

## Marathon (42,195m) Training Plan

The intensity of each piece is down to the user. Try and pick the fastest pace at which you can complete each interval at an even rate, but this will necessarily be a matter of trial and error while you start your training programme.

The stroke rate and damper setting are also down to you. A damper setting of between 3 and 5 will be suitable for most people.

For help on setting the monitor for interval workouts, please see the How To Use section of the Concept2 UK website ([www.concept2.co.uk/service/monitors/pm3/how-to-use](http://www.concept2.co.uk/service/monitors/pm3/how-to-use)).

WEEK	STARTING	WORKOUT	DETAIL	DESCRIPTION
1	January 7	1	40 minutes	Row a single 40 minute piece. Aim for a consistent pace throughout.
		2	2 x 30 minutes / 6 min easy	Row two 30 minute pieces. Row for 6 minutes at light pressure between each piece.
		3	60 minutes	Row a single 60 minute piece. Aim for a consistent pace throughout.
		4	4 x 20 min / 4 min easy	Row four 20 minute pieces. Row for 4 minutes at light pressure between each piece.
2	January 14	1	4 x 4000m / 3 min easy	Row four 4000 meter pieces. Row for three minutes at light pressure between each 1000.
		2	70 minutes	Row a single 70 minute piece. Aim for a consistent pace throughout.
		3	3 x 6000m / 6 min easy	Row three 6000 meter pieces. Row for six minutes at light pressure between each piece.
		4	6 x 12 min / 3 min easy	Row six 12 minute pieces. Row for 3 minutes at light pressure between each piece.
3	January 21	1	4 x 15 min / 2 min easy	Row four 15 minute pieces. Row for 2 minutes at light pressure between each piece.
		2	80 minutes	Row a single 80 minute piece. Aim for a consistent pace throughout.
		3	3 x 8000m / 4 min easy	Row three 8000 meter pieces. Row for four minutes at light pressure between each piece.
		4	6 x 10 min / 3 min easy	Row six 10 minute pieces. Row for 3 minutes at light pressure between each piece.
4	January 28	1	4 x 20 min / 3 min easy	Row four 20 minute pieces. Row for 3 minutes at light pressure between each piece.
		2	2 x 45 minutes / 6 min easy	Row two 45 minute pieces. Row for 6 minutes at light pressure between each piece.
		3	3 x 6000m / 4 min easy	Row three 6000 meter pieces. Row for four minutes at light pressure between each piece.
		4	6 x 12 min / 2 min easy	Row six 12 minute pieces. Row for 2 minutes at light pressure between each piece.
5	February 4	1	4 x 4000m / 3 min easy	Row four 4000 meter pieces. Row for three minutes at light pressure between each 1000.
		2	70 minutes	Row a single 70 minute piece. Aim for a consistent pace throughout.
		3	3 x 6000m / 6 min easy	Row three 6000 meter pieces. Row for six minutes at light pressure between each piece.
		4	6 x 12 min / 3 min easy	Row six 12 minute pieces. Row for 3 minutes at light pressure between each piece.

WEEK	STARTING	WORKOUT	DETAIL	DESCRIPTION
6	February 11	1	4 x 15 min / 2 min easy	Row four 15 minute pieces. Row for 2 minutes at light pressure between each piece.
		2	80 minutes	Row a single 80 minute piece. Aim for a consistent pace throughout.
		3	3 x 8000m / 4 min easy	Row three 8000 meter pieces. Row for four minutes at light pressure between each piece.
		4	6 x 10 min / 3 min easy	Row six 10 minute pieces. Row for 3 minutes at light pressure between each piece.
7	February 18	1	4 x 20 min / 3 min easy	Row four 20 minute pieces. Row for 3 minutes at light pressure between each piece.
		2	2 x 45 minutes / 6 min easy	Row two 45 minute pieces. Row for 6 minutes at light pressure between each piece.
		3	3 x 6000m / 4 min easy	Row three 6000 meter pieces. Row for four minutes at light pressure between each piece.
		4	6 x 12 min / 2 min easy	Row six 12 minute pieces. Row for 2 minutes at light pressure between each piece.
8	February 25	1	4 x 4000m / 3 min easy	Row four 4000 meter pieces. Row for three minutes at light pressure between each 1000.
		2	70 minutes	Row a single 70 minute piece. Aim for a consistent pace throughout.
		3	3 x 6000m / 6 min easy	Row three 6000 meter pieces. Row for six minutes at light pressure between each piece.
		4	6 x 12 min / 3 min easy	Row six 12 minute pieces. Row for 3 minutes at light pressure between each piece.
9	March 4	1	4 x 15 min / 2 min easy	Row four 15 minute pieces. Row for 2 minutes at light pressure between each piece.
		2	24,000m	Row a single 24,000m piece. Use this as a pacing guide for the marathon.
		3	3 x 8000m / 4 min easy	Row three 8000 meter pieces. Row for four minutes at light pressure between each piece.
		4	6 x 10 min / 3 min easy	Row six 10 minute pieces. Row for 3 minutes at light pressure between each piece.
10	March 11	1	4 x 20 min / 3 min easy	Row four 20 minute pieces. Row for 3 minutes at light pressure between each piece.
		2	2 x 45 minutes / 6 min easy	Row two 45 minute pieces. Row for 6 minutes at light pressure between each piece.
		3	3 x 6000m / 4 min easy	Row three 6000 meter pieces. Row for four minutes at light pressure between each piece.
		4	6 x 12 min / 2 min easy	Row six 12 minute pieces. Row for 2 minutes at light pressure between each piece.
11	March 18	1	4 x 4000m / 3 min easy	Row four 4000 meter pieces. Row for three minutes at light pressure between each 1000.
		2	70 minutes	Row a single 70 minute piece. Aim for a consistent pace throughout.
		3	3 x 6000m / 6 min easy	Row three 6000 meter pieces. Row for six minutes at light pressure between each piece.
		4	6 x 12 min / 3 min easy	Row six 12 minute pieces. Row for 3 minutes at light pressure between each piece.
12	March 25	1	2 x 30 min / 5 min easy	Row two 30 minute pieces. Row for 5 minutes at light pressure between each piece.
		2	40 minutes	Row a single 40 minute piece. Aim for a consistent pace throughout.
		3	2 x 20 minutes / 6 min easy	Row two 20 minute pieces. Row for 6 minutes at light pressure between each piece.
		4	42,195m	Good luck!