

**Emile Cairess training prior to 2024 London Marathon: Paces relative to MP (3:00/km)**

**January 2024 (weeks 1–4)**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 106' basic mileage 50' easy	2 75' strong <i>Flight to Nairobi</i>	3 58' easy 63' easy	4 95' easy 53' easy	5 61' basic mileage 43' easy 5 x 80m hill sprints	6 16' warmup + 30 km at 89%	7 95' regeneration in forest  Total: 121 mi
8 98' easy 52' easy 10 x 100m strides	9 21' warmup + 15 x 2' fast / 1' easy 15 x 30" fast / 30" easy Fast: ~106%* 55' easy	10 98' easy 8 km easy 10 x 100m hill sprints	11 75' basic mileage 45' easy	12 17' warmup + 32 km at 89%	13 64' easy 44' easy	14 ? ( <i>schedule blank</i> ) ?  Total: ~130 mi
15 87' basic mileage 58' easy	16 20' warmup + 2 sets of: 1-2-3-3-2-1k at 97–103% avg. 99% w/ 2' / 6' rest (walk/jog)	17 76' easy 54' easy	18 80' progression from very easy to strong 10 km easy 10 x 100m hill sprints	19 <i>Rest - sick</i>	20 47' easy 50' easy	21 111' easy 53' easy  Total: 114 mi
22 97' moderate 50' easy 6 x 220m strides	23 21' warmup + 10 x 3' fast / 1' easy 10 x 1' fast / 1' easy 10 x 30" fast / 30" easy 33' easy regen.	24 88' basic mileage 57' easy	25 24km progression: 6k at 67% 6k at 72% 6k at 72% 6k at 89% 45' easy in forest	26 84' easy 46' easy 5 x 60m hill sprints	27 11' warmup + 37 km at 90%	28 16 km easy regeneration  Total: 138 mi

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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 100% w/ 1km at 78–84% recovery	1 96' easy 58' easy	2 80' basic mileage 41' strong 5 x 60m hill sprints	3 20' warmup + 11 sets of: 1k at 90%, 1k at 104% +10' cooldown	4 Rest <i>(no reason noted)</i> Rest Total: 119 mi
5 95' easy 48' easy 5 x 100m strides	6 20' warmup + 6-5-4-3-2-1k at 98→103% w/ 1k recovery at 77%	7 84' basic mileage 50' easy	8 75' easy 6 x 100m hill sprints 50' easy	9 ( <a href="#">Sweat Elite</a> ) 20' warmup + 10 x 1600m at 104% w/ 2' rest +10' cooldown 35' regeneration	10 50' easy <i>Flight to Nairobi</i>	11 <i>Flight to Amsterdam</i> <i>Flight to Leeds</i> Total: 105 mi
12 86' basic mileage 36' progression avg. 80%	13 39' basic mileage 10 x 100m hill sprints 5 km at 103% 56' easy	14 30 km at 84% Gym exercises <i>(no details)</i>	15 79' basic mileage 48' easy	16 20' warmup + 6 sets of: 2 km at 104%, 1 km at 77% 40' regeneration	17 73' basic mileage 39' basic mileage	18 20' warmup + 15 km at 100% Total: 122 mi
19 98' basic mileage 32' basic mileage	20 63' basic mileage 62' basic mileage	21 20' warmup + 12 x 1' fast / 1' easy 12 x 30" fast / 30" easy	22 47' basic mileage 32' basic mileage	23 <i>Flight to Naples</i> 40' basic mileage 5 x 120m strides	24 45' easy	25 <b>Napoli Half Marathon</b> 1:00:01, 4th place (105%) Total: 85 mi

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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' basic mileage	29 61' basic mileage	1 <i>On treadmill, 0.5% grade:</i> 20' warmup + 17'-15'-13'-11' at 100% w/ 5'-4'-3' rest  50' at 89%	2  19' easy + 79' basic mileage  57' basic mileage	3  105' progression avg. 86%   Total: 96 mi
4 38 km basic mileage	5 30' easy + 10-1-7-1-4-2k w/ 1k at 75% rec. 10k: 95% 1k: 107% 7k: 97% 1k: 108% 4k: 100% 2k: 102%	6 74' basic mileage  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 Fast: ~105%* 47' basic mileage	8  Rest - sore soleus  Gym (details given)	9  95' basic mileage  40' basic mileage	10  20k progression: 10k avg. 77% 10k avg 84%  42' basic mileage  Total: 127 mi
11 88' basic mileage 5 x 120m strides  41' basic mileage	12 20' warmup + 12 sets of: 1k at 86% 1k at 106%	13 89' basic mileage  56' basic mileage	14 41' basic mileage  39' basic mileage	15 39' basic mileage  40' basic mileage	16 5' warmup + 45 km at 91%	17 49' basic mileage  31' basic mileage  Total: 127 mi
18 48' basic mileage  40' basic mileage	19 82' basic mileage  40' basic mileage	20 87' progression with last 3 km at 89%  43' easy	21 18' warmup + 14x(300m/400m) avg. 85% / 109% 12' basic mileage 5k: 86%→110% 12' basic mileage  49' basic mileage	22 81' basic mileage  41' basic mileage	23 17 km basic mileage + 3 km at 89%  42' easy 12 x 80m hill sprints	24 20' warmup + 6 sets of: 3' fast/ 1' easy 2' fast / 1' easy 1' fast / 2' easy Fast: ~114%*  Total: 127 mi

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**April 2024 (weeks 13–16)**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25 89' basic mileage	26 32' moderate 1k at 86% 5k at 100% 1k cooldown  40' basic mileage	27 30' warmup + 3 x (10 x 400m) 97% / 110% / 112% 100m jog, 100m walk, 1min stand rec. & 1200m / 1600m moderate between sets  37' regeneration	28 39' basic mileage  41' basic mileage	29 41' basic mileage  40' basic mileage	30 16' warmup + 35 km at 98–99%	31       Total: 116 mi
1 82' basic mileage  41' basic mileage	2 <i>Rest - glute pain</i>	3 70' basic mileage  40' basic mileage	4 81' basic mileage  42' basic mileage	5 20' warmup + 6-5-4-3-2k at 98→105% (avg. 100%) w/ 1k rec. at 78%  39' regeneration	6 82' basic mileage  43' easy	7 97' basic mileage  36' regeneration  Total: 116 mi
8 <i>Progressive run:</i> 10k at 74%, then 4 x 3k: 77% 84% 90% 94%  41' basic mileage	9 20' warmup + 2-3-4-4-3-2-1k at 101% w/ 1k recovery at 85%	10 89' basic mileage  43' very easy	11 88' basic mileage  36' regeneration	12 12 km at 83% 5 min rest 5k at 102%  12 km at 86% 5 min jog 5k at 102%	13 88' basic mileage  40' regeneration in forest	14 120' at "personal feeling"  (~basic mileage)  Total: 134 mi
15 ? <i>schedule blank after April 14</i>	16 ?	17 ?	18 ?	19 ?	20 ?	21  <b>London Marathon</b> 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.