



adidas 马拉松训练计划介绍

本训练计划按照 **21 周** 的赛前备战时间制订。

计划中所建议的各类训练是根据**心率区**来确定。心率区是在**每分钟最大心率为 180 次**的基础上来定义的。如果您的最大心率高于或低于该值，请对心率区作相应调整。

为达到最佳训练效果，**请尽可能依照训练计划进行训练**，跑步速度不要高于建议值。特别是长距离慢跑必须真正保持非常慢的速度，这样才能将马拉松比赛所需要的能量系统训练到最理想状态。在较低强度条件下跑步是让您的身体准备好燃烧脂肪、释放能量的最佳时机——而且这也是成功跑马拉松的决定性因素。

当然，训练计划并非一成不变。如果您觉得自己不能达标，或确实无法按照既定日期达到跑步要求，可尝试缩短跑步距离或跳过一些训练。

建议您在赛前备战阶段，**对训练强度和成绩加以记录**。这样您可以分析所取得的进步，总结经验，为迎接下一个挑战作准备。查看您的“训练日记”也能激励您不断进步。本训练计划预留了空间，供您记录自己的基本训练情况。

如果您想以更专业的方式记录您的训练情况，只需从 adidas 跑步站点**下载 adidas Running Organizer (跑步管理器)**，然后将它安装到您的电脑上。

最后但并非最不重要的一点是：任何不是完全依照您的个体训练水平制订的训练计划都只能用作一般的辅助性指导。它不能被视为成功的保证。请务必**始终留意自己身体发出的警告信号**。如果发现训练难度过高（或者 21 周的备战时间太短），您不应以牺牲身体健康为代价而勉为其难。



训练类型：

在训练计划的某些部分可以使用缩写表示，如 IT 表示间歇性训练

Slow Run (SR)：心率区为 115 – 130 次 / 分钟 (如果您的最大心率为 180 次 / 分钟)。不要超过该速度！

Relaxed Run (RR)：心率区为 130 – 140 次 / 分钟

Medium Slow Run (MSR)：心率区为 140 – 150 次 / 分钟

Intensive Run (IR)：心率区为 150 – 160 次 / 分钟

Faster Run (FR)：心率区为 160 – 170 次 / 分钟

Interval Training (IT)：短距离、重复快速跑 (如以您的 10 公里比赛速度跑 4 x 2 公里)

Increased Intensity Runs (IIR)：每次高强度跑 (IIR) 的距离大约为 100 米。前 30 至 40 米加速跑，中间 30 至 40 米全速短跑；最后 30 米减速。

Marathon Speed (MS)：您跑马拉松时的速度。对于那些状态极佳的人士，该速度每公里约比他们的 10 公里最高速度慢 20 至 30 秒。对于新手，则每公里最多比他们的 10 公里最高速度慢 60 秒 (与中速慢跑 (MSR) 的速度相当)。

Race Time or Tempo (RT)：您的最大速度。是指您的 10 公里赛跑速度 (10 公里 RT)。

3 Test Races：测试赛跑对马拉松训练非常重要。它对新手特别重要，因为他们需要通过这样的赛跑体验来估计他们的表现水平。其中 10 公里赛跑尤其重要，因为 10 公里赛跑时间 (RT) 会影响部分训练类型。



adidas Marathon Training Plan

Target time 3:45 h - 4:15 h

Start of training: 21 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	Ø	max.
mo					
tue	50 min	relaxed run			
wed					
thu	50 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	90 min	slow run			
sun	40 min and 45 min	medium slow run easy biking			

20 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	Ø	max.
mo					
tue	50 min	relaxed run			
wed					
thu	50 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)			
fri					
sat	95 min	slow run			
sun	40 min and 45 min	medium slow run easy biking			



19 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	50 min	relaxed run				
wed						
thu	55 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)				
fri						
sat	100 min	slow run				
sun	40 min and 45 min	medium slow run easy biking				

18 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	50 min	relaxed run				
wed						
thu	55 min	with 3x5 min in 10 km-RT (in between 3 min lite jog)				
fri						
sat	01:40 h	slow run				
sun	40 min and 45 min	medium slow run easy biking				



