



# TWO MONTH TRAINING PLAN

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Dear Runner,

Welcome to The Pyramids Marathon Training Program. Below you will find complete 2 month timetables that are designed to prepare you for the 21K or 10K taking place on February 15th, 2019. Full marathon runners: these programs aren't for you; we trust you've been following the longer programs we've uploaded earlier or your own training plans. The programs found below are designed for all runners and you will find definitions explaining how to interpret the training distances written, based on your ability.

If you have any questions, make sure to reach out to The TriFactory via [info@thetrifactory.com](mailto:info@thetrifactory.com).

## TRAINING PROGRAM DEFINITIONS YOU SHOULD KNOW

### **Easy:**

Easy should be the running pace where you are able to talk comfortably to someone running beside you. It's also the pace of your recovery runs, after a particularly hard session or if your body is sore. Your easy pace should be similar to jogging.

For beginners who have difficulty completing an entire run, split up the distance written on the easy days into equal intervals of running and walking. For example, if it says 2K, then run for one minute and walk for one minute until you complete those two kilometers.

### **Tempo:**

Tempo is your fast pace, which leaves you exhausted at the end of the session. For those who run regularly, this should equal around 75% of your maximum speed. For beginners, you can split it up at a 3:1 ratio, meaning run for 3 minutes and then walk for 1 minute, until you finish the distance written in the program.

### **Long:**

Your long runs should be slightly faster than your easy pace but slower than your tempo runs. You want to finish the run strong and without having exhausted yourself. The goal of your long runs is to build endurance and get used to running a distance like 21K or 42K. During your long runs, you should aim to drink water at least every 3-4K. Depending on your experience, interpret the distance written for the long runs as follows:

For beginners: a 2:1 ratio where you run 2 minutes and walk 1 minute.

For intermediate runners: a 5:1 ratio where you run 5 minutes and walk 1 minute.

For regular runners, aim to complete the entire distance at 60% of your maximum effort.

## TRAINING PROGRAM DEFINITIONS YOU SHOULD KNOW (CONTINUED)

### **Fartlek:**

'Fartlek' means 'speed play' in Swedish, and basically refers to interval training that is continuous. This type of exercise boosts your overall fitness, making you stronger and helping your body withstand higher intensity levels. The fartlek distance should be divided as follows: Warm Up (20%), Main Set (60%), Cool Down (20%).

Your Main Set should include: 45 seconds at 85% of your maximum effort, 45 seconds at 60% of your maximum effort, 1 minute very easy, over and over until you finish the distance written. Every week, try to increase the length of the interval by 5 seconds.

Recovery is a very important part of your training. Make sure to eat well, sleep well, and stretch well (dynamic stretching pre-run and static stretches post-run).

# 10K Distance - 2 Month Program

DATE	SUNDAY (Easy)	MONDAY (Fartlek)	TUESDAY (Rest)	WEDNESDAY (Tempo)	THURSDAY (Rest)	FRIDAY (Long)	SATURDAY (Rest)
DEC 16	2K	-		3K		4K	
DEC 23	2K	-		4K		5K	
DEC 30	3K	4K		3K		5K	
JAN 6	3K	3K		3K		6K	
JAN 13	2K	4K		4K		8K	
JAN 20	3K	4K		3K		9K	
JAN 27	3K	5K		5K		7K	
FEB 3	2K	6K		5K		8K	
FEB 10	2K	-		4K		-	
FEB 15	<b>RACE DAY!</b>						

# 21K Distance - 2 Month Program

DATE	SUNDAY (Easy)	MONDAY (Fartlek)	TUESDAY (Rest)	WEDNESDAY (Tempo)	THURSDAY (Rest)	FRIDAY (Long)	SATURDAY (Rest)
DEC 16	4K	-		3K		6K	
DEC 23	4K	-		5K		8K	
DEC 30	5K	4K		3K		10K	
JAN 6	5K	3K		4K		9K	
JAN 13	4K	4K		5K		12K	
JAN 20	5K	4K		3K		14K	
JAN 27	5K	5K		7K		18K	
FEB 3	4K	6K		5K		10K	
FEB 10	4K	-		5K		8K	
FEB 15	<b>RACE DAY!</b>						