

Connemara Marathon Training Schedule: **Red** = Actually Done

26/12	10 miles 14mile run	rest 0km	12km 8.7m run	3 m run 3.5m run	Rest 7.1m run	7 m run 7km run	14 Rest
02/01	5km run 14mile run	3 m run 0km	8 m run 8.7m run	3 m run 3.5m run	7 m pace 7.1m run	Rest Rest	10 10m run
09/01	Cross 2.25km run	4 m run 0km run	10 m run 6.4m run	4 m run Rest	Rest 10mile	8 m pace 3.8m	16 Rest
16/01	Cross 16m run	4 m run 4m walk	8 m run 7.4m Run	4 m run 3.1m run	Rest Rest	8 m run Rest	17 17m run
23/01	Cross 3.5km walk	4 m run 10m run	10 m run 4m run	4 m run 0m run	Rest Rest	Rest Rest	Half Mar Rest
30/01	Cross Rest	4 m run 10m run	9 m run Rest	4 m run 7.03km	Rest Rest	9 m pace Rest	19 20
06/02	Cross Rest	5 m run Rest	10 m run 6.14km	5 m run Rest	Rest 10km	10 m run Rest	20 Rest
13/02	Rest 10m run	5 m run 4kmwalk	6 m run 3.5m run	5 m run 10m run	Rest Rest	6 m pace Rest	20 20
20/02	Rest	5 m run Rest	10 m run 5m run	5 m run 5m run	Rest Rest	10 m Rest	20 20
27/02	Cross	5 m run	6 m run	5 m run	Rest	6 m run	12
05/03	Cross	5 m run	10 m run	5 m run	Rest	10 m pace	20 20
12/03	Cross	5 m run	8 m run	5 m run	Rest	4 m pace	12
19/03	Cross	4 m run	6 m run	4 m run	Rest	4 m run	8
26/03	Cross	3 m run	4 m run	Rest	Rest	2 m run	Marathon