Run a Marathon in 6 weeks

FoxFit Personal Training
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Introduction

My name is Russell Fox from FoxFit Personal Training and I am a Personal Trainer Based in Pure Gym Glasgow. I am a competing tri-athlete and appreciate the difficulties in preparing a training schedule for a big event if you have never done it before. To put you in the picture, my first triathlon was a Half Iron Man (1.9k swim, 90k cycle and 21k run) and I only gave myself 4 weeks to prepare. By following this plan you too can be prepared for your big event within 6 weeks.

When carrying out this programme it is beneficial to train both outdoors and within a gym environment. The outdoor training is beneficial as it will simulate the conditions on race day whilst the gym environment allows you to work on both power and endurance.

The programme design is an intensive training plan that will build power in your legs, increase your endurance and increase your cardiovascular efficiency.

I previously mentioned the importance of the use of both the Gym and outdoor training; this is to ensure that you are getting the most out of your training. It is also important to research the race route and complete a practice of the route prior to race day.

Nutrition

When training for any event it is important that you are providing your body with the most effective fuel for the tasks you are doing. Carbs are a great source of energy, eat plenty of carbs the day before and on the morning of your training, this will ensure your body has a supply of energy. After training your muscles need to repair, Protein is required for this, so post work out meals should contain plenty of natural products that are high in protein.

Remember, if you plan to change your diet, always contact your GP or Dietician for further advice.

Supplement

Events usually have a sponsor who will provide supplements to help rehydrate and give you energy. These usually come in the form of Energy Drinks, Isotonic Drinks, Carbohydrate gels and Energy Bars. Do your research before the event, find out who the sponsor is and try a range of their products to find what works for you. My personal preference is Isotonic Drinks and Carbohydrate Gels as it get the energy into your body quickly. On your race day you will appreciate the benefit of these products.

Fitness Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Meaning</th>
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<tbody>
<tr>
<td>REST DAY</td>
<td>this is a day of no physical training</td>
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<tr>
<td>ACTIVE REST</td>
<td>This is a day of rest; however, a gentle jog, swim or cycle is advised.</td>
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<tr>
<td>Interval Training</td>
<td>This is a style or Cardiovascular training. This will increase your cardiovascular efficiency, strengthening your heart and lungs. Interval training is progressive so each session you should aim to increase you speed.</td>
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The Training Plan

Week One

Day 1  
5 mins warm up on crosstrainer  
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.  
Treadmill: 20 mins at a steady pace. Find your level of fitness.  
10 mins on bike to cool down.

Day 2  
REST

Day 3  
5 mins warm up on crosstrainer  
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.  
Treadmill: 20 mins interval training. 4 min jog at steady pace, 1 minute of maximum effort.  
10 mins on bike to cool down.

Day 4  
REST

Day 5  
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, and lunges.  
10k Run, plan your route outdoors.

Day 6  
REST

Day 7  
REST

Week Two

Day 1  
5 mins warm up on crosstrainer  
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.  
Treadmill: 20 mins interval training. 4 min jog at steady pace, 1 minute of maximum effort.  
10 mins on bike to cool down.

Day 2  
REST

Day 3  
5 mins warm up on crosstrainer  
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.  
Treadmill: 20 mins interval training. 4 min jog at steady pace, 1 minute of maximum effort.  
10 mins on bike to cool down.

Day 4  
REST

Day 5  
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, and lunges.  
15k Run, plan your route outdoors.

Day 6  
REST

Day 7  
REST
Week Three

Day 1
5 mins warm up on crosstrainer
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.
Treadmill: 20 mins interval training. 4 min jog at steady pace, 1 minute of maximum effort.
10 mins on bike to cool down.

Day 2
REST

Day 3
5 mins warm up on crosstrainer
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.
Treadmill: 20 mins interval training. 4 min jog at steady pace, 1 minute of maximum effort.
10 mins on bike to cool down.

Day 4
REST

Day 5
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, and lunges.
20k Run, plan your route outdoors.

Day 6
REST

Day 7
REST

Week Four

Day 1
5 mins warm up on crosstrainer
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.
Treadmill: 20 mins interval training. 3 min jog at steady pace, 1 minute of maximum effort.
10 mins on bike to cool down.

Day 2
Rest

Day 3
5 mins warm up on crosstrainer
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.
Treadmill: 20 mins interval training. 3 min jog at steady pace, 1 minute of maximum effort.
10 mins on bike to cool down.

Day 4
REST

Day 5
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, and lunges.
25k Run, plan your route outdoors.

Day 6
REST

Day 7
ACTIVE REST
Week Five

Day 1
5 mins warm up on crosstrainer
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.
Treadmill: 20 mins interval training. 3 min jog at steady pace, 1 minute of maximum effort.
10 mins on bike to cool down.

Day 2
REST

Day 3
5 mins warm up on crosstrainer
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, lunges.
Treadmill: 20 mins interval training. 3 min jog at steady pace, 1 minute of maximum effort.
10 mins on bike to cool down.

Day 4
REST

Day 5
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, and lunges.
30k Run, plan your route outdoors.

Day 6
REST

Day 7
ACTIVE REST

Week Six

Day 1
Practice the Race Route: Jog 42k

Day 2
Active Rest

Day 3
Dynamic Stretches: High Knees, Heel Kicks, Squat jumps, and lunges.
45k Run, plan your route outdoors.

Day 4
Active Rest

Day 5
REST

Day 6
REST

Day 7
REST

Race Day

Maggie’s would like to thank Russell Fox from Fox Fit Personal Training and Pure Gym Glasgow for writing this programme on our behalf. Russell is a Personal Trainer and Tri-Athlete. For more information on his services and how Russell can help to improve your health, fitness and wellbeing, please contact him on Contact@foxfitpt.com.