

# June

## 2017

# Scully Therapy Clinic

'Dreams & Dedication Are A Powerful Combination' -  
William Longgood

- Recovery Week
- Workouts
- Long Runs
- Race

July						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
	rest	5 mile	5 mile	5 mile easy	rest	8 mile
4	5	6	7	8	9	10
Rest - yoga	rest	2 mile easy. 2 mile @ predicted marathon pace. 2 mile easy	5 mile easy	6 mile easy	rest	8 miles
11	12	13	14	15	16	17
rest - yoga	rest	2 mile warm up. 4x1 mile @ 1/2 marathon pace. Your recovery is 1/2 your effort. I.E if you ran the mile in 6 minutes, your recovery is 3 minutes. 1 mile warm down	5 mile recovery run	6 miles moderate (Between marathon and 1/2 marathon pace). Today isn't a session/workout.	rest	10 mile
18	19	20	21	22	23	24
rest - yoga	rest (if you are racing the Dunshaughlin 10k, be mindful that it is still early in the season/marathon build up.)	2 mile warm up. 5 mile @marathon pace. 2 mile warm down	5 mile recovery run	6 miles moderate (Between marathon and 1/2 marathon pace). Today isn't a session/workout.	rest	10 miles (Dunshaughlin 10k) 2 mile warm up and 2 mile warm down. This race is used by a lot of people who run the marathon.
25	26	27	28	29	30	1
Rest - yoga	rest	5 miles easy.	5 miles easy	5 mile easy	rest	
2	3	4	5	6	7	8

111 total miles

# July

## 2017

**"To give anything less than your best is to sacrifice the gift" - Steve Prefontaine**

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- Recovery Week
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- Race

**August**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
Rest - yoga	rest	5 miles easy.	5 miles easy	5 mile easy	rest	12 miles (the last 2 miles should be at marathon pace)
2	3	4	5	6	7	8
	rest	2 mile warm up. 3 mile @Marathon pace. 3 minute very easy jog recovery. 2 mile @ 1/2 Marathon pace. 2 minutes easy jog recovery. 1 mile @ 10km pace. 1 mile warm down.	5 mile recovery run	8 miles progression run. This is where you start very easy and each mile you get progressively faster. The goal isn't to be going at 10km pace at the end. It is still a very controlled run.	rest	10 miles (start at 1 minute slower than marathon pace and get 10 seconds a mile faster each mile)
9	10	11	12	13	14	15
rest - yoga.	4 miles	2 mile warm up. 5 mile tempo (@ 1/2 marathon pace). 1 mile warm down	5 miles easy	8 mile progression run.	rest	Try get in a race (5 or 10k and use these as markers for your training paces). 2 mile warm up. 1 mile warm down.
16	17	18	19	20	21	22
Rest - yoga	5 miles	2 mile warm up. 6x1k @ 10km pace. (90 sec rest between). 1 mile warm down	4 miles easy	8 mile progression run.	rest	14 miles (the last 4 miles @ marathon pace)
23	24	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest - yoga		5 mile easy	5 mile easy + S&C	5 mile easy	rest	14 miles (the last 5 miles @ marathon pace)
30	31	1	2	3	4	5
Rest - yoga	6 miles					

145 total miles + 10km or 5km depending on which you do.

# August

2017

# Scully Therapy Clinic

“Believe you can & you’re halfway there” -  
Theodore Roosevelt

- Recovery Week
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September						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
	6 miles	2 miles warm up. 2x3 mile @ 1/2 marathon pace. (3minute jog recovery between). 1 mile warm down.	5 mile recovery run	8 miles (first 4 miles slower then marathon pace. Last 4 miles 10 seconds a mile quicker then marathon pace)	rest	12 miles
6	7	8	9	10	11	12
rest - yoga	6 miles	Try run this around a running track. 2 mile warm up. 8x800m (take whatever your effort was as your recovery.) 2 mile warm down.	5 mile recovery run	8 miles slower then marathon pace	rest	16 miles (just get the distance done)
13	14	15	16	17	18	19
rest - yoga	6 miles easy	2 mile warm up. 20x400m @10k pace. (75sec rest between each rep) 1 mile cool down.	5 mile recovery run	8 miles slower then marathon pace	rest	16 miles. Last 4 miles just under marathon pace)
20	21	22	23	24	25	26
	6 miles easy	2 mile warm up. 3x2 mile (1/2 marathon pace). 2 mile warm down	5 mile recovery run	8 miles slower then marathon pace.	rest	18 mile (if you want to run Frank Duffy 10 mile, you could warm up for 3 miles, do he race and warm down with 3 miles.
27	28	29	30	31	1	2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	rest	5 mile easy	5 mile easy	5 mile easy	rest	
3	4	5	6	7	8	9

