

Emile Cairess training prior to 2024 London Marathon: Absolute paces in km

January 2024 (weeks 1–4)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>1</p> <p>106' at 4:20-4:25/km</p> <p>50' at 4:20/km</p>	<p>2</p> <p>75' at 3:45–3:35/km</p> <p><i>Flight to Nairobi</i></p>	<p>3</p> <p>58' easy</p> <p>63' easy</p>	<p>4</p> <p>95' easy</p> <p>53' easy</p>	<p>5</p> <p>61' at 4:05–3:55/km</p> <p>43' easy</p> <p>5 x 80m hill sprints</p>	<p>6</p> <p>16' warmup + 30 km at 3:20/km</p>	<p>7</p> <p>95' regeneration in forest</p> <p style="text-align: right;">Total: 194 km</p>
<p>8</p> <p>98' easy</p> <p>52' easy</p> <p>10 x 100m strides</p>	<p>9</p> <p>21' warmup + 15 x 2' fast / 1' easy + 15 x 30" fast / 30" easy</p> <p>55' easy</p>	<p>10</p> <p>98' easy</p> <p>8 km easy</p> <p>10 x 100m hill sprints</p>	<p>11</p> <p>75' at 4:00/km</p> <p>45' easy</p>	<p>12</p> <p>17' warmup + 32 km at 3:20/km</p>	<p>13</p> <p>64' easy</p> <p>44' easy</p>	<p>14</p> <p>? (<i>schedule blank</i>)</p> <p>?</p> <p style="text-align: right;">Total: ~210 km</p>
<p>15</p> <p>87' at 4:00–3:55/km</p> <p>58' easy</p>	<p>16</p> <p>20' warmup + 2 sets of: 1-2-3-3-2-1k w/ 2' / 6' rest avg. 3:02/km</p>	<p>17</p> <p>76' at 4:15–4:10/km</p> <p>54' easy</p>	<p>18</p> <p>80' progression from 4:50→3:26/km</p> <p>10 km easy</p> <p>10 x 100m hill sprints</p>	<p>19</p> <p><i>Rest - sick</i></p>	<p>20</p> <p>47' easy</p> <p>50' easy</p>	<p>21</p> <p>111' easy</p> <p>53' easy</p> <p style="text-align: right;">Total: 184 km</p>
<p>22</p> <p>97' moderate</p> <p>50' easy</p> <p>6 x 220m strides</p>	<p>23</p> <p>21' warmup + 10 x 3' fast / 1' easy 10 x 1' fast / 1' easy 10 x 30" fast / 30" easy</p> <p>33' easy regen.</p>	<p>24</p> <p>88' at 4:00–3:55/km</p> <p>57' easy</p>	<p>25</p> <p>24km progression: 6k at 4:00/km 6k at 3:50/km 6k at 3:50/km 6k at 3:20/km</p> <p>45' easy in forest</p>	<p>26</p> <p>84' at 4:15–4:10/km</p> <p>10 km easy</p> <p>5 x 60m hill sprints</p>	<p>27</p> <p>11' warmup + 37 km at 3:18/km</p>	<p>28</p> <p>16 km easy regeneration</p> <p style="text-align: right;">Total: 222 km</p>

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February 2024 (weeks 5–8)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29 22 km easy 12 km easy	30 24 km easy 12 km easy	31 20' warmup + 6 x 3k at 3:00/km w/ 1km at 3:30–3:40/km recovery	1 96' at 4:25–4:20/km 58' easy	2 80' at 4:05–3:55/km 41' at 3:45–3:35/km 5 x 60m hill sprints	3 20' warmup + 11 sets of: 1k avg. 3:17.4, 1k avg. 2:52.8 +10' cooldown	4 Rest (<i>no reason noted</i>) Rest Total: 191 km
5 95' at 4:20–4:15/km 48' easy 5 x 100m strides	6 20' warmup + 6-5-4-3-2-1k at 3:03–2:55/k w/ 1k recovery at 3:41/km	7 84' at 4:05–3:55/km 50' easy	8 75' at 4:15–4:05/km 6 x 100m hill sprints 50' easy	9 (Sweat Elite) 20' warmup + 10 x 1600m w/ 2' rest avg. 2:53.5/km +10' cooldown 35' regeneration	10 50' easy <i>Flight to Nairobi</i>	11 <i>Flight to Amsterdam</i> <i>Flight to Leeds</i> Total: 169 km
12 86' at 4:00–3:50/km 36' progression avg. 3:36/km	13 39' at 3:55–3:50/km 10 x 100m hill sprints 5 km at 2:55/km 56' easy	14 30 km at 3:30/km Gym exercises (<i>no details</i>)	15 79' at 4:05–3:55/km 48' easy	16 20' warmup + 6 sets of: 2 km at 2:52/km, 1 km at 3:41/km 40' regeneration	17 73' at 4:05–3:50/km 39' at 4:00–3:50/km	18 20' warmup + 15 km at 3:00/km Total: 196 km
19 98' at 4:00–3:50/km 32' at 4:05–4:00/km	20 63' at 4:05–4:00/km 62' at 4:00–3:55/km	21 20' warmup + 12 x 1' fast / 1' easy + 12 x 30" fast / 30" easy	22 47' at 4:05–3:55/km 32' at 4:00–3:55/km	23 <i>Flight to Naples</i> 40' at 4:05–3:55/km 5 x 120m strides	24 45' easy	25 Napoli Half Marathon 1:00:01, 4th place Total: 137 km

