

Irish Life Dublin Marathon

Training Plan

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Irish Life Dublin Marathon Training Plan – Week 1

MON	→	3 km
TUES	→	REST
WED	→	4 km
THURS	→	4 km
FRI	→	REST
SAT	→	4 km
SUN	→	4 km

BEGINNER

MON	→	4 km
TUES	→	REST
WED	→	6 km
THURS	→	6 km
FRI	→	REST
SAT	→	8 km
SUN	→	8 km

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 2

MON	→	3 km
TUES	→	REST
WED	→	4 km
THURS	→	4 km
FRI	→	REST
SAT	→	3 km
SUN	→	6 km

BEGINNER

MON	→	4 km
TUES	→	REST
WED	→	6 km
THURS	→	6 km
FRI	→	REST
SAT	→	4 km
SUN	→	10 km

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Irish Life Dublin Marathon Training Plan – Week 3

MON	→	4 km
TUES	→	REST
WED	→	10min easy/5x2min fast with 2min easy jog recovery/10mins easy
THURS	→	3 km
FRI	→	REST
SAT	→	4 km
SUN	→	4 km

BEGINNER

MON	→	REST
TUES	→	8/10 km
WED	→	10min easy/8x2min fast with 2min easy jog recovery/10mins easy
THURS	→	8/10 km
FRI	→	REST
SAT	→	6 km
SUN	→	10 km

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Irish Life Dublin Marathon Training Plan – Week 4

MON	→	REST
TUES	→	4 km
WED	→	6 km
THURS	→	4 km
FRI	→	REST
SAT	→	4 km
SUN	→	8 km

BEGINNER

MON	→	REST
TUES	→	8/10 km
WED	→	8km + 5x50m Strides
THURS	→	8/10 km
FRI	→	REST
SAT	→	6 km
SUN	→	14/16 km

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Irish Life Dublin Marathon Training Plan – Week 5

MON	→	REST
TUES	→	4 km
WED	→	10min easy/7x2min fast with 2min easy jog recovery/10mins easy
THURS	→	4/6 km
FRI	→	REST
SAT	→	4/6 km
SUN	→	6 km

BEGINNER

MON	→	REST
TUES	→	8/10 km
WED	→	10min easy/8x3min fast with 2min easy jog recovery/10mins easy
THURS	→	8/10 km
FRI	→	REST
SAT	→	4/6 km
SUN	→	6 km

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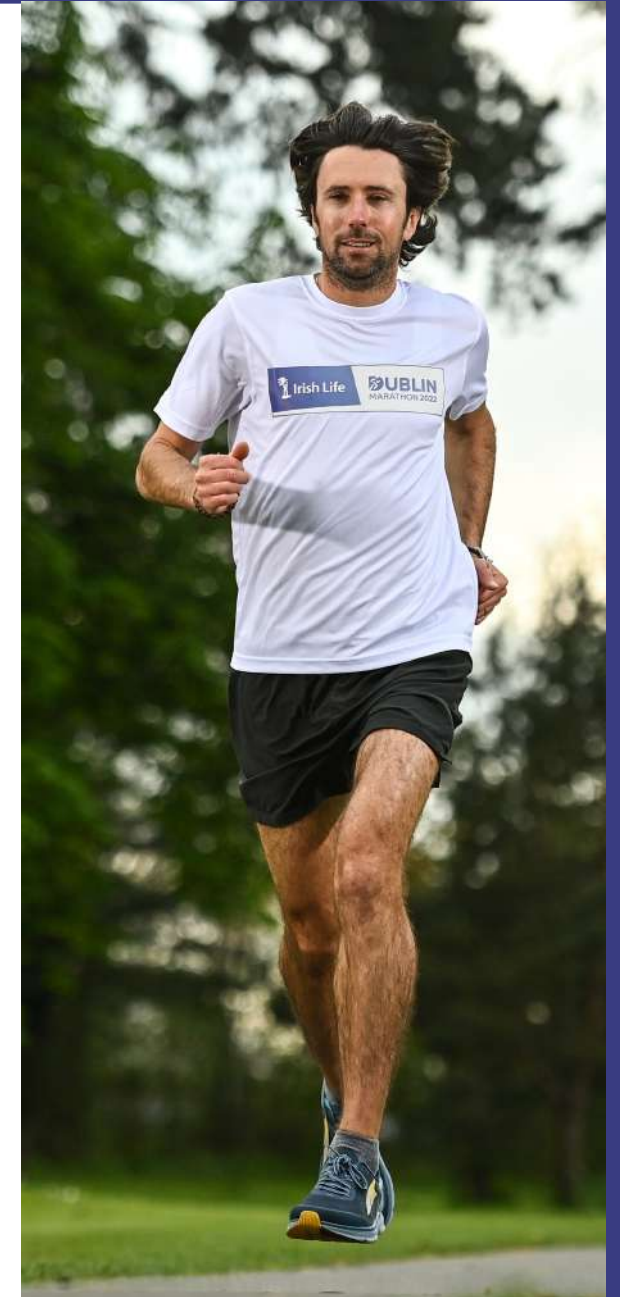
Irish Life Dublin Marathon Training Plan – Week 6

