

# Training programme

Running – marathon (42,195 km in 24 weeks)



Maxim training programmes are developed by Mette Bloch, former Danish elite rower and world champion



**Week 1**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 12 km moderate  
Thursday: day off  
Friday: 10 km, including 6 km at 80% of your maximum speed  
Saturday: day off  
Sunday: 5 km moderate

**Total kilometres: 48**



Maxim Energy Drink

**Week 2**

Monday: 5 km jogging  
Tuesday: 8 km including 4 x 90 s at 80% max speed, 2 minute breaks in between  
Wednesday: 8 km moderate  
Thursday: day off  
Friday: 10 km including 2 x 3 min at 80% max speed  
Saturday: 8 km moderate  
Sunday: 10 km jogging

**Total kilometres: 49**



Maxim Energy Bar

**Week 3**

Monday: 5 km jogging  
Tuesday: 8 km, including 4 x 90 s at 85% max speed, 2 minute breaks in between  
Wednesday: 10 km moderate  
Thursday: day off  
Friday: 8 km moderate  
Saturday: 10 km, including 5 km at racing pace  
Sunday: 10 km jogging

**Total kilometres: 51**



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**Week 4**

Monday: 8 km moderate  
Tuesday: 8 km, including 4 x 90 s at 90% max speed, 2 minute breaks in between  
Wednesday: 10 km moderate  
Thursday: day off  
Friday: 10 km, including 6 km at 80% max speed  
Saturday: 5 km jogging  
Sunday: 15 km moderate



Maxim Running Belt

**Week 5**

Monday: day off  
Tuesday: 10 km moderate  
Wednesday: day off  
Thursday: 10 km moderate  
Friday: day off  
Saturday: 10 km moderate  
Sunday: day off



Maxim Recovery Bar

**Total kilometres: 30**

**Week 6**

Monday: 10 km moderate  
Tuesday: 8 km, including 4 x 90 s at 85% max speed, 2 minute breaks in between  
Wednesday: 15 km jogging  
Thursday: day off  
Friday: 10 km, including 5 km at race speed  
Saturday: day off  
Sunday: 15 km moderate



Maxim Bottles

**Total kilometres: 58**

**Week 7**

Monday: 8 km moderate  
Tuesday: 8 km, including 4 x 90 s at 95% max speed, 2 minute breaks in between  
Wednesday: 10 km moderate  
Thursday: day off  
Friday: 10 km, including 7 km at race speed  
Saturday: day off  
Sunday: 15 km moderate

**Total kilometres: 51**



Maxim Active Hydration

**Week 8**

Monday: 8 km moderate  
Tuesday: day off  
Wednesday: 5 km jogging  
Thursday: day off  
Friday: day off  
Saturday: day off  
Sunday: day off

**Total kilometres: 13**

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**Week 9**

Monday: 5 km jogging  
Tuesday: 8 km, including 5 x 90 s at 85% max speed, 2 minute breaks in between  
Wednesday: 10 km moderate  
Thursday: day off  
Friday: 15 km, including 3 x 2 min at race speed, long breaks in between  
Saturday: day off  
Sunday: 15 km moderate

**Total kilometres: 53**



Maxim Carbo Cake

**Week 10**

Monday: day off  
Tuesday: 12 km fartlek  
Wednesday: 10 km moderate  
Thursday: day off  
Friday: 12 km jogging  
Saturday: 12 km, including 2 x 3 min at race speed, long breaks in between  
Sunday: day off

**Total kilometres: 46**

Maxim Energy Tablets



**Week 11**

Monday: 8 km moderate  
Tuesday: day off  
Wednesday: 6 km moderate  
Thursday: day off  
Friday: 5 km moderate  
Saturday: day off  
Sunday: 3 km jogging

**Total kilometres: 22**



Maxim Energy Drink

**Week 12**

Monday: 10 km moderate  
Tuesday: 15 km fartlek  
Wednesday: day off  
Thursday: 5 km jogging  
Friday: day off  
Saturday: 20 km moderate and calm pace  
Sunday: day off

**Total kilometres: 50**

Maxim Energy Gel



**Week 13**

Monday: 10 km moderate  
Tuesday: 12 km, including 10 min at race speed  
Wednesday: day off  
Thursday: 10 km jogging  
Friday: day off  
Saturday: 20 km moderate and calm pace  
Sunday: day off

**Total kilometres: 52**

Maxim Energy Gel



**Week 14**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 5 km jogging  
Thursday: 10 km, including 4 x 2 min at 80% max speed, 2 min breaks in between  
Friday: 5 km jogging  
Saturday: day off  
Sunday: 12 km moderate

**Total kilometres: 42**

Maxim Energy Drink



**Week 15**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 10 km, including intervals between 30 s and 2 min  
Thursday: 5 km light jogging  
Friday: 10 km fast pace  
Saturday: day off  
Sunday: 20 km at easy pace

**Total kilometres: 55**



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**Week 16**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 10 km including intervals (of your own choice)  
Thursday: 5 km light jogging  
Friday: 10 km fast speed  
Saturday: 5 km light jogging  
Sunday: 20 km calm pace

**Total kilometres: 60**



Maxim Energy Drink

**Week 17**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 12 km, including intervals (of your own choice)  
Thursday: 5 km light jogging  
Friday: 8 km fast speed  
Saturday: 8 km light jogging  
Sunday: 22 km calm pace

**Total kilometres: 65**



Maxim Running Belt

**Week 18**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 13 km including intervals (of your own choice)  
Thursday: 5 km light jogging  
Friday: 10 km fast speed  
Saturday: day off  
Sunday: 18 km calm pace

**Total kilometres: 55**



Maxim Active Hydration

**Week 19**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 17 km including intervals (own choice)  
Thursday: 5 km light jogging  
Friday: 8 km fast pace  
Saturday: 8 km light jogging  
Sunday: 22 km calm pace

**Total kilometres: 70**



Maxim Active Hydration

**Week 20**

Monday: 12 km moderate  
Tuesday: day off  
Wednesday: 20 km calm pace  
Thursday: 10 km light jogging  
Friday: 8 km fast pace  
Saturday: day off  
Sunday: 25 km calm pace

**Total kilometres: 75**



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**Week 21**

Monday: 8 km moderate  
Tuesday: day off  
Wednesday: 20 km interval (own choice)  
Thursday: day off  
Friday: 10 km fast pace  
Saturday: day off  
Sunday: 22 km calm pace

**Total kilometres: 60**



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**Week 22**

Monday: 10 km moderate  
Tuesday: 10 km moderate  
Wednesday: 15 km including intervals (own choice)  
Thursday: 10 km light jogging  
Friday: 8 km fast pace  
Saturday: day off  
Sunday: 28 km calm pace

**Total kilometres: 80**



Maxim Recovery Bar

**Week 23**

Monday: 10 km moderate  
Tuesday: day off  
Wednesday: 10 km moderate  
Thursday: 18 km calm pace  
Friday: 10 km fast pace  
Saturday: day off  
Sunday: 18 km calm pace

**Total kilometres: 65**

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**Week 24**

Monday: 5 km jogging  
Tuesday: 10 km fast pace  
Wednesday: 5 km jogging  
Thursday: day off  
Friday: day off  
Saturday: 3-5 km light jogging  
**Sunday: 42,195 km marathon**

**Total kilometres: 60**



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