17 weeks before the marathon

DAY		DEFAULT	NOTES		HEART RATE	
				repose	Ø	max.
mo						
tue	55 min	relaxed run				
wed						
thu	60 min	of which 20 min are intensive/fast				
fri						
sat	110 min	slow run				
sun	40 min and 45 min	medium slow run easy biking				

16 weeks before the marathon

DAY		DEFAULT	NOTES		HEART RATE	
				repose	Ø	max.
mo						
tue	55 min	relaxed run				
wed						
thu	60 min	medium slow run				
fri						
sat	01:50 h	slow run				
sun	40 min and 45 min	medium slow run easy biking				



15 weeks before the marathon

DAY		DEFAULT	NOTES		HEART RATE	
				repose	Ø	max.
mo						
tue	60 min	relaxed run				
wed						
thu	45 min	with 3x5 min (or 3x1 km) in 10 km-RT (in between 3 min jog)				
fri						
sat	25 min	slow run				
sun	Test Race 10 km	(or 10 km fast run) (15 min warm up/10 min cool down)				

14 weeks before the marathon

DAY		DEFAULT	NOTES		HEART RATE	
				repose	Ø	max.
mo						
tue	30 min	slow run				
wed						
thu	40 min	relaxed run				
fri						
sat	70 min	slow run				
sun	40 min	easy biking or skating				



13 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	55 min	relaxed run				
wed						
thu	60 min	with 4x5 min in 10 km-RT (in between 3 min lite jog)				
fri						
sat	115 min	slow run				
sun	40 min 45 min	medium slow run easy biking				

12 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	55 min	relaxed run				
wed						
thu	60 min	with 4x5 min in 10 km-RT (in between 3 min lite jog)				
fri						
sat	02:00 h	slow run				
sun	40 min and 45 min	medium slow run easy biking				



11 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	55 min	relaxed run				
wed						
thu	60 min	with 4x5 min in 10 km-RT (in between 3 min lite jog)				
fri						
sat	125 min	slow run				
sun	40 min and 45 min	medium slow run easy biking				

10 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	45 min	relaxed run				
wed						
thu	10 km	RT				
fri						
sat	12 km	relaxed run				
sun	60 min	easy biking				



9 weeks before the marathon

DAY		DEFAULT	NOTES		HEART RATE	
				repose	Ø	max.
mo						
tue	40 min	slow run				
wed						
thu	45 min	relaxed run				
fri						
sat	130 min	slow run				
sun	45 min	easy biking				

8 weeks before the marathon

DAY		DEFAULT	NOTES		HEART RATE	
				repose	Ø	max.
mo						
tue	50 min	relaxed run				
wed						
thu	60 min	medium slow run				
fri						
sat	02:20 h	slow run				
sun	45 min	relaxed run				



7 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	60 min	relaxed run				
wed						
thu	3x2 km in 10 km-RT	3 km warm up, in between every 800 m jog, 2 km cool down				
fri						
sat	150 min	slow run				
sun	45 min	relaxed run				

6 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	60 min	relaxed run				
wed						
thu	6 km fast run	3 km warm up, 2 km cool down				
fri						
sat	02:45 h	slow run				
sun	45 min	relaxed run				



5 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	45 min	slow run				
wed						
thu	60 min	relaxed run with 6 IIR				
fri						
sat	35 min	slow run				
sun	30 km	relaxed run				

4 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	60 min	relaxed run				
wed						
thu	2x2 km in 21,1 km-RT	3 km warm up, in between 6 min jog, 2 km cool down				
fri						
sat	30 min	slow run				
sun		20km in the MS (3km warm up/cool down) or Halfmarathon (21,1 km)				



3 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	40 min	slow run				
wed						
thu	50 min	relaxed run with 4 IIR				
fri						
sat	02:00 h	slow run				
sun	40 min	relaxed run				

2 weeks before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mo						
tue	8 km intense run	2 km warm up 2 km cool down				
wed						
thu	50 min	relaxed run				
fri						
sat	50 min	run, of which 5 km in MS				
sun	35 min	slow run				



Final week before the marathon

DAY		DEFAULT	NOTES	HEART RATE		
				repose	Ø	max.
mon						
tue	40 min	run, of which 3 km in MS				
wed						
thu	30 min	slow run with 4 IIR				
fri						
sat	25 min	slow run				
sun	YOUR MARATHON	Good luck!				