

SANTA EULÀRIA DES RIU  
**IBIZA**  
MARATHON

SANTA EULÀRIA DES RIU  
**IBIZA**  
22K

SANTA EULÀRIA DES RIU  
**IBIZA**  
12K

SATURDAY APRIL 13, 2024

**GOAL SUB 4:00**



**In order to overcome this great challenge,  
good preparation is essential.**

For this reason, we offer you this training plan that will help you to achieve your goal and cross the long-awaited finish line by the sea with full guarantees.

# SATURDAY APRIL 13, 2024



# GOAL SUB 4:00

**This is a 16-week training plan to help you reach your goal.**

Listen to your body, strengthen your legs, master your mind, and train smart.

## Weeks to goal

25 DEC	1 JAN	8 JAN	15 JAN	22 JAN	29 JAN	5 FEB	12 FEB	19 FEB	26 FEB	4 MAR	11 MAR	18 MAR	25 MAR	1 APR	8 APR
16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
STARTING LINE BUILD A GOOD FOUNDATION LISTEN TO YOUR BODY AND TRAIN WITH DISCIPLINE KEEP SOWING				TESTING WEEK GRAB THE RHYTHM PREPARE YOUR MIND TIME TO EVOLVE SECOND TESTING THE FINISH STRENGTH				THE ESSENTIAL IS INVISIBLE PEAK OF EFFORT FINE TUNNING SHARPEN THE RHYTHM AND GAIN CONFIDENCE				TAPERING MISSION ACCOMPLISHED			

## Training intensities

### PACE TABLE

400 m.	5k	10k	TEMPO / 15k	TEMPO / 21k	MARATHON	Long run	Easy
1:54 (4:45) - 2:02 (5:05)	5:05	5:15	5:20	5:25	5:30 - 5:35	5:40 - 5:55	6:00 - 6:50

Zone	Zone 1 Below 95% of GOAL race pace.		Zone 2 (between lumbar) Between 95 and 105% of GOAL race pace.		Zone 3 Faster than 105% of GOAL race pace.	
Activity	Easy	Long run	Long run	Tempo	Fartlek LONG SERIES	SHORT SERIES
How does it feel?	Easy	Regular	Moderate	Moderate to Hard	Hard	Very Hard
Rythm			42K	21K	21-15K	10-3K
Scale of Perceived Effort	RPE 3	RPE 4	RPE 5	RPE 6-7	RPE 8-9	RPE 10
How do i know?	Running talking	Speaking little	Short phrases	Few words	No talking	No talking

## Weeks to goal

<b>25 DEC</b>	<b>16</b>	<b>START LINE</b>
<p><b>This week starts your 16-week journey to the Santa Eulària Ibiza Marathon!</b></p> <p>I recommend that you start slowly; just like in the marathon, if you go out too hard you may not have enough JANrgy to finish strong. Enjoy these first few workouts and if you're still hungry for more, even better! Most injuries are caused by doing too much too soon. Starting slow is the safest way forward; you'll have time to push yourself and challenge your limits. <b>Have a good week!</b></p>		
<b>1 JAN</b>	<b>15</b>	<b>BUILD A GOOD BASE</b>
<p>It's time to build strength and endurance, the foundations of the marathon. In these first few weeks, the goal is to get your body and mind used to putting in the miles and hours of training. Don't worry about the pace, for now it's best to go slowly and step by step. <b>Have a good week!</b></p>		
<b>8 JAN</b>	<b>14</b>	<b>LISTEN TO YOUR BODY AND TRAIN WITH DISCIPLINE</b>
<p>Some days you may feel great and others you may feel terrible; it's normal. That means you are pushing yourself and it will be part of the journey. Running a marathon is a demanding challenge, to be up to it, you need to get through those days and develop discipline. Feeling tired and some discomfort is normal. However, be careful because it can be a warning sign of injury or overtraining. Learn to find the right spot and. <b>Have a good week!</b></p>		
<b>15 JAN</b>	<b>13</b>	<b>KEEP SOWING</b>
<p>Training so far has been focused on strength and endurance, the two most important skills to be able to finish a marathon. This week it's time to do a little more to push your limits and keep improving. Keep your goal in mind to give meaning and motivation to the effort, you'll reap the rewards on race day. <b>Have a good week!</b></p>		
<b>22 JAN</b>	<b>12</b>	<b>TESTING WEEK</b>
<p>We are 12 weeks away from Ibiza Marathon. We will move from the basic training period to the specific preparation for the marathon. It's a good time to run a race and find out how fit we are. <b>Have a good week!</b></p>		
<b>29 JAN</b>	<b>11</b>	<b>GRAB THE RHYTHM</b>
<p>The goal at this stage is to build up speed and get your body used to the pace of running. We will continue to progress in the number of kilometres per week, but now pay more attention to the quality of each workout. It's time to experience new paces and get out of your comfort zone. <b>Have a good week!</b></p>		
<b>5 FEB</b>	<b>10</b>	<b>PREPARE YOUR MIND</b>
<p>Training in this period is going to demand both physically and mentally. You can use breathing exercises, meditation, and visualization to train your mind and master your thoughts. The marathon will improve you not only as a runner but also as a person; practice a positive self-talk to help you achieve your goal. <b>Have a good week!</b></p>		
<b>12 FEB</b>	<b>9</b>	<b>TIME TO EVOLVE</b>
<p>You are reaching the halfway point, congratulations on getting this far and I hope you are enjoying your progress. Now it's time to make friends with the discomfort to become a stronger, faster, and resistant runner. <b>Have a good week!</b></p>		
<b>19 FEB</b>	<b>8</b>	<b>SECOND TEST RUN</b>