MON	→	REST
TUES	→	4/6 km
WED	→	6 km
THURS	→	REST
FRI	→	4 km
SAT	→	REST
SUN	→	16 km

BEGINNER

MON	→	REST
TUES	→	10km + 5x50m Strides
WED	→	10/12 km
THURS	→	8/10 km
FRI	→	4 km
SAT	→	REST
SUN	→	16 km

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Irish Life Dublin Marathon Training Plan – Week 7

MON	→	REST
TUES	→	4/6 km
WED	→	6 km
THURS	→	4/6 km
FRI	→	REST
SAT	→	4/6 km
SUN	→	14/16 km

BEGINNER

MON	→	REST
TUES	→	10 x 400m x 2mins Recovery
WED	→	10 km
THURS	→	10 km
FRI	→	REST
SAT	→	6 km
SUN	→	20/22 km

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Irish Life Dublin Marathon Training Plan – Week 8

MON	→	REST
TUES	→	10min easy / 20mins tempo / 10mins easy
WED	→	10 km
THURS	→	4 km
FRI	→	REST
SAT	→	4/6 km
SUN	→	16/18 km

BEGINNER

MON	→	REST
TUES	→	10min easy / 30mins tempo / 10mins easy
WED	→	10 km
THURS	→	8/10 km
FRI	→	REST
SAT	→	6 km
SUN	→	20/22 km

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Irish Life Dublin Marathon Training Plan – Week 9

MON	→	REST
TUES	→	6 km
WED	→	10 km
THURS	→	6 km
FRI	→	REST
SAT	→	4/6 km
SUN	→	16/18 km

BEGINNER

MON	→	REST
TUES	→	12 x 400m x 90sec Recovery
WED	→	14/16 km
THURS	→	REST
FRI	→	6km + 5x50m Strides
SAT	→	6 km
SUN	→	22 km

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Irish Life Dublin Marathon Training Plan – Week 10

MON	→	REST
TUES	→	4 km
WED	→	10 km
THURS	→	6 km
FRI	→	REST
SAT	→	6 km
SUN	→	20/22 km

BEGINNER

MON	→	REST
TUES	→	10km + 5x50m Strides
WED	→	14/16 km
THURS	→	8/10 km
FRI	→	REST
SAT	→	8/10 km
SUN	→	22/24 km

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Irish Life Dublin Marathon Training Plan – Week 11

MON	→	REST
TUES	→	10min easy/2x15min tempo with 3mins jog recovery/10mins easy
WED	→	10 km
THURS	→	6 km
FRI	→	REST
SAT	→	16 km
SUN	→	REST

BEGINNER

MON	→	REST
TUES	→	10min easy/2x20min tempo with 3mins jog recovery/10mins easy
WED	→	12 km
THURS	→	6 km
FRI	→	REST
SAT	→	16 km
SUN	→	8/10 km

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Irish Life Dublin Marathon Training Plan – Week 12

MON	→	REST
TUES	→	Easy 6 km
WED	→	6 km
THURS	→	6 km
FRI	→	6 km
SAT	→	REST
SUN	→	22 km

BEGINNER

MON	→	REST
TUES	→	6km + 5x75m Strides
WED	→	12 km
THURS	→	6 km
FRI	→	REST
SAT	→	8 km
SUN	→	24 km

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Irish Life Dublin Marathon Training Plan – Week 13

MON	→	REST
TUES	→	10min easy/5x4min fast with 2min easy jog recover/10mins easy
WED	→	6 km
THURS	→	6 km
FRI	→	REST
SAT	→	4 km
SUN	→	22/24 km

