



KOVALAM MARATHON

TRIVANDRUM | 13 SEP 2026

KOVALAM MARATHON

FULL MARATHON (42.2 KM) –
100-DAY TRAINING PLAN



100 DAYS
STRUCTURED PLAN



WEEKLY FOCUS
BUILD • ADAPT • PERFORM



TRAIN SMART
RECOVER • STAY STRONG



RACE READY
YOUR BEST MILE

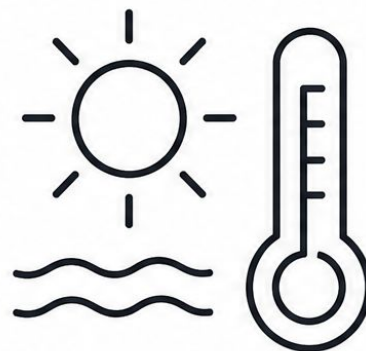


TRAINING OVERVIEW



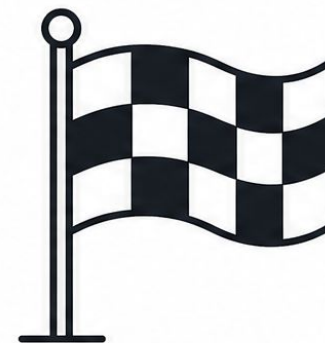
100-DAY STRUCTURED PLAN

14 weeks of
progressive training



DESIGNED FOR **INDIAN CONDITIONS**






Heat & humidity
adaptation



GOAL: BUILD **ENDURANCE &** **FINISH STRONG**

Complete 42.2 KM
confidently

How to Use This Plan

-  1. Follow the weekly schedule consistently
-  2. Tick each day after completion
-  3. Keep easy runs slow – build aerobic base
-  4. Do not skip long runs – they build endurance
-  5. Start hill training from Week 4



KOVALAM
MARATHON

WEEKLY TRAINING STRUCTURE

















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	EASY RUN	INTERVALS/ HILLS	EASY RUN	REST	TEMPO	LONG RUN



WEEK 1 – BASE BUILDING BEGINS

WEEK 1 OF 14

















DAY	WORKOUT	DONE <input type="checkbox"/>
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (5 km)	<input type="checkbox"/>
 WEDNESDAY	 4 × 400m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (5 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (6 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (8 km)	<input type="checkbox"/>



WEEK 2 – BUILDING CONSISTENCY

 WEEK 2 OF 14



DAY	WORKOUT	DONE <input type="checkbox"/>
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (6 km)	<input type="checkbox"/>
 WEDNESDAY	 5 × 400m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (6 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (7 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (10 km)	<input type="checkbox"/>

















WEEK 3 – STEADY PROGRESS



WEEK 3 OF 14



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MARATHON

DAY	WORKOUT	COMPLETE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (7 km)	<input type="checkbox"/>
 WEDNESDAY	 6 × 400m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (6 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (8 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (12 km)	<input type="checkbox"/>

WEEK 4 – HILLS INTRODUCTION

















WEEK 4 OF 14



KOVALAM
MARATHON



DAY	WORKOUT	COMPLETE
 MONDAY	 REST	<input type="checkbox"/>
 TUESDAY	 EASY RUN (7 KM)	<input type="checkbox"/>
 WEDNESDAY	 HILL REPEATS (6 × 2 MIN UPHILL)	<input type="checkbox"/>
 THURSDAY	 EASY RUN (7 KM)	<input type="checkbox"/>
 FRIDAY	 REST	<input type="checkbox"/>
 SATURDAY	 TEMPO (9 KM)	<input type="checkbox"/>
 SUNDAY	 LONG RUN (14 KM)	<input type="checkbox"/>










NOTE: HILLS BUILD STRENGTH FOR RACE DAY



WEEK 5 – INCREASING LOAD



WEEK 5 OF 14

DAY	SESSION	DONE
 MONDAY	● REST	<input type="checkbox"/>
 TUESDAY	● EASY RUN (8 KM)	<input type="checkbox"/>
 WEDNESDAY	● 8 × 400M INTERVALS	<input type="checkbox"/>
 THURSDAY	● EASY RUN (7 KM)	<input type="checkbox"/>
 FRIDAY	● REST	<input type="checkbox"/>
 SATURDAY	● TEMPO (10 KM)	<input type="checkbox"/>
 SUNDAY	● LONG RUN (16 KM)	<input type="checkbox"/>