Running a race is a good way to test yourself and see how you're progressing. It's also a good opportunity to practice and try out what you'll experience on 1 April at the Santa Eulària Ibiza Marathon. This week it's time to challenge yourself and prove that you're on track to achieve your goal. **Have a good week!**

**26 FEB 7 THE FINAL STRETCH**

It won't be long now! During these next few weeks, it's time to make the biggest effort. You will have to combine demanding paces and distances to succeed on the day of the marathon **Have a good week!**

**4 MAR 6 THE ESSENTIAL IS INVISIBLE**

To get your body to adapt and improve its capacity you need to do two things: push yourself and recover. It's not just about running, try to lower your stress, sleep, and eat as well as possible to compensate for the hard work you put into training, it's called invisible training, but you'll see the results. **Have a good week!**

**11 MAR 5 EFFORT PEAK**

Your training will reach its peak this week. Get ready to work hard, and despite being tired, enjoy every mile. Good week! **Have a good week!**

**18 MAR 4 TUNE-UP**

**We are 1 month away from Ibiza Marathon!** It's a good time to lower the load and do the last test. The important thing this week is to take your foot off the accelerator to assimilate your training and have a good race. **Have a good week!**

**25 MAR 3 SHARPEN YOUR PACE AND GAIN CONFIDENCE**

If in the first few weeks we built the foundations, now it's time to finish. This week the focus is on speed and recovery. You need to feel that you are recharging your JANrgy and finishing your workouts with a good feeling. **Have a good week!**

**1 APR 2 TAPERING**

**The work is done!** There is nothing left to gain and a lot to lose. You must avoid overdemanding yourself during training now that less is more. Start planning your race strategy and take advantage of the free time for relaxation. **Have a good week!**

**8 APR 1 MISSION ACCOMPLISHED**

The hardest part of the marathon is the preparation and you've done it. Now it's time to focus on rest, nutrition, and hydration. Run strong and with confidence this week.

