

# Planning for the holiday

We're talking about the October bank holiday. Coach **Brendan O'Shea** presents a 21-week programme calculated to have you bright-eyed and bushy-tailed come the biggest day on the calendar.

It is that time of early summer again - time for those who wish to run this year's Dublin Marathon to start preparing in earnest. This year we have abandoned coaching by instalments and present, all at once and for no extra charge, a full marathon schedule for the 21 weeks of training. We have also softened our regime, allowing some flexibility in your training programme.

**Your training kicks off on June 5. But first some ground rules that are not up for negotiation.**

- If you are new to running or have not been training in recent years you must have a medical check-up before starting the programme.
- Be kind to yourself: get a new pair of good adidas training shoes. They will add to your enjoyment and may also prevent painful and costly injuries.
- Do half of your training on grass.
- Avoid running on concrete if possible.
- Hydrate well on Ballygowan water - you will lose a lot of water through sweating, even on cool days.
- Cut down on junk food and thereby lose weight safely. We are talking about biscuits, sweets, soft drinks and the like.
- Include some races as part of your programme, preferably one every three or four weeks. We recommend the adidas series.
- Take iron and vitamin C regularly. Drink less tea — it inhibits iron absorption.
- Get plenty of rest.

Do all the above and you should emerge on the October bank holiday Monday with a healthy, taut, beautiful body and raring to go. *Yes, we are talking about you.*

**SCHEDULE FOR 2:30 to 3:00****Weeks one and two**

Monday	6m easy
Tuesday	8m easy
Wednesday	6m easy
Thursday	8m easy with a few strides in the middle
Friday	Rest
Saturday	10m easy
Sunday	12m easy

**Weeks three and four**

Monday	6m easy
Tuesday	8m fartlek
Wednesday	6m easy
Thursday	10m easy with a few strides in the middle
Friday	Rest
Saturday	10m easy
Sunday	14m easy

**Weeks five and six**

Monday	6m easy
Tuesday	8m fartlek
Wednesday	6m easy
Thursday	10m at 90 percent or 5x1m hard with 3-min recovery
Friday	Rest
Saturday	10m easy
Sunday	18m easy

**Weeks seven and eight**

Monday	6m easy
Tuesday	10m fartlek
Wednesday	6m easy
Thursday	10m steady with some strides
Friday	Rest
Saturday	10m easy
Sunday	20m easy

**Weeks 9 and 10**

Monday	6m easy
Tuesday	10m fartlek
Wednesday	6m easy
Thursday	10m fartlek
Friday	Rest
Saturday	10m easy
Sunday	20m easy

**Weeks 11 and 12**

Monday	8m easy
Tuesday	12m fartlek
Wednesday	6m easy
Thursday	10m fartlek
Friday	Rest
Saturday	10m easy
Sunday	20m easy

**Weeks 13 and 14**

Monday	6m easy
Tuesday	12m fartlek
Wednesday	6m easy
Thursday	12m fartlek or 10m at 90 percent
Friday	Rest
Saturday	10m easy
Sunday	20m easy

**Weeks 15 and 16**

Monday	8m easy
Tuesday	12m fartlek
Wednesday	8m easy
Thursday	12m fartlek
Friday	Rest
Saturday	10m easy
Sunday	22m easy

**Weeks 17 and 18**

Monday	6m easy
Tuesday	12m fartlek
Wednesday	6m easy
Thursday	12m fartlek or 6x1m hard with 3-min recovery
Friday	Rest
Saturday	10m easy
Sunday	22m easy

**Weeks 19 and 20**

Monday	6m easy
Tuesday	12m fartlek
Wednesday	6m easy
Thursday	12m fartlek
Friday	Rest
Saturday	10m easy
Sunday	20m easy

**Final week starting Oct 23**

Monday	6m easy
Tuesday	6m fartlek
Wednesday	6m easy
Thursday	3m easy
Friday	2m easy
Saturday	2m easy
Sunday	Rest

**SCHEDULE FOR 3:00 to 4:15****Weeks one to four**

Monday	6m easy
Tuesday	Rest
Wednesday	6m easy
Thursday	6m easy
Friday	Rest
Saturday	6m easy
Sunday	8m easy