182 total miles

# September

2017

**"The more you seek the uncomfortable, the more you will become comfortable"**

**- Conor McGregor**

**Scully  
Therapy  
Clinic**

- Recovery Week
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## October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
rest	rest	5 mile easy	5 mile easy	5 mile easy	rest	14 miles (easy)
3	4	5	6	7	8	9
3 miles	2 mile warm up. 400m @ 5k pace. 400m @ Marathon pace. Continue this for as long as you can with the given times. Don't go over 8k of work. 1 mile warm down	5 miles easy	8 miles easy	rest	19 miles (the last 6 miles @ marathon pace)	
10	11	12	13	14	15	16
rest	2 mile warm up. Alternating tempo - 1k marathon pace, 1k 1/2 marathon pace. Continue with this for 10k. 1 mile warm down.	4 miles recovery run	10 miles easy	rest	12 miles (easy)	
17	18	19	20	21	22	23
rest	2 miles warm up. 3 miles alternating every 1/2 mile. Marathon pace/Half Marathon pace. 2 miles warm down	3 mile easy	3 mile easy	rest.	Dublin 1/2 Marathon (2 mile warm down)	
24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
rest	3 miles easy	2 mile warm up. 3x3 miles @ Marathon pace with a 3 minute recovery jog between reps. 1 mile warm down.	3 miles recovery run	8 miles easy	rest	20 miles (last 5 miles at marathon pace)
1	2	3	4	5	6	7

This will be your hardest week. Stay strong and know it gets easier from here.

165 total miles



# October Scully Therapy Clinic

2017

Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve. - Mary Kay Ash

- Recovery Week
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- Long Runs

This is your longest run and last long run

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
rest - yoga	5 miles easy	2 mile warm up. 3 mile @Marathon pace. 3 minute very easy jog recovery. 2 mile @ 1/2 Marathon pace. 2 minutes easy jog recovery. 1 mile @ 10km pace. 1 mile warm down.	5 mile easy	7 mile easy	rest	22 miles (you could go to 23 today and still be good for Dublin)
8	9	10	11	12	13	14
rest - yoga	5 mile very easy	2 mile warm up. 12 x 1/2 a mile. Each 1/2 mile switch between Marathon pace and 10k pace. So it ends up being 6 mile of continuous running. 1 mile warm down.	5 mile recovery run	6 miles easy	rest	14 miles (4 miles done at marathon pace)
15	16	17	18	19	20	21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5 miles easy	2 mile warm up. <b>3minutes (10k pace)</b> 90s rest. <b>2 minutes (5k pace)</b> 1 minute rest. <b>1 minute at faster then 5k pace (3k pace).</b> 30 sec rest. repeat x2. 1 mile warm down.	5 mile recovery run	5 mile easy	rest	12 miles (last 6 miles at marathon pace). Don't go too fast for the first 6 miles.
22	23	24	25	26	27	28
	5 miles	rest	5 miles	rest	20-30min easy ( <b>try and get your race number today</b> )	20min very very easy ( <i>if you are getting your number today, go in - get the number - leave. You don't need to be standing around looking at sports bras or running belts.</i> )
29	30	31	1	2	3	4
<b>MARATHON DAY</b>	Get out and walk. You wont want to but your body will thank you for it.	Go for a very easy 10-20min jog	<b>TAKE A COMPLETE BREAK FOR THE NEXT 2-3 WEEKS</b>			105 total miles

This is your last hard run before the marathon. It shouldn't be too hard but enough to still make improvements.