

**Hyde Village Striders RC
2019 London Marathon Training Plan**

Week	Starts (Mon)	Mon	Wed	Fri	Sun
1	14/01/19	5	5	4	8
2	21/01/19	5	7	4	10
3	28/01/19	5	7	5	12
4	04/02/19	5	8	5	14
5	11/02/19	5	8	6	12
6	18/02/19	5	9	5	16
7	25/02/19	5	8	6	13
8	04/03/19	5	10	5	18
9	11/03/19	5	9	6	13
10	18/03/19	5	8	5	20
11	25/03/19	5	6	7	13
12	01/04/19	5	8	5	22
13	08/04/19	5	6	4	12
14	15/04/19	5	4	3	6
15	22/04/19	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.