

THE MAXI MARATHON KILLARNEY

Saturday 16th July 2011, 8am

18 week Beginners Training Plan
prepared by Gillian O'Sullivan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	WEEK TOTAL
1	2	Rest	3	Rest	2	3	Rest	10 miles
2	2	Rest	4	Rest	4	4	Rest	12 miles
3	3	Rest	4	Rest	2	4	Rest	13 miles
4 Easy Week	3	Rest	4	Rest	4	Rest	Rest	10 miles
5	3	Rest	5	Rest	2	5	Rest	15 miles
6	2	Rest	5	Rest	3	6	Rest	17 miles
7	3	Rest	5	Rest	3	7	Rest	18 miles
8 Easy Week	3	Rest	5	Rest	7	Rest	Rest	15 miles
9	3	Rest	5	Rest	3	8	Rest	19 miles
10	3	Rest	5	Rest	3	10	Rest	21 miles
11	3	Rest	5	Rest	3	12	Rest	23 miles
12 Easy Week	3	Rest	5	Rest	3	10	Rest	21 miles
13	3	Rest	5	Rest	3	14	Rest	25 miles
14	3	Rest	5	Rest	3	15	Rest	26 miles
15	3	Rest	5	Rest	3	14	Rest	25 miles
16	3	Rest	5	Rest	3	12	Rest	23 miles
17	3	Rest	5	Rest	10	Rest	Rest	25 miles
Week before Race	3	Rest	5	Rest	3	Race Day	Rest	26 miles

 **GILLIAN O'SULLIVAN**
Health & Fitness

- Runs are on Monday, Wednesday, Friday and Saturday
- All distances are in miles

For more information visit www.maximathonkillarney.com

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Gillian O'Sullivan is one of Ireland's most successful athletes and a qualified personal trainer. Gillian Has used her experience and expertise to put together a training plan for all levels of fitness to get you ready for the race.



Local fitness expert and personal trainer Breda Barrett is starting a new Maxi Running Club in Killarney Co. Kerry.

It will be a fun and very social group which will meet 2 times a week for training runs in Killarney. It is suited for all types of runner from the beginner to the more seasoned runner who wants a more social aspect to their training routine.

Last year Breda trained 15 first time runners to complete the race.

Contact Breda Barrett for more details on 086 1623103



BEFORE YOU START

- Always warm up before a run and warm down after.
- Please note you should use a reasonable recovery time between your runs.
- This is a sample training programme and will not suit everyone.
- For advice on training to suit you, you should consult a Coach or go to a local running, fitness or leisure club
- Only undertake the training and the marathon after medical advice

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