



Maybank
BALI
MARATHON
2018

TRAINING PLAN

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The logo for the Maybank Bali Marathon 2018. It features the Maybank logo (a tiger head in a circle) to the left of the word "Maybank" in a bold, sans-serif font. Below "Maybank" is the word "BALI" in a smaller, all-caps, sans-serif font. Underneath "BALI" is the word "MARATHON" in a large, bold, sans-serif font, with a stylized running figure integrated into the letter "A". Below "MARATHON" are the numbers "2018" in a very large, bold, sans-serif font.

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Prior to starting a training program, runners should already have built a sufficient running base where the total training duration (including the “base building” phase) is recommended to be:

1. Full marathon: 16 weeks.
2. Half marathon: 12 weeks.
3. 10k: 8-10 weeks.

This program covers the last 8 weeks of a runner’s full training program, where runners are expected to perform relatively harder-effort workouts (the “sharpening” phase). To prepare for these workouts, runners are expected to be able to run the following weekly mileage during their base-building phase (the 4-8 weeks prior to the sharpening phase):

1. Full marathon: 25-35 kilometers per week.
2. Half marathon: 15-25 kilometers per week.
3. 10k: 5-10 kilometers per week.

An example of a base-building program for Full Marathon runners is shown in this page.

Runners who have not performed the necessary base building can still use this training program, but it is advisable to cut down on the prescribed time and distances when signs of significant physical discomfort arises, or even rest completely until the signs have disappeared. There is nothing worse than showing up at the starting line with a nagging injury.

Before starting any training program, it is recommended that runners seek professional advice from their preferred physicians.

Foundation Program

Sessions

- Recovery run
- Base run
- Fartlek
- Progression run
- Long run

Cross-training

- Cycle/swim
- Core/strength training/mobility

Intensity

- Heart rate zone
- Heart rate %

Day by Day Program

	Day by Day Program							Total Distance	
	MON	TUE	WED	THU	FRI	SAT	SUN		
Week by Week Program	1	3.2 KM <small>3 70-80%</small>	Strength Training	3.2 KM <small>2 60-70%</small>	Rest	Core Training	3.2 KM <small>3 70-80%</small>	Rest	9.6 KM
	2	Strength Training and Mobility Dynamic	Rest	3.2 KM <small>2-4 60-80%</small>	3.2 KM <small>2 60-70%</small>	Swim 30-40' and Mobility Static <small>1 50-60%</small>	4.8 KM <small>2 60-70%</small>	Rest	11.2 KM
	3	4.8 KM <small>2 60-70%</small>	Core Training	Rest	3.2 KM <small>2 60-70%</small>	Strength Training	6.5 KM <small>4-5 85-100%</small>	Rest	14.5 KM
	4	Mobility Dynamic	6.5 KM <small>2 60-70%</small>	4.8 KM <small>2-3 60-80%</small>	Cycle 20-30' and Mobility Static <small>1 50-60%</small>	Rest	6.5 KM <small>2 60-70%</small>	Rest	17.8 KM
	5	6.5 KM <small>2 60-70%</small>	Core Training	Rest	8 KM <small>3 70-80%</small>	Strength Training	8 KM <small>2 60-70%</small>	Rest	22.5 KM
	6	Core Training	6.5 KM <small>2 60-70%</small>	6.5 KM <small>2-3 60-80%</small>	Swim 30-40' and Mobility Static <small>1 50-60%</small>	Rest	9.7 KM <small>2 60-70%</small>	3.2 KM and Mobility Dynamic <small>1 50-60%</small>	25.7 KM
	7	4.8 KM <small>2 60-70%</small>	Core Training	8 KM <small>2-3 70-80%</small>	Strength Training	Rest	12.9 KM <small>2 60-70%</small>	4.8 KM <small>1 50-60%</small>	30.5 KM
	8	Mobility Dynamic	8 KM <small>2 60-70%</small>	6.5 KM <small>2-3 60-80%</small>	Cycle 20-30' and Mobility Static <small>1 50-60%</small>	Rest	16.5 KM <small>3-4 70-85%</small>	4.8 KM <small>1 50-60%</small>	35.3 KM

