

Striders of Croydon

Marathon Training Plan – 2019/2020



Week commencing

Monday 21st October 2019

24 weeks to Paris, Manchester, Rotterdam

26 weeks to Brighton

27 weeks to London

Monday 21st

Tuesday 22nd

Wednesday 23rd

Thursday 24th

Friday 25th

Saturday 26th

Sunday 27th

Croydon 10k



Week commencing

Monday 28th October 2019

23 weeks to Paris, Manchester, Rotterdam

25 weeks to Brighton

26 weeks to London

Monday 28th

Tuesday 29th

Wednesday 30th

Thursday 31st

Friday 1st

Saturday 2nd

Sunday 3rd

Beckenham 11 miles

Start: Sandilands

Finish: Sandilands

An extended run from the club house via
Cator Park, Beckenham and Kelsey Park.



Week commencing

Monday 4th November 2019

22 weeks to Paris, Manchester, Rotterdam

24 weeks to Brighton

25 weeks to London

Monday 4th

Tuesday 5th

Wednesday 6th

Thursday 7th

Friday 8th

Saturday 9th

Sunday 10th

Coulsdon 12 miles

Start: Coulsdon Town station

Finish: Sandilands

A run along stage 5 on London LOOP
including Coulsdon Common, Riddlesdown,
Kenley Common and Farthing Downs



Week commencing

Monday 11th November 2019

21 weeks to Paris, Manchester, Rotterdam

23 weeks to Brighton

24 weeks to London

Monday 11th

Tuesday 12th

Wednesday 13th

Thursday 14th

Friday 15th

Saturday 16th

Sunday 17th

Normal Sunday club run

Start: Sandilands

Finish: Sandilands



Week commencing

Monday 18th November 2018

20 weeks to Paris, Manchester, Rotterdam

22 weeks to Brighton

23 weeks to London

Monday 18th

Tuesday 19th

Wednesday 20th

Thursday 21st

Friday 22nd

Saturday 23rd

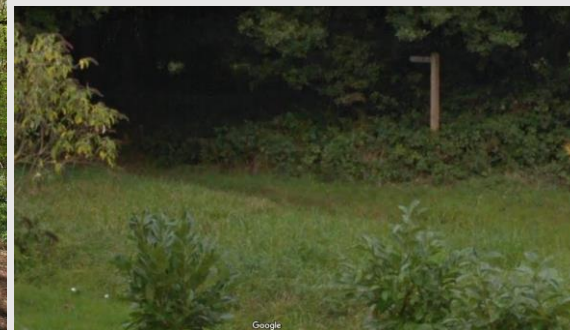
Sunday 24th

Farleigh 12 miles

Start: Sandilands

Finish: Sandilands

An extended run out to Farleigh via
Kingswood and back via Featherbed Lane



Week commencing

Monday 25th November 2019

19 weeks to Paris, Manchester, Rotterdam

21 weeks to Brighton

22 weeks to London

Monday 25th

Tuesday 26th

Wednesday 27th

Thursday 28th

Friday 29th

Saturday 30th

Sunday 1st

Normal Sunday club run

Start: Sandilands

Finish: Sandilands



Week commencing

Monday 2nd December 2019

18 weeks to Paris, Manchester, Rotterdam

20 weeks to Brighton

21 weeks to London

Monday 2nd

Tuesday 3rd

Wednesday 4th

Thursday 5th

Friday 6th

Saturday 7th

Sunday 8th

9 Parks 12 miles

Start: Sandilands

Finish: Sandilands

Run out to Crystal Palace Park and back
crossing as many parks as possible



Week commencing

Monday 9th December 2019

17 weeks to Paris, Manchester, Rotterdam

19 weeks to Brighton

20 weeks to London

Monday 9th

Tuesday 10th

Wednesday 11th

Thursday 12th

Friday 13th

Saturday 14th

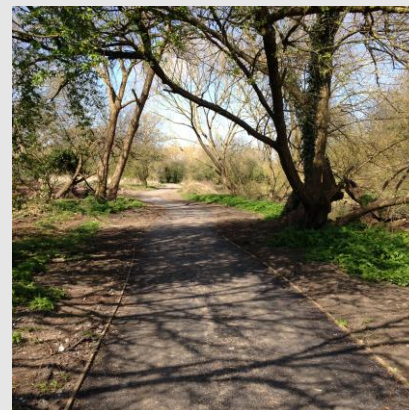
Sunday 15th

Wandle 14 miles

Start: Clapham Junction station

Finish: Sandilands

Catch the train to Clapham and run back along the Wandle Way. Flat off road good surface and opportunities to catch the tram