**And all the best for race day!**



		25 DEC STARTING LINE							WEEKS TO GOAL: 16
Turno	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Kilometers	
	Training	Training	Training	Training	Training	Training	Training		
1st	Break	Easy 12 km	<b>FARTLEK</b> Warm up: 4 km. 1 min. easy x 1 min. fast. 15 times Cooling: 2 km.	Break	Easy 14 km. Straights 3x 100 m.	Break	Long run 16 km	46	
2nd	Strengthening			Strengthening					
		1 JAN BUILD A GOOD BASE							WEEKS TO GOAL: 15
1st	Break	Easy 12 km	<b>LONG SERIES</b> Warm up: 3 km. 1 min. easy x 1 min. fast. 2 min. easy x 2 min. fast. 3 min. easy x 3 min. fast. 4 min. easy x 4 min. fast. 3 min. easy x 3 min. fast. 2 min. easy x 2 min. fast. 1 min. easy x 1 min. fast. Cooling: 2 km.	Break	<b>SERIES IN SLOPS</b> Warm up: 3 km. 3x 100 m. Rec: gentle jog on the downhill. 8x 300 m. Rec: gentle jogging on the downhill. 3x 100 m. Rec: gentle jogging on the downhill. Cooling: 2 km.	Break	Long run 18 km	51	
2nd	Strengthening			Strengthening					
		8 JAN LISTEN TO YOUR BODY AND TRAIN WITH DISCIPLINE							WEEKS TO GOAL: 14
1st	Break	Easy 12 km	<b>LONG SERIES</b> Warm up: 4 km. 90 sec. easy x 90 sec. fast. 12 times Cooling: 2 km.	Break	Easy 12 km. Straights 4x 100 m.	Break	Long run 21 km	56	
2nd	Strengthening			Strengthening					
		15 JAN KEEP SOWING							WEEKS TO GOAL: 13
1st	Break	Easy 12 km	<b>FARTLEK</b> Warm up: 4 km. 2 min. easy x 3 min. fast. 8 times Cooling: 2 km.	Break	<b>SERIES IN SLOPS</b> Warm up: 3 km. 10x 300 m. Rec: gentle jog on the downhill. Cooling: 2 km.	Break	Long run 24 km	59	
2nd	Strengthening			Strengthening					
		22 JAN TESTING WEEK							WEEKS TO GOAL: 12
1st	Break	Easy 14 km	<b>LONG SERIES</b> Warm up: 4 km. 2x 1000 m. at marathon pace. Rec: 1 min. 2x 1000 m. at 21k pace. Rec: 1 min. 1x 1000m at 15k pace. Rec: 1 min. Cooling: 2 km.	Break	Easy 8 km. Straights 4x 100 m.	Break	Race / Tempo 15 km	51	
2nd	Strengthening			Strengthening	Technique				
		29 JAN GRAB THE RHYTHM							WEEKS TO GOAL: 11
1st	Break	Easy 14 km	Break	Easy 8 km. Straights 4x 100 m	<b>LONG SERIES</b> Warm up: 4 km. 2x 2000 m. at marathon pace. Rec: 1 min. 2x 2000 m. at 21k pace. Rec: 1 min. Cooling: 2 km.	Break	Long run 21 km. Last 5 km at marathon pace	57	
2nd	Strengthening			Strengthening					

		5 FEB PREPARE YOUR MIND							WEEKS TO GOAL: 10
Turno	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Kilometers	
	Training	Training	Training	Training	Training	Training	Training		
1st	Break	Easy 12 km	LONG SERIES Warm up: 4 km. 1x 3000 m. at marathon pace. Rec: 90 sec. 1x 3000 m. at 21k pace. Rec: 90 sec. 1x 3000 m. at 15k pace. Cooling: 2 km.	Break	Easy 8 km Straights 3x100m	Break	Long run 25 km. Last 5 km at marathon pace	60	
2nd	Strengthening			Strengthening					
		12 FEB TIME TO EVOLVE							WEEKS TO GOAL: 9
1st	Break	Easy 12 km	Break	Easy 8 km. Straights 3x 100 m	SHORT SERIES Warm up: 4 km. 3x 5x 400 m. Rec: 100 m. jogging / 400 m. jogging. Cooling: 2 km.	Break	Long run 28 km. Last 5 km at marathon pace	60	
2nd	Strengthening			Strengthening					
		19 FEB SECOND TESTING							WEEKS TO GOAL: 8
1st	Break	Easy 12 km	LONG SERIES Warm up: 4 km. 1x 2000 m. at marathon pace. Rec: 90 sec. 1x 2000 m. at 15k pace. Rec: 90 sec. 1x 2000 m. at 10k pace. Cooling: 2 km.	Break	Easy 8 km Straights 3x100m	Break	Race / Tempo 21 km	57	
2nd	Strengthening			Strengthening					
		26 FEB THE FINAL STRETCH							WEEKS TO GOAL: 7
1st	Break	Easy 12 km	Break	Easy 8 km. Straights 3x 100 m.	LONG SERIES Warm up: 4 km. 1x 3000 m. at marathon pace. Rec: 90 sec. 1x 3000 m. at 21k pace. Rec: 90 sec. 1x 3000 m. at 15k pace. Cooling: 2 km.	Break	Long run 25 km. Last 5 km at marathon pace	60	
2nd	Strengthening			Strengthening					
		4 MAR THE ESSENTIAL IS INVISIBLE							WEEKS TO GOAL: 6
1st	Break	Easy 12 km	LONG SERIES Warm up: 4 km. 1x 4000 m. at marathon pace. Rec: 2 min sec. 1x 4000 m. at 21k pace. Cooling: 2 km.	Break	Easy 8 km. Straights 3x 100 m.	Break	Long run 28 km. Last 5 km at marathon pace	62	
2nd	Strengthening			Strengthening					
		11 MAR EFFORT PEAK							WEEKS TO GOAL: 5
1st	Break	Easy 12 km	SHORT SERIES Warm up: 4 km. 3x 5x 400 m. Rec: 100 m. jogging / 400 m. jogging. Cooling: 2 km.	Break	LONG SERIES Warm up: 4 km. 1x 5000 m. at marathon pace. Rec: 2 min. 1x 5000 m. at 21k pace. Rec: 90 sec. Cooling: 2 km.	Break	Long run 30 km. Last 5 km at marathon pace	70	
2nd	Strengthening			Strengthening					