10K Program



Sessions

- Recovery run
- Base run
- Fartlek
- Progression run
- Intervals

- Hill repeats
- Tempo run

Cross-training

- Cycle/swim

Intensity

- Heart rate zone
- Heart rate %

Day by Day Program

		MON	TUE	WED	THU	FRI	SAT	SUN	Total Distance
Week by Week Program	1	Rest	5 KM <small>2 60-70%</small>	3 KM <small>3-4 70-80%</small>	3.2 KM and Strength Training <small>2 60-70%</small>	Rest	5 KM <small>2-3 60-80%</small>	3 KM and Mobility Static <small>1 50-60%</small>	20 KM
	2	Rest	5 KM <small>2 60-70%</small>	4 KM hill reps 4x200m jog/walk 3.2 KM easy pace <small>3-4 75-85%</small>	3 KM and Strength Training <small>2 60-70%</small>	Rest	5 KM Tempo 2 KM Tempo & 3 KM easy pace <small>3-4 70-80%</small>	5 KM and Mobility Static <small>1 50-60%</small>	22 KM
	3	Rest	5 KM and Core Training <small>2 60-70%</small>	3 KM <small>3-4 60-70%</small>	Swim/cycle 30-40' and Mobility Dynamic <small>1 50-60%</small>	Rest	7 KM <small>2-3 60-80%</small>	3 KM <small>1 50-60%</small>	18 KM
	4	Rest	5 KM <small>2 60-70%</small>	6.5 KM hill reps 6x200m jog/walk 5.3 KM easy pace <small>3-4 75-85%</small>	Swim/cycle 20-30' and Core Training <small>1 50-60%</small>	Rest	5 KM Tempo 2 KM Tempo & 3 KM easy pace <small>3-4 70-80%</small>	6.5 KM Mobility Static <small>1 50-60%</small>	23 KM
	5	Rest	3 KM and Strength Training <small>2 60-70%</small>	6.5 KM hill reps 6x200m jog/walk 5.3 KM easy pace <small>3-4 75-85%</small>	5 KM and Mobility Dynamic <small>2 60-70%</small>	Rest	6.5 KM Interval 0.8 KM On (3x) 0.8 KM Off (3x) <small>3-4 75-85%</small>	3 KM and Mobility Static <small>1 50-60%</small>	24 KM
	6	Rest	5 KM <small>2 60-70%</small>	5 KM Tempo 2 KM Tempo & 3 KM easy pace <small>3-4 70-80%</small>	Swim/cycle 20-30' and Core Training <small>1 50-60%</small>	Rest	6.5 KM Interval 0.8 KM On (3x) 0.8 KM Off (3x) <small>3-4 75-85%</small>	3 KM and Mobility Static <small>1 50-60%</small>	20 KM
	7	Rest	Rest	6.5 KM Interval 0.8 KM On (3x) 0.8 KM Off (3x) <small>3-4 75-85%</small>	3 KM and Strength Training <small>2 60-70%</small>	Rest	5 KM Tempo 2 KM Tempo & 3 KM easy pace <small>3-4 75-85%</small>	3 KM and Mobility Static <small>1 50-60%</small>	17.5 KM
	8	Rest	5 KM <small>2 60-70%</small>	Rest	3 KM and Mobility Dynamic <small>1 50-60%</small>	Rest	Shakeout run, recovery pace for 15' <small>1 50-60%</small>	Race Day 10 KM	

Half Marathon Program



Sessions

- Recovery run
- Base run
- Yasso 800
- Progression run
- Intervals

- Hill repeats
- Tempo run
- Long run

Intensity

- Heart rate zone
- Heart rate %

Day by Day Program

		MON	TUE	WED	THU	FRI	SAT	SUN	Total Distance
Week by Week Program	1	Rest	5 KM 2 60-70%	6.5 KM 3-4 70-80%	3 KM and Strength Training 2 60-70%	Rest	8 KM 3-4 70-85%	3 KM and Mobility Static 1 50-60%	26 KM
	2	Rest	5 KM and Core Training 2 60-70%	8 KM Tempo 2 x 2 KM Tempo 3-4 70-80%	3 KM and Strength Training 2 60-70%	Rest	10 KM 3-4 70-85%	3 KM and Mobility Dynamic 1 50-60%	29 KM
	3	Rest	6.5 KM 2 60-70%	6.5 KM hill reps 4x300m jog/walk 5.3 KM easy pace 3-4 75-85%	4.5 KM and Strength Training 2 60-70%	Rest	Yasso 800 4x800m race pace 4x200m jog/walk 2 KM easy pace 3-4 75-85%	5 KM and Mobility Static 1 50-60%	28 KM
	4	Rest	6.5 KM 2 60-70%	8 KM Interval 1.2 KM On (3x) 0.8 KM Off (3x) 3-4 70-80%	3 KM and Core Training 2 60-70%	Rest	12 KM 3-4 70-85%	3 KM and Mobility Static 1 50-60%	33 KM
	5	Rest	6.5 KM 2 60-70%	8 KM hill reps 8x200m 3-4 75-85%	5 KM 2 60-70%	Rest	14 KM 3-4 70-85%	3 KM and Strength Training 1 50-60%	37 KM
	6	Rest	6.5 KM 2 60-70%	8 KM Tempo 5 KM Tempo 3 KM easy pace 3-4 75-85%	5 KM 2 60-70%	Rest	Yasso 800 6x800m race pace 6x200m jog/walk 2 KM easy pace 3-4 75-85%	5 KM and Mobility Static 1 50-60%	32.5 KM
	7	Rest	5 KM 2 60-70%	6.5 KM Interval 0.8 KM On (3x) 0.8 KM Off (3x) 3-4 75-85%	3 KM and Strength Training 2 60-70%	Rest	10 KM 3-4 75-85%	3 KM and Mobility Dynamic 1 50-60%	27.5 KM
	8	Rest	5 KM 2 60-70%	Rest	3 KM and Mobility Static 2 60-70%	Rest	Shakeout run, recovery pace for 15' 1 50-60%	Race Day 21.2 KM	