BEGINNER

MON	→	REST
TUES	→	10min easy/7x4min fast with 2min easy jog recover/10mins easy
WED	→	8 km
THURS	→	8/10 km
FRI	→	REST
SAT	→	8/10 km
SUN	→	24/26 km

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Irish Life Dublin Marathon Training Plan – Week 14

MON	→	REST
TUES	→	6 km
WED	→	10 km
THURS	→	6 km
FRI	→	REST
SAT	→	6 km
SUN	→	24 km

BEGINNER

MON	→	REST
TUES	→	12 x 400m x 90sec Recovery
WED	→	12 km
THURS	→	8/10 km
FRI	→	REST
SAT	→	6 km
SUN	→	26 km

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Irish Life Dublin Marathon Training Plan – Week 15

MON	→	REST
TUES	→	10min easy/3x10min tempo with 2min jog recovery/10mins easy
WED	→	10/12 km
THURS	→	6 km
FRI	→	REST
SAT	→	21 km
SUN	→	REST

BEGINNER

MON	→	REST
TUES	→	10min easy/3x15min tempo with 3min jog recovery/10mins easy
WED	→	12/14 km
THURS	→	8/10 km
FRI	→	REST
SAT	→	21 km
SUN	→	Easy 6 km

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Irish Life Dublin Marathon Training Plan – Week 16

MON	→	REST
TUES	→	Easy 6 km
WED	→	10/12 km
THURS	→	6 km
FRI	→	REST
SAT	→	REST
SUN	→	28 km

BEGINNER

MON	→	REST
TUES	→	12 x 400m x 90sec Recovery
WED	→	12/14 km
THURS	→	8/10 km
FRI	→	REST
SAT	→	6 km
SUN	→	30/32 km

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Irish Life Dublin Marathon Training Plan – Week 17

MON	→	REST
TUES	→	Easy 6 km
WED	→	10/12 km
THURS	→	6 km
FRI	→	REST
SAT	→	REST
SUN	→	30/32 km

BEGINNER

MON	→	REST
TUES	→	10km + 5x50m Strides
WED	→	16 km
THURS	→	6 km
FRI	→	REST
SAT	→	REST
SUN	→	32/34 km

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Irish Life Dublin Marathon Training Plan – Week 18

MON	→	REST
TUES	→	10min easy/5x2min fast with 2min easy jog recovery/10mins easy
WED	→	10/12 km
THURS	→	6 km
FRI	→	REST
SAT	→	REST
SUN	→	24/26 km

BEGINNER

MON	→	REST
TUES	→	10min easy/7x2min fast with 2min easy jog recovery/10mins easy
WED	→	12 km
THURS	→	6 km
FRI	→	REST
SAT	→	6 km
SUN	→	24/26 km

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Irish Life Dublin Marathon Training Plan – Week 19

MON	→	REST
TUES	→	10 km
WED	→	6 km
THURS	→	6 km
FRI	→	REST
SAT	→	6 km
SUN	→	12/14 km

BEGINNER

MON	→	REST
TUES	→	10 km
WED	→	6 km
THURS	→	6 km
FRI	→	REST
SAT	→	6 km
SUN	→	12/14 km

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Irish Life Dublin Marathon Training Plan – Week 20

MON	→	REST
TUES	→	REST
WED	→	6 km
THURS	→	4 km
FRI	→	REST
SAT	→	REST
SUN	→	RACE DAY

BEGINNER

MON	→	REST
TUES	→	REST
WED	→	6 km
THURS	→	4 km
FRI	→	REST
SAT	→	REST
SUN	→	RACE DAY

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Irish Life

DUBLIN
MARATHON 2022

Irish Life Dublin Marathon Training Plan – Definitions

WARM UP



Warming up can help prevent injury & improve performance. Incorporate walking, strides & stretches such as lunges and leg swings into your pre--run routine.

COOL DOWN



Finish your run with a cool down walk. This relaxes your muscles and lowers your heart rate & breathing from our workout intensity.

REST DAY



Take a break and let your body recover. Feel free to go for a walk/cycle or even do a strength workout if your body feels good. Use this time to get stretching/foam rolling to get ready for the next run/walk.

FARTLEK



This is simple speed-work. After a warm up, run fast for as far as you can, take as much time as needed to recover & then go again. To help, pick a point up ahead, run to it and then pick another point up ahead & recover for the specified time. Repeat for the specified time & then cool down.

TEMPO



A pace you should be able to maintain for a longer period if needed.

FAST



Is a harder pace but not totally all out.