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March 2024 (weeks 9–12)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26 45' easy regeneration	27 45' easy regeneration	28 61' at 4:05–4:00/km	29 61' at 4:05–4:00/km	1 On treadmill, 0.5% grade: 20' warmup + 17'-15'-13'-11' at 3:00/km w/ 5'-4'-3' rest 50' at 3:20/km	2 19' easy + 79' at 4:00–3:50/km 57' at 4:05–3:55/km	3 105' progression avg. 3:29/km Total: 154 km
4 38 km at 4:00/km	5 30' easy + 10-1-7-1-4-2k w/ 1k at 3:40-3:45 rec. 10k: 3:09/km 1k: 2:47/km 7k: 3:05/km 1k: 2:46/km 4k: 2:59/km 2k: 2:56/km	6 74' at 4:10–4:05/km 58' easy	7 20' warmup + 3 x 5' fast / 1' easy 4 x 1' fast / 1' easy 3 x 4' fast / 1' easy 4 x 1' fast / 1' easy 3 x 3' fast / 1' easy 47' at 4:05–3:55/km	8 Rest - sore soleus Gym (details given)	9 95' at 4:00–3:55/km 40' at 4:00–3:55/km	10 20k progression: 10k avg. 3:42/km 10k avg. 3:28/km 42' at 4:10–4:00/km Total: 203 km
11 88' at 4:05–3:55/km 5 x 120m strides 41' at 4:10–4:00/km	12 20' warmup + 12 sets of: 1k avg. 3:26.2, 1k avg. 2:49.6	13 89' at 4:05–3:55/km 56' at 4:10–4:05/km	14 41' at 4:10–4:00/km 39' at 4:00–3:50/km	15 39' at 4:05–3:50/km 40' at 4:05–3:55/km	16 5' warmup + 45 km at 3:17/km	17 49' at 4:10–4:00/km 31' at 4:10–4:00/km Total: 204 km
18 48' at 4:05–3:55/km 40' at 4:05–4:00/km	19 82' at 4:10–3:55/km 40' at 4:10–4:05/km	20 87' progression with last 3 km at 3:20/km 43' at 4:25–4:15/km	21 18' warmup + 14x(400m/300m) avg. 3:27 / 2:45/km 12' at 4:00/km 5k: 3:25→2:43/km 12' at 4:00/km 49' at 4:10–4:05/km	22 81' at 4:05–4:00/km 41' at 4:10–4:00/km	23 17 km at 4:05/km + 3 km at 3:20/km 42' at 4:15–4:10/km 12 x 80m hill sprints	24 20' warmup + 6 sets of: 3' fast/ 1' easy 2' fast / 1' easy 1' fast / 2' easy Total: 205 km

Emile Caires training prior to 2024 London Marathon: Absolute paces in km

April 2024 (weeks 13–16)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25 89' at 4:05–4:00/km	26 32' moderate 1k at 3:25/km 5k at 3:01/km 1k cooldown 40' at 4:05–3:55/km	27 30' warmup + 3 x (10 x 400m) 2:47 / 2:43 / 2:38/k 100m jog, 100m walk, 1min stand rec. & 1200m / 1600m moderate between sets 37' regeneration	28 39' at 4:00-3:50/km 41' at 4:10–4:05/km	29 41' at 4:05–4:00/km 40' at 4:05–4:00/km	30 16' warmup + 35 km at 3:03/km	31 84' at 4:15–4:05/km Total: 186 km
1 82' at 4:10–4:00/km 41' at 4:10–4:05/km	2 <i>Rest - glute pain</i>	3 70' at 4:00–3:50/km 40' at 4:05–4:00/km	4 81' at 4:05–3:55/km 42' at 4:15–4:05/km	5 20' warmup + 6-5-4-3-2km at 3:03→2:50/km w/ 1k rec. at 3:40/km 39' regeneration	6 82' at 4:10–4:05/km 43' easy	7 97' at 4:05–3:55/km 36' regeneration Total: 186 km
8 <i>Progressive run:</i> 10k at 3:47/km, then 4 x 3k: 3:40/km 3:29/km 3:18/km 3:12/km 41' at 4:10–4:00/km	9 20' warmup + 2-3-4-4-3-2-1k at 2:58/km w/ 1k recovery at 3:27/km	10 89' at 4:05–4:00/km 43' very easy	11 88' at 4:05–3:55/km 36' regeneration	12 12 km at 3:31/km 5 min rest 5k at 2:56/km 12 km at 3:26/km 5 min jog 5k at 2:57/km	13 88' at 4:05–4:00/km 40' regeneration in forest	14 120' at “personal feeling” (~4:00/km) Total: 215 km
15 ? <i>schedule blank after April 14</i>	16 ?	17 ?	18 ?	19 ?	20 ?	21 London Marathon 2:06:46 3rd place

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See this article for a full analysis of Emile Cairess' training

*Fartlek workout paces are approximate, because the original schedule only specified an overall distance and time. I made some educated guesses for the recovery pace to estimate the fartlek repeat pace. These fartlek workout paces should be taken as very approximate.

Nominal paces and percentages

Nominal pace	Pace per km	Pace per mi	Percent of MP	Approximate guideline
Very easy / regeneration	>4:25/km	>7:06/mi	>53%	>50%
Easy	4:25–4:15/km	7:06–6:50/mi	53–59%	50–60%
Basic mileage	4:15–3:50/km	6:50–6:10/mi	59–72%	60–70%
Moderate	3:50–3:45/km	6:10–6:02/mi	72–75%	70–75%
Strong	3:45–3:35/km	6:02–5:46/mi	75–81%	75–80%

The table above shows how nominal paces for effort-based runs map onto actual paces per km, mi, and % MP. For convenience, I've also provided some approximate guidelines that are easier to remember, and in most cases are accurate enough.