

TRAINING PLAN

CHRONO OBJECTIVE • 12 WEEKS

IN PARTNERSHIP WITH THE FRENCH FEDERATION FOR ATHLETICS



BEFORE BEGINNING TRAINING

Before tackling a marathon training plan, you should seek medical advice, consult a doctor specialised in sport and, if necessary, carry out a stress test to detect any abnormalities.

This training plan is a specific preparation for a marathon. It is aimed at high-performance runners who are aiming for the fastest time or who have already run a marathon.

A general preparation should be carried out beforehand, to avoid starting from scratch:

- > You should be in the habit of running 3 times per week
- > You should carry out changes of pace (interval training)
- > You should be able to run continuously for at least 1 hour and 20 minutes

Muscle-strengthening sessions should be included, in particular two sessions to per week to reinforce stomach muscles/core strength (15 minutes) on rest days or after jogging.

PACES AND TYPES OF TRAINING

BASIC ENDURANCE

Breathlessness is not pronounced, your heart rate remains low, the effort is not very intense and you are able to talk while running.

WARM-UP

Before a session, run for twenty minutes, do some active stretching, some series, then 3 x 30 seconds of progressive acceleration.

CALM PACE

Jog for ten minutes at the end of a session to allow your body's rates to return to their normal values.

AS2: your record pace over a 2-km distance ran as fast as possible.

AS5: your record pace over a 5-km distance.

AS10: your record pace over a 10-km distance. During these sessions, recovery between each effort is achieved by jogging slowly.

AS21: your record pace for the semi-marathon distance.

AS42: the pace for your performance objective on the marathon.

SLOPES

For slope running sessions, try to find a slope with an incline of between 5 and 10%, run up quickly

without going all out to be able to repeat the effort and cover the same distance each time. Between each effort, recover by jogging back down to the starting point.

LONG RUNS

These are key for marathon preparation, allowing you to work on muscular endurance to show stamina for the length of your effort. The duration of effort is progressive during preparation.

Given the specific nature of the race, include hilly circuits in your core endurance sessions and/or long runs. Get used to running on a circuit that is not flat during these runs. Run uphill at a steady pace, reducing your speed to prevent your heart rate from spiking and run downhill at a reasonable pace, naturally taking advantage of the overspeed effect it creates, but without the intention of accelerating too quickly.

Take advantage of these long runs to test your in-race refreshment intake as well as the equipment you will be using on the big day (clothing and, above all, shoes).



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The Paris 2024 Marathon Pour Tous Partners

Presenting Partner



Technical Partners



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WEEK 01

FROM 20 TO 26 MAY

SESSION 01 JOGGING

(OPTIONAL)

50min at basic endurance pace
Muscle-strengthening



SESSION 02 MAS REMINDER



Warming up
+ 2 series of 8x45sec AS2

45sec recovery jog between each
3min recovery jog
Calm pace

SESSION 03 JOGGING



1h10 at basic endurance pace
Muscle-strengthening

SESSION 04 FRACTIONED



Warming up
+ 10x2min AS10

1min recovery jog
Calm pace

SESSION 05 LONG OUTING



1h40 at basic endurance pace
on a moderate slope

WEEK 02

FROM 27 MAY TO 2 JUNE

SESSION 01 JOGGING

(OPTIONAL)

55min at basic endurance pace
Muscle-strengthening



SESSION 02 HILL



Warming up
+ 2 series of 8x20sec on slope

Recovery downhill jog
and 2min recovery between each
Calm pace

SESSION 03 JOGGING



1h15 at basic endurance pace

SESSION 04 FRACTIONED



Warming up
+ 8x3min AS10
1min30 recovery jog
Calm pace

SESSION 05 LONG OUTING



1h50 at basic endurance pace
including 4x10min AS42
3min recovery jog

WEEK 03

FROM 3 TO 9 JUNE

SESSION 01 JOGGING

(OPTIONAL)

1h00 at basic endurance pace
Muscle-strengthening



SESSION 02 MAS REMINDER



Warming up
+ 2 series of 7x1min AS2

1min recovery jog between each
3min recovery jog
Calm pace

SESSION 03 JOGGING



1h20 at basic endurance pace

SESSION 04 FRACTIONED



Warming up
+ 7x4min AS10
2min recovery jog
Calm pace

SESSION 05 LONG OUTING



2h00 at basic endurance pace
on a moderate slope

WEEK 04

FROM 10 TO 16 JUNE

REST



SESSION 01 HILL



Warming up
+ 15x30sec on slope
Recovery downhill jog
Calm pace

SESSION 02 JOGGING



50min at basic endurance pace
Muscle-strengthening

SESSION 03 FRACTIONED



Warming up
+ 5x5min AS10
2min30 recovery jog
Calm pace

SESSION 04 LONG OUTING



1h45 at basic endurance pace
including 3x15min AS42
5min recovery jog

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WEEK 05

FROM 17 TO 23 JUNE

SESSION 01 JOGGING

(OPTIONAL)