		18 MAR TUNE-UP					WEEKS TO GOAL: 4	
Turno	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Kilómetros Semanales
	Training	Training	Training	Training	Training	Training	Training	
1st	Break	Easy 12 km	LONG SERIES Warm up: 4 km. 3x 1000 m. at marathon pace. Rec: 1 min. 3x 1000 m. at 21k pace. Cooling: 2 km.	Break	Easy 8 km Straights 3x100m	Break	Race / Tempo 21 km	57
2nd	Strengthening			Strengthening				
		25 MAR SHARPEN YOUR PACE AND GAIN CONFIDENCE					WEEKS TO GOAL: 3	
1st	Break	Easy 12 km	SHORT SERIES Warm up: 4 km. 15x 400 m. Rec: 1 min. Cooling: 2 km.	Break	LONG SERIES Warm up: 4 km. 3x 2000 m. at marathon pace. Rec: 90 sec. 2x 2000 m. at 21k pace. Cooling: 2 km.	Break	Long run 25 km. Last 5 km at marathon pace	65
2nd	Strengthening			Strengthening				
		1 APR TAPERING					WEEKS TO GOAL: 2	
1st	Break	Easy 10 km	Break	LONG SERIES Warm up: 4 km. 2x 3000 m. at marathon pace. Rec: 2 min. 1x 3000 m. at 21k pace. Cooling: 2 km.	Break	Break	Long run 16 km. Straights 5x100m	41
2nd	Strengthening				Strengthening			
		8 APR MISSION ACCOMPLISHED					WEEKS TO GOAL: 1	
1st	Break	Easy 10 km	Break	Easy 8 km Straights 3x100m	Break	Santa Eulària Ibiza Marathon SUB 4:00		60
2nd	Strengthening		Strengthening					



## TRAINING KEYS

The first step to achieving your goal is to improve your endurance and this is achieved by increasing the number of kilometres you run per week. Add kilometres whenever you can at an easy pace on recovery days or long runs (in the planning you will find the minimum you should do, if you can do more, all the better). But be careful, you must do it progressively and listen to your body; there is a point where more can be worse. The warning signs that will help you find the right point are discomfort and fatigue; it is normal for them to appear, but you should never allow them to get worse; they are warning you that the next step is injury, illness and/or overtraining. You can always progress until your body tells you the limit through these signs. If you have any doubts, consult a professional; and here the important thing is to do it in time; it is always better, easier, and cheaper to prevent than to cure.

The second most important pillar for the marathon is strength; that's why you'll find several hill training sessions in the general preparation. In addition to hills, look for training on hilly routes (especially on easy days, fartleks and long runs), this will also help you develop the strength you will need; leave the flatter routes for when you need to develop your speed.

Fitness and strength training will help you improve your performance, prevent injuries, and run better. Supplement your training plan with core stability and leg strengthening exercises at least twice a week.

Another rule you have to respect is that the more you train, the more you will need to rest, give your body the rest it needs, and you will notice the results. Keep in mind that the important thing is not how much you do, but how much you assimilate. Adding hours of sleep and/or taking an extra rest day at a certain time can pay off much more than adding training miles, it's all about knowing yourself and being flexible at the right time.

Once you have secured the foundation of your training with the above points, you can move towards training focusing on improving your running pace. To achieve your goal, you not only have to do a lot of volume, but you will have to push yourself in the intensity workouts (sets, fartleks and tempo runs) to improve your running economy and become a more efficient runner. At this point it is also advisable to pay attention and improve your running technique, both during training and through specific exercises that will help you run better.

Keep track of your workouts in a training diary. The expectation is that you will see improvements in your pace, endurance, and feelings, as you progress through the program.

If you don't notice this improvement, then something is wrong and you should consult with your doctor for personalized advice.

Try to do all your training sessions in progression, starting at a comfortable pace and finishing the last kilometres or the last series stronger. This will give you confidence and prevent you from pushing yourself too hard. Remember that in training you should not finish exhausted or give 100% throughout the entire training session, leave that for race day.