●  RUN QUALITY

 BUILD ENDURANCE















 RECOVER & RECHARGE



WEEK 6

BUILDING ENDURANCE

 **WEEK 6** OF 14

DAY	WORKOUT	DETAILS	DONE
 MONDAY	 REST	Recovery and rest	<input type="checkbox"/>
 TUESDAY	 EASY RUN	8 km	<input type="checkbox"/>
 WEDNESDAY	 HILL REPEATS	8 × 2 min uphill	<input type="checkbox"/>
 THURSDAY	 EASY RUN	8 km	<input type="checkbox"/>
 FRIDAY	 REST	Recovery and rest	<input type="checkbox"/>
 SATURDAY	 TEMPO	11 km	<input type="checkbox"/>
 SUNDAY	 LONG RUN	18 km	<input type="checkbox"/>



STAY HYDRATED



LISTEN TO YOUR BODY



RECOVER. ADAPT. IMPROVE.



WEEK 7 – HALFWAY POINT

 WEEK 7 OF 14

DAY	WORKOUT	DETAILS	COMPLETE
 MONDAY	 Rest	—	<input type="checkbox"/>
 TUESDAY	 Easy Run	9 km	<input type="checkbox"/>
 WEDNESDAY	 10 × 400m Intervals	10 × 400m	<input type="checkbox"/>
 THURSDAY	 Easy Run	8 km	<input type="checkbox"/>
 FRIDAY	 Rest	—	<input type="checkbox"/>
 SATURDAY	 Tempo Run	12 km	<input type="checkbox"/>
 SUNDAY	 Long Run	20 km	<input type="checkbox"/>



YOU'RE HALFWAY THROUGH!





WEEK 8 – PUSHING BOUNDARIES

 WEEK 8 OF 14



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MARATHON

DAY	WORKOUT	DETAILS	<input checked="" type="checkbox"/>
 MON	 REST	—	<input type="checkbox"/>
 TUE	 EASY RUN	9 km	<input type="checkbox"/>
 WED	 HILL REPEATS	10 × 2 min uphill	<input type="checkbox"/>
 THU	 EASY RUN	9 km	<input type="checkbox"/>
 FRI	 REST	—	<input type="checkbox"/>
 SAT	 TEMPO	13 km	<input type="checkbox"/>
 SUN	 LONG RUN	22 km	<input type="checkbox"/>

WEEK 9 – PEAK TRAINING VOLUME



WEEK 9 OF 14



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MARATHON

DAY	WORKOUT	DETAILS	<input checked="" type="checkbox"/>
 MONDAY	 REST	—	<input type="checkbox"/>
 TUESDAY	 EASY RUN (10 KM)	Easy effort.	<input type="checkbox"/>
 WEDNESDAY	 12 × 400M INTERVALS	Track or road intervals. Stay strong and controlled.	<input type="checkbox"/>
 THURSDAY	 EASY RUN (9 KM)	Conversational pace.	<input type="checkbox"/>
 FRIDAY	 REST	—	<input type="checkbox"/>
 SATURDAY	 TEMPO (14 KM)	Steady, comfortably hard. Focus on even effort.	<input type="checkbox"/>
 SUNDAY	 LONG RUN (25 KM)	Build endurance. Hydrate and fuel well.	<input type="checkbox"/>

















WEEK 10 - MAINTAINING STRENGTH





WEEK 10
OF 14



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

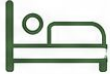


DAY	WORKOUT	COMPLETE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (10 km)	<input type="checkbox"/>
 WEDNESDAY	 Hill Repeats (12 × 2 min uphill)	<input type="checkbox"/>
 THURSDAY	 Easy Run (10 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (14 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (28 km)	<input type="checkbox"/>

 STAY CONSISTENT. STAY STRONG. YOU'VE GOT THIS. 

