

Endurance – Transition from 10k to Marathon

Workshop held on Friday 21st October 2016



Martin Branfoot a Chelmsford AC coach shared his expertise and knowledge on the transition training wise from a 10k to a marathon. This workshop was the first of the Endurance series.

Martin started the workshop by asking the 17 coaches and runners from a variety of clubs from across the network; how many miles a week a 10k runner and a marathon club runner should be running. This allowed the group to discuss different coaching plans.



Martin discussed the difference between 10k training and marathon training; he discussed the similarities and differences. Most importantly he emphasised the two key sessions a week focusing on pacing and training at Marathon Pace. He continued to give examples of athletes hitting the wall through training and during the race and discussed the planning for the Marathon.

A general 13 week plan was circulated for coaches to digest and question allowing for a great conversation from the floor. Martin concluded with a list of races that could prepare athletes for the Marathon including the Brentwood Half Marathon and Benfleet 15.

The coaches also asked a series of questions about evidence or practice and how they could adapt training for Individuals they were working with.

“A big thank you to Martin for presenting this evening. His experience and knowledge in coaching a variety of runners encouraged all network coaches to rethink marathon training .The feedback has been positive which coaches confirming an increase in their knowledge and how enjoyable the workshop was, with alot of food for thought!”

This workshop session was the first of the “Endurance” series of seminars provided by coaches from the Essex Athletics Network. Simon Mennell will be delivering the second workshop in February on the benefits of track training.

For details of future workshops, please visit our website:
www.essexathleticsnetwork.org