

TRAINING PLAN

FINISHER 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 new marathon runners who simply want to experience 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.

AS10

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

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



1h00 at basic endurance pace
Muscle-strengthening

SESSION 02 HILL



Warming up
+ 14x20sec on slope
Recovery downhill jog
Calm pace

SESSION 03 LONG OUTING



1h40 at basic endurance pace
on a moderate slope

WEEK 05

FROM 17 TO 23 JUNE

SESSION 01 JOGGING



1h10 at basic endurance pace
Muscle-strengthening

SESSION 02 HILL



Warming up
+ 10x40sec on slope
Recovery downhill jog
Calm pace

SESSION 03 LONG OUTING



2h10 at basic endurance pace
on a moderate slope

WEEK 02

FROM 27 MAY TO 2 JUNE

SESSION 01 JOGGING



1h10 at basic endurance pace
Muscle-strengthening

SESSION 02 FRACTIONED



Warming up
+ 8x2min AS10
1min recovery jog
Calm pace

SESSION 03 LONG OUTING



1h50 at basic endurance pace
on a moderate slope

WEEK 06

FROM 24 TO 30 JUNE

SESSION 01 JOGGING



1h20 at basic endurance pace
Muscle-strengthening

SESSION 02 FRACTIONED



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

SESSION 03 LONG OUTING



2h20 at basic endurance pace
on a moderate slope

WEEK 03

FROM 3 TO 9 JUNE

SESSION 01 JOGGING



1h20 at basic endurance pace
Muscle-strengthening

SESSION 02 HILL



Warming up
+ 12x30sec on slope
Recovery downhill jog
Calm pace

SESSION 03 LONG OUTING



2h00 at basic endurance pace
on a moderate slope

WEEK 07

FROM 1 TO 7 JULY

SESSION 01 JOGGING



1h30 at basic endurance pace
Muscle-strengthening

SESSION 02 HILL



Warming up
+ 4x50sec / 3x40sec / 2x30sec (on slope)
Recovery downhill jog
Calm pace

SESSION 03 LONG OUTING



2h30 at basic endurance pace
on a moderate slope

WEEK 04

FROM 10 TO 16 JUNE

SESSION 01 JOGGING



50min at basic endurance pace
Muscle-strengthening

SESSION 02 FRACTIONED



Warming up
+ 7x3min AS10
1min30 recovery jog
Calm pace

SESSION 03 LONG OUTING



1h45 at basic endurance pace
on a moderate slope

WEEK 08

FROM 8 TO 14 JULY

SESSION 01 JOGGING



50min at basic endurance pace
Muscle-strengthening

SESSION 02 FRACTIONED



Warming up
+ 4x7min AS10
2min recovery jog
Calm pace

SESSION 03 LONG OUTING



1h45 at basic endurance pace
on a moderate slope

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WEEK 09

FROM 15 TO 21 JULY

SESSION 01 JOGGING



1h20 at basic endurance pace
Muscle-strengthening

SESSION 02 HILL



Warming up
+ 7x1min on slope
Recovery downhill jog
Calm pace

SESSION 03 LONG OUTING



2h40 at basic endurance pace
on a moderate slope

WEEK 11

FROM 29 JULY TO 4 AUGUST

SESSION 01 JOGGING



45min at basic endurance pace
Muscle-strengthening

SESSION 02 HILL



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

SESSION 03 LONG OUTING



1h20 at basic endurance pace
on a moderate slope

WEEK 10

FROM 22 TO 28 JULY

SESSION 01 JOGGING



1h25 at basic endurance pace
Muscle-strengthening

SESSION 02 FRACTIONED



Warming up
+ 3x9min AS10
3min recovery jog
Calm pace

SESSION 03 LONG OUTING



2h00 at basic endurance pace
on a moderate slope

WEEK 12

FROM 5 TO 10 AUGUST

SESSION 01 JOGGING



30min at basic endurance pace
Muscle-strengthening

SESSION 02 PRE-COMPETITION RACE EVE

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

COMPETITION

PARIS 2024
MARATHON POUR TOUS