50min at basic endurance pace
Muscle-strengthening



SESSION 02 MAS REMINDER



Warming up
+ 10x1min15 AS5
45sec recovery jog
Calm pace

SESSION 03 JOGGING



1h20 at basic endurance pace

SESSION 04 FRACTIONED



Warming up
+ 5x6min AS10
2min30 recovery jog
Calm pace

SESSION 05 LONG OUTING



2h10 at basic endurance pace
on a moderate slope

WEEK 06

FROM 24 TO 30 JUNE

SESSION 01 JOGGING

(OPTIONAL)

55min at basic endurance pace
Muscle-strengthening



SESSION 02 HILL



Warming up
+ 12x40sec on slope
Recovery downhill jog
Calm pace

SESSION 03 JOGGING



1h25 at basic endurance pace

SESSION 04 FRACTIONED



Warming up
+ 4x8min AS10
2min30 recovery jog
Calm pace

SESSION 05 LONG OUTING



2h20 at basic endurance pace
25min-20min-15min AS42
5min recovery jog

WEEK 07

FROM 1 TO 7 JULY

SESSION 01 JOGGING

(OPTIONAL)

1h00 at basic endurance pace
Muscle-strengthening



SESSION 02 FRACTIONED



Warming up
+ 10x1min30 AS5
1min recovery jog
Calm pace

SESSION 03 JOGGING



1h25 at basic endurance pace

SESSION 04 FRACTIONED



Warming up
+ 10min AS21
+ 8min AS10
+ 2x6min AS10
2min30 recovery jog
Calm pace

SESSION 05 LONG OUTING



2h30 at basic endurance pace
on a moderate slope

WEEK 08

FROM 8 TO 14 JULY

REST



SESSION 01 HILL



Warming up
+ 6x50sec on slope
+ 4x40sec on slope
+ 2x30sec on slope
Recovery downhill jog
Calm pace

SESSION 02 JOGGING



(OPTIONAL)

50min at basic endurance pace
Muscle-strengthening

SESSION 03 FRACTIONED



Warming up
+ 3x7min AS10
2min recovery jog
Calm pace

SESSION 04 LONG OUTING



1h45 at basic endurance pace
including 25min-20min-15min AS42
5min recovery jog

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WEEK 09

FROM 15 TO 21 JULY

SESSION 01 FOOTING

(OPTIONAL)

50min at basic endurance pace
Muscle-strengthening

SESSION 02 HILL

Warming up
+ 10x1min on slope
Recovery downhill jog
Calm pace

SESSION 03 JOGGING

1h20 at basic endurance pace

SESSION 04 FRACTIONED

Warming up
+ 3x10min AS21
3min recovery jog
Calm pace

SESSION 05 LONG OUTING

2h40 at basic endurance pace
on a moderate slope

WEEK 10

FROM 22 TO 28 JULY

SESSION 01 FOOTING

(OPTIONAL)

55min at basic endurance pace
Muscle-strengthening

SESSION 02 HILL

Warming up
+ 1min-55sec-50sec-45sec-40sec-
35sec-30sec-25sec-20sec-15sec
on slope
Recovery downhill jog
Calm pace

SESSION 03 JOGGING

1h25 at basic endurance pace

SESSION 04 FRACTIONED

Warming up
+ 12min-10min-8min AS21
3min recovery jog
Calm pace

SESSION 05 LONG OUTING

2h00 at basic endurance pace
including 2x30min AS42
5min recovery jog

WEEK 11

FROM 29 JULY TO 4 AUGUST

REST 

SESSION 01 HILL

Warming up
+ 12x25sec on slope
Recovery downhill jog
Calm pace

SESSION 02 JOGGING

45min at basic endurance pace
Muscle-strengthening

SESSION 03 FRACTIONED

Warming up
+ 3 séries de 3min-2min-1min AS10
1min recovery jog
Calm pace

SESSION 04 LONG OUTING

1h20 at basic endurance pace
on a moderate slope

WEEK 12

FROM 5 TO 10 AUGUST

REST 

SESSION 01 HILL

Warming up
+ 4x4min AS42
1min recovery jog
Calm pace

SESSION 02 JOGGING

(OPTIONAL)

40min at basic endurance pace

SESSION 03 PRE-COMPETITION RACE EVE

Warming up
+ 3x30sec in progressive acceleration
30sec recovery jog
+ 1km AS42

COMPETITION

PARIS 2024
MARATHON POUR TOUS

