

Marathon PR: 2:05:04 = 4:46/mi = 100% MP  
See [accompanying article](#) for more details

**Abel Kirui – World Marathon Champion**  
**Training – July 2011**

Training of Renato Canova's athletes, compiled by  
John Davis, [RunningWritings.com](http://RunningWritings.com)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 70min moderate  50min including 20 diagonals	2 20min easy + fartlek: 20x2min fast, 1min moderate  40min easy	3 110min progressive run Avg 84%
4 60min easy  40min easy  50min with 30x120m diagonals, 100m recovery	5 60min moderate  60min moderate	6 3x3000m at 102.5% (3min rec); 3x1000m at 107.5% (2-3min rec) 8x500m at 112%  50min easy	7 80min moderate  30min easy + 1hr exercises in gym	8 70min moderate  50min easy	9 50min easy  50min easy	10 24.9mi at 87.5%
11 45min easy  45min easy	12 88min moderate  50min easy	13 50min moderate  50min including 30 diagonals	14 Rest (knee pain)	15 Rest	16 Rest	17 Rest
18 70min moderate  45min including diagonals	19 70min moderate	20 Rest (knee pain)	21 62min easy	22 90min easy	23 60min easy	24 70min moderate
25 78min moderate  52min easy	26 60min easy  40min easy	27 60min easy	28 Rest (knee)	29 20min warm-up + 5000m 100.5%	30 104min at 79%	31 40min moderate + 20min with diagonals + 40min easy

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 4x5km at 99.5-95%, 1km rec at 83.5-62%  Road very muddy	2 60min easy	3 70min easy	4 60min easy  40min easy	5 24.9mi at 90.5%	6 60min easy	7 60min moderate  20min bike + gym
8 70min moderate	9 Rest: opening of training camp	10 70min moderate	11 60min moderate  60min easy + 10x100m with 100m rec	12 1-2-3-2.8-2.8-2-2-1km 106, 102.5, 100.5, 102.5, 100.5, 101, 103.5, 106% Rec. 3-6min	13 85min moderate to fast (85% average)	14 40min easy + 40min with diagonals
15 10x2min fartlek fast, 1min mod. +30min easy + 10x30sec fast, 30sec moderate PM: 45min mod→fast (83.5% average)	16 45min easy	17 SPECIAL BLOCK AM: 6.2mi at 90%, 4min rest, 9.3mi at 98.5% PM: 6x1600m in 105.5%, 2min recovery	18 56min moderate  55min easy	19 65min moderate + 30min with diagonals + 30min moderate	20 rest	21 130min at 81%
22 60min moderate  20min easy + 20min with diagonals	23 70min moderate 50min moderate	24 15x1min fast, 1min easy  60min with 20min of diagonals	25 50min easy + 15x80m uphill sprint  40min easy	26 22km alternating 1 km fast/moderate (103/89%)	27 80min moderate  60min easy	28 60min easy + 30min with diagonals
29 60min easy	30 Rest (travel to Daegu)	31 Rest (travel to Daegu)	1	2	3	4 World Championships Marathon 2:07:38 1st