

# 18 weeks Copenhagen Marathon 2024 training plan

## Entry level

This is where the journey begins towards your very first Copenhagen Marathon!

### Your starting point

This training programme is suited for you if you've never run a marathon before, you are currently able to run around 10 km, and you train 2-3 times a week.

### Your training

During the next 18 weeks you will be focusing on slowly increasing your mileage over 3 weekly training sessions. Your plan will consist of weeks of building on kilometres followed by a period of stabilization before once again increasing your volume. While your endurance will slowly but steadily improve, your speed will only improve very little. After all, it is your endurance and ability to keep running for hours and hours that will get you through your marathon – not your ability to run fast.

Once you get to the 20+ km runs, use those to practice your intake of fluid and energy products during running. Also, use your training to find out what type of running shoe and clothes you prefer and what routines with regards to eating, sleeping and recovering that work well for you. A marathon is a long distance and requires different and much more thorough preparation than 10 - 20 km races.

### Your goal

As an entry level marathoner, you shouldn't aim for a specific finish time. Rather, aim to just complete the race in a stable pace, enjoy the race and the unforgettable experience of running your first maraton.

## Your training sessions

### Easy runs

The long runs in a slow and easy pace are the main ingredient in every marathon training plan, regardless if you are a first-timer or a pro. This is where you build up your muscles, tendons and joints to endure the strain you will be putting on your body when training for and running a marathon. Your pace should be slow enough to keep a conversation while running, which would be about 45 seconds – 1 minute slower per kilometer than your 10 km pace. After a long slow run, it's okay to feel tired, however, you should always feel that you would be able to run a few more kilometres if you had to.

### Tempo runs

As an entry level marathoner you don't have to do tempo runs. However, if you're looking to add some variation to your training, you can introduce a weekly tempo run after a few weeks, if you feel for it. A tempo run is *not* a speed session, but an exercise in determining your marathon (race day) pace. Start by warming up for a few kilometres and then try to increase your speed to hit your marathon pace over the next 3-5 kilometres. Your pace should be moderate-to-high allowing for you to conversate briefly if you had to. Finish with a few kilometres in your easy pace and allow for at least a day or two of rest before your next training session.

### Intervals

If you've established a good training routine, and you feel like challenging yourself a bit more, it's okay to add a few interval sessions once in a while. However, intervals are not at all required for an entry level marathoner, so, especially if this is your marathon debute, keep it to a maximum of every other week. Focus on the number of minutes instead of the distance. Start for example with 4 x 2 minutes with 1 minute pause in between. Work on increasing the interval length to e.g. 5 x 5 minutes with 1 minute pause in between. Your pace should be higher than your tempo run, corresponding to 90 % of your maximum effort, and the goal is to be able to keep the same pace on all intervals – otherwise you've been running too fast.

See your training plan on the next page



### WEEK 1

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 5 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Sunday    | 8 km     | Easy pace |

### WEEK 2

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 6 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Sunday    | 9 km     | Easy pace |

### WEEK 3

| Day       | Distance |   |
|-----------|----------|---|
| Monday    | 5 km     |   |
| Tuesday   |          |   |
| Wednesday |          |   |
| Thursday  | 6 km     | If you feel for it, you can begin to introduce tempo runs. Thursdays would be a good day. |
| Friday    |          |   |
| Saturday  |          |   |
| Sunday    | 10 km    | Easy pace   |

### WEEK 4

| Day       | Distance |   |
|-----------|----------|---|
| Monday    | 5 km     | Continue to keep this day easy after your long weekend run. |
| Tuesday   |          |   |
| Wednesday |          |   |
| Thursday  | 7 km     |   |
| Friday    |          |   |
| Saturday  |          |   |
| Sunday    | 11 km    | Easy pace   |

## WEEK 5

| Day       | Distance |   |
|-----------|----------|---|
| Monday    | 5 km     |   |
| Tuesday   |          |   |
| Wednesday |          |   |
| Thursday  | 7 km     | Well into your training now, feel free to add an interval session once in a while for more challenge. Always prioritize your tempo runs though! |
| Friday    |          |   |
| Saturday  |          |   |
| Sunday    | 12 km    | Easy pace   |

## WEEK 7

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 8 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Sunday    | 15 km    | Easy pace |

## WEEK 6

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 8 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Sunday    | 14 km    | Easy pace |

## WEEK 8

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 8 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Sunday    | 16 km    | Easy pace |

## WEEK 9

| Day       | Distance |   |
|-----------|----------|---|
| Monday    | 5 km     |   |
| Tuesday   |          |   |
| Wednesday |          |   |
| Thursday  | 5 km     |   |
| Friday    |          |   |
| Saturday  |          |   |
| Sunday    | 10 km    | Join the Nike Spring Run, Copenhagen, on March 5, or another local test race if you feel like it. |

## WEEK 11

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 9 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Søndag    | 20 km    | Easy pace |

## WEEK 10

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 9 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Sunday    | 18 km    | Easy pace |

## WEEK 12

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 9 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Søndag    | 22 km    | Easy pace |

## WEEK 13

| Day       | Distance   |   |
|-----------|------------|---|
| Monday    | 5 km       | In this week you'll run your longest run before race day. Consider it a rehearsal race and use the opportunity to practice fluid and energy intake, race day routines, etc. |
| Tuesday   |            |   |
| Wednesday |            |   |
| Thursday  | 9 km       |   |
| Friday    |            |   |
| Saturday  |            |   |
| Sunday    | 24 - 30 km | Easy pace   |

w

## WEEK 15

| Day       | Distance |   |
|-----------|----------|---|
| Monday    | 5 km     | While your mileage is decreasing, keep up the speed / intensity in your training. |
| Tuesday   |          |   |
| Wednesday |          |   |
| Thursday  | 8 km     |   |
| Friday    |          |   |
| Saturday  |          |   |
| Søndag    | 18 km    | Easy pace   |

## WEEK 14

| Day       | Distance |  |
|-----------|----------|--|
| Monday    | 5 km     | Now it's time for tapering to allow your body to recover for race day. |
| Tuesday   |          |  |
| Wednesday |          |  |
| Thursday  | 9 km     |  |
| Friday    |          |  |
| Saturday  |          |  |
| Sunday    | 20 km    | Easy pace  |

## WEEK 16

| Day       | Distance |           |
|-----------|----------|-----------|
| Monday    | 5 km     |           |
| Tuesday   |          |           |
| Wednesday |          |           |
| Thursday  | 8 km     |           |
| Friday    |          |           |
| Saturday  |          |           |
| Søndag    | 12 km    | Easy pace |

## WEEK 17

| Day       | Distance |  |
|-----------|----------|--|
| Monday    | 5 km     | Use the last two weeks to relax more, and refuel and hydrate well. |
| Tuesday   |          |  |
| Wednesday |          |  |
| Thursday  | 5 km     |  |
| Friday    |          |  |
| Saturday  |          |  |
| Sunday    | 12 km    | Easy pace  |

## WEEK 18

| Day       | Distance  |  |
|-----------|-----------|--|
| Monday    | 5 km      |  |
| Tuesday   |           |  |
| Wednesday |           |  |
| Thursday  | 5 km      |  |
| Friday    |           |  |
| Saturday  | 5 km      | Loosen up with a shake out of max 5 km       |
| Sunday    | 42.195 km | Have a great Copenhagen Marathon '24. Enjoy! |