Week commencing

Monday 17th December 2019

16 weeks to Paris, Manchester, Rotterdam

18 weeks to Brighton

19 weeks to London

Monday 16th

Tuesday 17th

Wednesday 18th

Thursday 19th

Friday 20th

Saturday 21st

Sunday 22rd

Extended Sunday club run

Start: Sandilands

Finish: Sandilands



Week commencing

Monday 23rd December 2019

15 weeks to Paris, Manchester, Rotterdam

17 weeks to Brighton

18 weeks to London

Monday 23rd

Tuesday 24th

Wednesday 25th

Thursday 26th

Friday 27th

Saturday 28th

Sunday 29th

Keston Ponds 14

Start: Sandilands

Finish: Sandilands

Out via Sparrows Den and around Keston Ponds



Week commencing

Monday 30th December 2019

14 weeks to Paris, Manchester, Rotterdam

16 weeks to Brighton

17 weeks to London

Monday 30th

Tuesday 31st

Wednesday 1st

Thursday 2nd

Friday 3rd

Saturday 4th

Sunday 5th

Greenwich 12/13

Start: London Bridge

Finish: London Bridge

The annual outing from London Bridge to Greenwich and back along both banks of Thames finishing at Café Rouge for breakfast



Week commencing

Monday 6th January 2020

13 weeks to Paris, Manchester, Rotterdam

15 weeks to Brighton

16 weeks to London

Monday 6th

Tuesday 7th

Wednesday 8th

Thursday 9th

Friday 10th

Saturday 11th

Sunday 12th

Mob Match (no long run)

On this Sunday, the club meets Blackheath and Beckenham run clubs for cross-country



Week commencing

Monday 13th January 2020

12 weeks to Paris, Manchester, Rotterdam

14 weeks to Brighton

15 weeks to London

Monday 13th

Tuesday 14th

Wednesday 15th

Thursday 16th

Friday 17th

Saturday 18th

Sunday 19th

Riddlesdown 14

Start: Sandilands

Finish: Sandilands

Out to Sparrow's Den followed by Selsdon Woods, Kingswood and Riddlesdown.



Week commencing

Monday 20th January 2020

11 weeks to Paris, Manchester, Rotterdam

13 weeks to Brighton

14 weeks to London

Monday 20th

Tuesday 21st

Wednesday 22nd

Thursday 23rd

Friday 24th

Saturday 25th

Sunday 26th

Warlingham 16

Start: Sandilands

Finish: Sandilands

Run from club house via Warlingham and Little Farleigh (again had its Sparrow's tail chopped off from previous years to allow it to be run earlier in season)

NEW!



Week commencing

Monday 27th January 2020

10 weeks to Paris, Manchester, Rotterdam

12 weeks to Brighton

13 weeks to London

Monday 27th

Tuesday 28th

Wednesday 29th

Thursday 30th

Friday 31st

Saturday 1st

Sunday 2nd

Forest Way 16

Start: East Grinstead Stn

Finish: East Grinstead Stn

Out and back along the Forest Way
Country Park (a disused railway – pesky
Beeching).

NEW!



Week commencing

Monday 3rd February 2020

9 weeks to Paris, Manchester, Rotterdam

11 weeks to Brighton

12 weeks to London

Monday 3rd

Tuesday 4th

Wednesday 5th

Thursday 6th

Friday 7th

Saturday 8th

Sunday 9th

Ladywell 17

Start: Sandilands

Finish: Sandilands

Out to Ladywell via South Norwood
Country park and returning via Kelsey
park.



Week commencing

Monday 10th February 2020

8 weeks to Paris, Manchester, Rotterdam

10 weeks to Brighton

11 weeks to London

Monday 10th

Tuesday 11th

Wednesday 12th

Thursday 13th

Friday 14th

Saturday 15th

Sunday 16th

Greenwich 18

Start: London Bridge

Finish: Sandilands

North Bank of Thames to Greenwich
Observatory then back via Blackheath and
Lewisham



Week commencing

Monday 17th February 2020

7 weeks to Paris, Manchester, Rotterdam

9 weeks to Brighton

10 weeks to London

Monday 17th

Tuesday 18th

Wednesday 19th

Thursday 20th

Friday 21st

Saturday 22nd

Sunday 23rd

Coulsdon 18

Start: Coulsdon Town station

Finish: Sandilands

NEW!