Full Marathon Last 8 Weeks Program



Sessions






- Recovery run
- Base run
- Yasso 800
- Progression run
- Intervals

- Hill repeats
- Tempo run
- Long run

Intensity

- Heart rate zone
- Heart rate %

		Day by Day Program							Total Distance
		MON	TUE	WED	THU	FRI	SAT	SUN	
Week by Week Program	1	Rest	8 KM 2 60-70%	8 KM Tempo 2 x 2.4 KM Tempo 3 KM easy pace 3-4 70-80%	6.5 KM and Strength Training 2 60-70%	Rest	12 KM 3-4 70-85%	5 KM and Mobility Static 1 50-60%	40 KM
	2	Rest	8 KM 2 60-70%	8 KM Hill Reps 8x200m 3-4 75-85%	6.5 KM and Strength Training 2 60-70%	Rest	16 KM 2-3 70-85%	5 KM and Mobility Static 1 50-60%	44 KM
	3	Rest	8 KM 2 60-70%	8 KM Hill Reps 8x200m 3-4 75-85%	6.5 KM and Strength Training 2 60-70%	Rest	20 KM 3-4 75-85%	5 KM and Mobility Static 1 50-60%	48 KM
	4	Rest	8 KM 2 60-70%	8 KM Interval 1.2 KM On (3x) 0.8 KM Off (3x) 3-4 70-80%	6.5 KM and Strength Training 2 60-70%	Rest	Yasso 800 8x800m race pace 8x200m jog/walk 2 easy pace 3-4 75-85%	5 KM and Mobility Static 1 50-60%	37.5 KM
	5	Rest	8 KM 2 60-70%	8 KM Interval 1.2 KM On (3x) 0.8 KM Off (3x) 3-4 70-80%	6.5 KM and Strength Training 2 60-70%	Rest	28 KM 3-4 75-85%	5 KM and Mobility Static 1 50-60%	55.5 KM
	6	Rest	8 KM 2 60-70%	8 KM Tempo 6.4 KM Tempo 2 KM easy pace 3-4 70-80%	6.5 KM and Strength Training 2 60-70%	Rest	Yasso 800 12x800m race pace 12x200m jog/walk 2 easy pace 3-4 75-85%	5 KM and Mobility Static 1 50-60%	41.5 KM
	7	Rest	6.5 KM 2 60-70%	6.5 KM Tempo 3.2 KM Tempo 4 KM easy pace 3-4 70-80%	3 KM and Strength Training 2 60-70%	Rest	14 KM 3-4 75-85%	5 KM and Mobility Static 1 50-60%	33.5 KM
	8	Rest	6.5 KM 2 60-70%	Rest	3 KM and Mobility Static 2 60-70%	Rest	Shakeout run, recovery pace 1 50-60%	Race Day 42.195 KM	

Target Zone	Intensity % of HRmax, bpm	Example Duration	Training Benefit
MAXIMUM 	90-100%	Less than 5 minutes	Benefits: Maximal or near maximal effort for breathing and muscles Feels like: Very exhausting for breathing and muscles Recommended for: Very experienced and fit athletes <i>Short intervals only usually final preparation for short events</i>
HARD 	80-90%	2-10 minutes	Benefits: Increased ability to sustain high speed endurance Feels like: Causes muscular fatigue and heavy breathing Recommended for: Experienced athlete for year-round training and for various durations <i>Becomes more important during pre-competition season</i>
MODERATE 	70-80%	10-40 minutes	Benefits: Enhances general training pace, makes moderate intensity efforts easier and improves efficiency Feels like: Steady, controlled, fast breathing Recommended for: Athletes training for events or looking for performance gains
LIGHT 	60-70%	40-80 minutes	Benefits: Improves general base fitness, improves recovery and boosts metabolism Feels like: Comfortable and easy, low muscle and cardiovascular load Recommended for: Everybody for long training sessions during base training periods and for recovery exercises during competition season
VERY LIGHT 	50-60%	20-40 minutes	Benefits: Helps to warm up and cool down assists recovery Feels like: Very easy, little strain Recommended for: Recovery and cool-down exercises throughout training season