

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

<b>Week</b>	<b>Starts (Mon)</b>	<b>Mon</b>	<b>Wed</b>	<b>Fri</b>	<b>Sun</b>
<b>1</b>	24/12/18	5	5	4	8
<b>2</b>	31/12/18	5	7	4	10
<b>3</b>	07/01/19	5	7	5	12
<b>4</b>	14/01/19	5	8	5	14
<b>5</b>	21/01/19	5	8	6	12
<b>6</b>	28/01/19	5	9	5	16
<b>7</b>	04/02/19	5	8	6	13
<b>8</b>	11/02/19	5	10	5	18
<b>9</b>	18/02/19	5	9	6	13
<b>10</b>	25/02/19	5	8	5	20
<b>11</b>	04/03/19	5	6	7	13
<b>12</b>	11/03/19	5	8	5	22
<b>13</b>	18/03/19	5	6	4	12
<b>14</b>	25/03/19	5	4	3	6
<b>15</b>	01/04/19	4	3	Rest	<b>Race</b>

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.