**Weeks five to eight**

Monday	8m easy
Tuesday	Rest
Wednesday	8m easy
Thursday	6m fartlek
Friday	Rest
Saturday	6m easy
Sunday	10m easy

**Weeks nine and 10**

Monday	8m easy
Tuesday	6m fartlek or 6m at 90 percent
Wednesday	7m easy
Thursday	8m fartlek
Friday	Rest
Saturday	6m easy
Sunday	14m easy

**Weeks 11 and 12**

Monday	8m easy
Tuesday	8m fartlek
Wednesday	7m easy
Thursday	8m fartlek
Friday	Rest
Saturday	6m easy
Sunday	16m easy

**Weeks 13 and 14**

Monday	8m easy
Tuesday	10m fartlek
Wednesday	7m easy
Thursday	10m fartlek
Friday	Rest
Saturday	6m easy
Sunday	18m easy

**Weeks 15 and 16**

Monday	8m easy
Tuesday	10m fartlek or 8m at 90 percent
Wednesday	8m easy
Thursday	10m fartlek
Friday	Rest
Saturday	6m easy
Sunday	20m easy

**Weeks 17 and 18**

Monday	8m easy
Tuesday	10m fartlek or 5x1m hard with 3-min recovery
Wednesday	8m easy
Thursday	10m fartlek
Friday	Rest
Saturday	6m easy
Sunday	20m easy

**Weeks 19 and 20**

Monday	8m easy
Tuesday	10m fartlek
Wednesday	8m easy
Thursday	10m fartlek
Friday	Rest
Saturday	8m easy
Sunday	18m easy

**Final week, starting Oct 23**

Monday	5m easy
Tuesday	4m fartlek
Wednesday	5m easy
Thursday	3m easy
Friday	2m easy
Saturday	2m easy
Sunday	rest

**Weeks 13 and 14**

Monday	6m easy
Tuesday	Rest
Wednesday	6m easy
Thursday	6m fartlek
Friday	Rest
Saturday	6m easy
Sunday	14m easy

**SCHEDULE FOR 4:15 to 5:00****Weeks one to four**

Monday	3m very easy
Tuesday	Rest
Wednesday	3m very easy
Thursday	3m very easy
Friday	Rest
Saturday	3m very easy
Sunday	4m very easy

**Weeks five to eight**

Monday	4m easy
Tuesday	Rest
Wednesday	5m easy
Thursday	6m easy fartlek
Friday	Rest
Saturday	6m easy
Sunday	7m easy

**Weeks nine and 10**

Monday	6m easy
Tuesday	Rest
Wednesday	6m easy
Thursday	5m fartlek
Friday	Rest
Saturday	6m easy
Sunday	10m easy

**Weeks 11 and 12**

Monday	6m easy
Tuesday	Rest
Wednesday	6m easy
Thursday	6m fartlek
Friday	Rest
Saturday	6m easy
Sunday	12m easy

**Weeks 15 and 16**

Monday	6m easy
Tuesday	Rest
Wednesday	6m easy
Thursday	6m fartlek
Friday	Rest
Saturday	6m easy
Sunday	16m easy

**Weeks 17 and 18**

Monday	6m easy
Tuesday	6m fartlek
Wednesday	6m easy
Thursday	6m fartlek
Friday	Rest
Saturday	6m easy
Sunday	18m easy

**Weeks 19 and 20**

Monday	6m easy
Tuesday	6m fartlek
Wednesday	6m easy
Thursday	6m fartlek
Friday	Rest
Saturday	6m easy
Sunday	14m easy

**Final week, starting Oct 23**

Monday	4m easy
Tuesday	2m fartlek
Wednesday	3m easy
Thursday	3m fartlek
Friday	2m easy
Saturday	Rest
Sunday	Rest

Energy gels have been shown to benefit marathoners of all standards. You can buy them or you may wish to concoct an energy drink yourself. Whichever you do, I recommend you practise consuming the gel or the drink in training. Don't experiment for the first time in the race itself.

**Good luck!**