Last but not least, enjoy the process. Don't have your expectations set only on the day of the race, always keep your goal in mind, but live and enjoy every step of the way; the marathon starts the day you started dreaming about it, and what happens on that day will depend on what you do during the whole preparation. You will go through good times and bad; that's what this journey is all about, learning and persevering; and without a doubt you will come out stronger once you overcome this challenge.

## EXTRA RECOMMENDATIONS:

In case the programmed schedule does not match with your personal schedule, change the training days, no problem. Keep in mind that the workouts that are highlighted and in bold are the most important ones and there should be a rest day or an easy workout in between them.

The pace chart is only a reference guide, it is not exact. You can use other resources such as your perceived level of effort to see if you are training at the right intensity.

Other factors such as shoes, nutrition and hydration are also very important in your training. I recommend you take them into account and inform yourself about them.

You are not alone on your way to the Santa Eulària Ibiza Marathon. If you have any questions, you can contact us through our communication channels; the organisation and thousands of runners are here to help you and accompany you in this demanding challenge.



## TYPES OF TRAINING

### Continuous running

- Warm up/cool down Low intensity running (30-90 sec. slower than marathon pace). However, the last part of the warm-up should approximate training pace. Some straight runs or plyometric exercises may be used as the final part of the warm-up.
- Easy Low intensity runs (45-90 sec. slower than marathon pace) that are performed before or after the more intense workouts. These easy workouts will allow you to add mileage and build endurance; but at the same time, they serve to restore your tissue capacity and JANrgy. It is very important to be guided more by the feeling of effort than by the pace when doing this type of training, as you will have better days than others; and when you are tired, the best thing to do is to forget about the clock and enjoy a race without pressure; pushing yourself in this type of training is a mistake.
- Long run Regular to moderate intensity (10-30 sec. slower than marathon pace) long run. Long runs will prepare your body and mind to withstand the demands of the marathon. It is the most specific training, not only will you work on endurance and race pace, but it will also help you familiarise yourself with the physical and mental challenges you will face on race day. The first part of the long run should be done at an easy pace; gradually accelerating the pace towards the middle of the workout; and finishing the last kilometres at marathon pace or a little faster.
- Tempo Sustained run at moderate intensity (half marathon pace). This is an intense workout but should not be strenuous. The tempo run will help you develop the physical and mental endurance necessary to become comfortable in uncomfortable moments. The tempo run can also be done in long sets, the goal is the same.
- Fartlek Continuous running with changes of pace, preferably on variable terrain. Fartlek develops strength and speed by alternating periods of high intensity running with periods of low intensity running. Pace variations are determined by the terrain; therefore, it is better to use effort as a guide rather than pace when doing this type of training.

### Series

- LONG SERIES Runs of 1000 to 5000 m. at half marathon pace or a little faster (15k pace), with 1-2 min. min. of recovery (walking or trying softly) between sets. Just like the tempo run, in the long runs you can train at a faster pace than marathon pace, which will help you meet your goal on race day. Long runs have the advantage that they allow you to accumulate more total time at moderate intensity than a continuous run. Along with long runs and easy training sessions are the cornerstones of marathon preparation.
- SHORT SERIES Runs of 400 to 1000 m. at a pace of 3-10k. with 30-60 sec. minutes of recovery. Short runs help develop speed; however, it is not as specific for marathoners and running at high speeds increases the risk of injury. Therefore, it is better not to give so much importance to this type of training and only use it as a speed boost. Focus on extending your stride, accelerate with technique and enjoy running faster than usual.
- Sprints / Straights Runs of 10 to 20 seconds at maximum or near maximum intensity with full recoveries. Can be done before training (after warm-up), or immediately after (before cool-down), preferably on flat terrain. Sprints are used to develop speed without producing high lactate levels. Perform them as progressive sprints (increasing speed throughout the series) and, in turn, increasing speed from series to series (the first sprint should be the slowest). If it coincides with a training session on a track, 100-metre straights are ideal for them.
- SERIES ON SLOPS Progressive runs of 100-300m on hills of 5-10% incline, with easy jogging recoveries on the way down. Hill sprints overload the propulsive muscles; therefore, they will help you improve strength, technique, and speed, which are very important in the gJANral preparation period (first weeks of training). Like the sprints, they should be performed in progression along the hill. Use effort as a guide rather than pace when doing this type of training, as the pace will depend on the incline of the hill.