14
WEEK 12	RACE DAY	RACE WEEK

The above chart shows the maximum distance to achieve for a single run and also the total mileage to achieve in a week.

With thanks to Shelly Kyte, Running Instructor, South Downs Leisure.