Was the tough one. Its Sparrow's tale has been removed to bring down to 18m and bring it earlier so you don't all worry about ankles too close to raises. B Out across Happy Valley and joining the North Downs Way. Returning via Woldingham and Kingswood.



Week commencing

Monday 24th February 2020

6 weeks to Paris, Manchester, Rotterdam

8 weeks to Brighton

9 weeks to London

Monday 24th

Tuesday 25th

Wednesday 26th

Thursday 27th

Friday 28th

Saturday 29th

Sunday 1st

Thames, Richmond Park and Wimbledon Common 18

Start: Clapham Junction

Finish: Wimbledon station

Blended from a couple of club favourites, out along Thames Path, round top half of Richmond Park and via Wimbledon Common



Week commencing

Monday 2nd March 2020

5 weeks to Paris, Manchester, Rotterdam

7 weeks to Brighton

8 weeks to London

Monday 2nd

Tuesday 3rd

Wednesday 4th

Thursday 5th

Friday 6th

Saturday 7th

Sunday 8th

Our 'hood 18

NEW!

Having lifted Sparrow's from a couple of routes:
This will be a road route formed of two laps.
Heading from club out to Sparrow's and back
along Kent Gateway and back through
Broadcombe and Croham Valley Rd.
Forms 9 mile loop allowing Sun60/90
participation and variety of distance.



Week commencing

Monday 9th March 2020

4 weeks to Paris, Manchester, Rotterdam

6 weeks to Brighton

7 weeks to London

Monday 9th

Tuesday 10th

Wednesday 11th

Thursday 12th

Friday 13th

Saturday 14th

Sunday 15th

Croydon Half

This is the club's half marathon.

Most will be volunteering but some of you may be able to bag a slot and get a training run in



Week commencing

Monday 16th March 2020

3 weeks to Paris, Manchester, Rotterdam

5 weeks to Brighton

6 weeks to London

Monday 16th

Tuesday 17th

Wednesday 18th

Thursday 19th

Friday 20th

Saturday 21st

Sunday 22nd

Regents Canal 18

Start: Victoria station

Finish: London Bridge station

All time favourite. Along Thames out to Limehouse. The follow Regents Canal all the way back to Paddington Basin and then Hyde Park



Week commencing

Monday 23rd March 2020

2 weeks to Paris, Manchester, Rotterdam

4 weeks to Brighton

5 weeks to London

Monday 23rd

Tuesday 24th

Wednesday 25th

Thursday 26th

Friday 27th

Saturday 28th

Sunday 29th

11 Parks 18 (!)

NEW!

The club's 9Parks12 which had a big brother 10Parks15 last year has grown to become this bad boy.

Final route to be finalised but will include Dulwich and Brockwell Park



Week commencing

Monday 30th March 2020

1 week to Paris, Manchester, Rotterdam

3 weeks to Brighton

4 weeks to London

Monday 30th

Tuesday 31st

Wednesday 1st

Thursday 2nd

Friday 3rd

Saturday 4th

Sunday 5th

Kenley Aerodrome circuits

Start: Kenley Aerodrome

Finish: Kenley Aerodrome

Designed for pace training for your upcoming races.

Run at your pace with 1.8m/3km laps of aerodrome. With a planned aid station at start for your water / food.



Paris, Manchester and Rotterdam marathon today

Week commencing

Monday 6th April 2020

2 weeks to Brighton

3 weeks to London

Monday 6th

Tuesday 7th

Wednesday 8th

Thursday 9th

Friday 10th

Saturday 11th

Sunday 12th

Easter Sunday



Week commencing

Monday 13th April 2020

1 week to Brighton

2 weeks to London

Monday 13th

Tuesday 14th

Wednesday 15th

Thursday 16th

Friday 17th

Saturday 18th

Sunday 19th



BRIGHTON MARATHON

GOOD LUCK ALL!

Week commencing

Monday 20th April 2020

1 week to London

Monday 20th

Tuesday 21st

Wednesday 22nd

Thursday 23rd

Friday 24th

Saturday 25th

Sunday 26th



LONDON MARATHON

GOOD LUCK ALL!