

THE MAXI MARATHON KILLARNEY

Saturday 16th July 2011, 8am

18 week Intermediate Training Plan
prepared by Gillian O'Sullivan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	WEEK TOTAL
1	4	3	4	Rest	3	6	Rest	20 miles
2	4	3	4	Rest	3	8	Rest	22 miles
3	5	3	4	Rest	3	9	Rest	24 miles
4 Easy Week	5	3	3	Rest	9	Rest	Rest	20 miles
5	5	3	4	Rest	4	10	Rest	26 miles
6	6	3	4	Rest	4	11	Rest	28 miles
7	6	3	4	Rest	5	12	Rest	30 miles
8 Easy Week	6	3	5	Rest	10	Rest	Rest	24 miles
9	6	3	4	Rest	5	13	Rest	31 miles
10	6	4	4	Rest	5	14	Rest	33 miles
11	6	4	4	Rest	5	15	Rest	34 miles
12 Easy Week	6	4	5	Rest	11	Rest	Rest	26 miles
13	6	4	4	Rest	5	13	Rest	31 miles
14	6	4	4	Rest	5	15	Rest	34 miles
15	6	4	4	Rest	5	13	Rest	31 miles
16	6	4	5	Rest	15	Rest	Rest	30 miles
17	4	5	4	Rest	5	10	Rest	28 miles
Week before Race	3	5	5	Rest	Rest	Race Day	Rest	



- Runs are on Monday, Wednesday, Friday and Saturday
- All distances are in miles
- The runs on Fridays can be done on a hilly course in order to get ready for the course

For more information visit www.maximarathonkillarney.com

THE MAXI MARATHON KILLARNEY

Saturday 16th July 2011, 8am

Fartlek Training Plan
prepared by Gillian O'Sullivan

The runs on Wed can be a fartlek/speed repeats. It can be down within the mileage outlined. Warm up for 10 mins, then stretch, speed section and cool down. Always stretch again at the end. Keep the speed repeats at a controlled pace.

WEEK	FARTLEK / SPEED REPEATS
1	1 min fast and 2 recovery, repeat 5 times
2	1 fast and 2 recovery, repeat 6 times
3	1 fast and 2 recovery, repeat 8 times
4 Easy Week	1 fast and 2 recovery, repeat 6 times
5	2 fast and 2 recovery, repeat 4 times
6	2 fast and 2 recovery, repeat 5 times
7	2 fast and 2 recovery, repeat 5 times
8 Easy Week	2 fast and 2 recovery, repeat 3 times
9	2 fast and 2 recovery, 3 fast and 2 recovery, repeat 2 times
10	2 fast and 2 recovery, 3 fast and 2 recovery, repeat 2 times
11	2 fast and 1 recovery, 3 fast and 2 recovery, repeat 2 times
12 Easy Week	2 fast and 1 recovery, 3 fast and 2 recovery, repeat 2 times
13	3 fast and 2 recovery, repeat 3 times
14	3 fast and 2 recovery, repeat 3 times
15	½ mile 3 times and 1-2 minute recovery after each one
16	½ mile 4 times and 1-2 minute recovery after each one
17	½ mile 3 times and 1-2 minute recovery after each one
Week before Race	30 second strides 6 times within run

THE MAXI MARATHON KILLARNEY

Saturday 16th July 2011, 8am

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

For more information visit www.maximathonkillarney.com