TÜRKİYE İŞ BANKASI

İSTANBUL MARATHON

15K RUNNERS TRAINING PROGRAM

THE 1ST WEEK'S PROGRAM

MON	**Training Run** (5K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (3K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (5K) RPE: 3-4
SUN	**Long Run** (7K) RPE: 2-3

Total Distance **20K**

THE 2ND WEEK'S PROGRAM

MON	**Training Run** (5K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (3K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (5K) RPE: 3-4
SUN	**Long Run** (8K) RPE: 2-3

Total Distance **21K**

THE 3RD WEEK'S PROGRAM

MON	**Training Run** (6K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (3K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (6K) RPE: 3-4
SUN	**Long Run** (10K) RPE: 2-3

Total Distance **25K**

THE 4TH WEEK'S PROGRAM

MON	**Training Run** (6K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (3K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (6K) RPE: 3-4
SUN	**Long Run** (7K) RPE: 2-3

Total Distance **22K**

THE 5TH WEEK'S PROGRAM

MON	**Training Run** (7K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (4K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (7K) RPE: 3-4
SUN	**Long Run** (10K) RPE: 2-3

Total Distance **28K**

THE 6TH WEEK'S PROGRAM

MON	**Training Run** (7K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (4K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (7K) RPE: 3-4
SUN	**Long Run** (11K) RPE: 2-3

Total Distance **29K**

THE 7TH WEEK'S PROGRAM

MON	**Training Run** (7K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (4K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (7K) RPE: 3-4
SUN	**Long Run** (13K) RPE: 2-3

Total Distance **31K**

THE 8TH WEEK'S PROGRAM

MON	**Training Run** (8K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (4K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (8K) RPE: 3-4
SUN	**Long Run** (10K) RPE: 2-3

Total Distance **30K**

THE 9TH WEEK'S PROGRAM

MON	**Training Run** (8K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (5K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (8K) RPE: 3-4
SUN	**Long Run** (15K) RPE: 2-3

Total Distance **36K**

THE 10TH WEEK'S PROGRAM

MON	**Training Run** (8K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (5K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (8K) RPE: 3-4
SUN	**Long Run** (16K) RPE: 2-3

Total Distance **37K**

THE 11TH WEEK'S PROGRAM

MON	**Training Run** (7K) RPE: 3-4
TUE	**Rest**
WED	**Tempo Run** (5K) RPE: 4-5
THU	**Resistance Training** (30-60 min.)
FRI	**Rest**
SAT	**Training Run** (7K) RPE: 3-4
SUN	**Long Run** (11K) RPE: 2-3

Total Distance **30K**

THE 12TH WEEK'S PROGRAM

MON	**Training Run** (5K) RPE: 3-4
TUE	**Rest**
WED	**Easy Run** (5K) RPE: 2-3
THU	**Rest**
FRI	**Easy Run** (3K) RPE: 2-3
SAT	**Rest**
SUN	**RACE DAY** (15K)

Total Distance **28K**

**RPE is a subjective assessment method used to measure the level of perceived effort during physical activity. Usually a 0-10 point scale is used. RPE 10 is an indicator of maximum effort.*

İSTANBUL BÜYÜKŞEHİR BELEDİYESİ

SPOR İSTANBUL