WEEK 11 - PEAK WEEK

WEEK 11 OF 14



	MONDAY	Rest	<input type="checkbox"/>
	TUESDAY	Easy Run (10 km)	<input type="checkbox"/>
	WEDNESDAY	10 × 400m intervals	<input type="checkbox"/>
	THURSDAY	Easy Run (10 km)	<input type="checkbox"/>
	FRIDAY	Rest	<input type="checkbox"/>
	SATURDAY	Tempo (12 km)	<input type="checkbox"/>
	SUNDAY	Long Run (32 km)	<input type="checkbox"/>
























**LONGEST RUN -
FUEL AND HYDRATE WELL!**



WEEK 12 – TAPER BEGINS

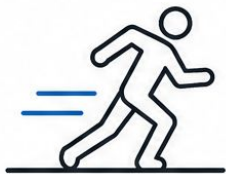


WEEK 12
OF 14

DAY		WORKOUT	DETAILS	FOCUS	DONE
MONDAY		Rest	 Complete rest day.	 Recovery	<input type="checkbox"/>
TUESDAY		Easy Run (8 km)	 Conversational pace. Keep it easy.	 Aerobic Base	<input type="checkbox"/>
WEDNESDAY		6 × 400m Intervals	 6 × 400m at 5K pace with 200m jog recovery.	 Speed	<input type="checkbox"/>
THURSDAY		Easy Run (7 km)	 Easy effort. Stay relaxed.	 Aerobic Base	<input type="checkbox"/>
FRIDAY		Rest	 Complete rest day.	 Recovery	<input type="checkbox"/>
SATURDAY		Tempo (10 km)	 Steady, controlled effort at tempo pace.	 Lactate Threshold	<input type="checkbox"/>
SUNDAY		Long Run (20 km)	 Build endurance. Stay consistent.	 Endurance	<input type="checkbox"/>










VOLUME REDUCES – TRUST YOUR TRAINING



WEEK 13 – FINAL TAPER

 WEEK 13 OF 14

DAY	WORKOUT	DETAILS	DISTANCE	COMPLETE
 MONDAY	Rest	—	—	<input type="checkbox"/>
 TUESDAY	Easy Run	Easy conversational pace	6 km	<input type="checkbox"/>
 WEDNESDAY	4 × 400m intervals (easy)	400m at easy effort Jog recovery	—	<input type="checkbox"/>
 THURSDAY	Easy Run	Easy conversational pace	5 km	<input type="checkbox"/>
 FRIDAY	Rest	—	—	<input type="checkbox"/>
 SATURDAY	Easy Run	Easy conversational pace	5 km	<input type="checkbox"/>
 SUNDAY	Easy Run	Easy conversational pace	8 km	<input type="checkbox"/>











KEEP RUNS SHORT AND EASY – LET YOUR BODY RECOVER



WEEK 14 – RACE WEEK

WEEK 14 OF 14



<input type="checkbox"/>	MONDAY		REST
<input type="checkbox"/>	TUESDAY		EASY RUN (4 KM)
<input type="checkbox"/>	WEDNESDAY		REST
<input type="checkbox"/>	THURSDAY		EASY RUN (3 KM)
<input type="checkbox"/>	FRIDAY		REST
<input type="checkbox"/>	SATURDAY	 + 	EASY RUN (2 KM) + STRIDES
<input type="checkbox"/>	SUNDAY		RACE DAY! 42.2 KM



YOU'RE READY. TRUST YOUR PREPARATION!

KOVALAM-SPECIFIC TRAINING TIPS



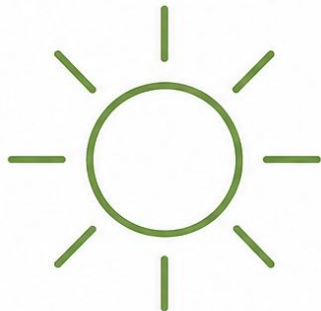
TRAIN WITH HILLS

Kovalam course has elevation changes



PRACTICE HYDRATION

carry water on long runs



RUN IN HUMIDITY


train during warm morning hours







FOCUS ON ENDURANCE



coastal conditions require stamina



IMPORTANT TRAINING GUIDELINES


- 

1 Don't skip long runs – they are your race-day foundation 
- 

2 Increase weekly mileage gradually – avoid injury 
- 

3 Hydrate consistently – before, during, and after runs 
- 

4 Listen to your body – rest when needed 
- 

5 Recovery is training – sleep and nutrition matter 



KOVALAM
MARATHON

Dear Runner,

Every run you complete brings you one step closer to the start line.
Stay consistent, stay focused, and trust your training.

Take care of your body, eat well, hydrate, and don't ignore signs of fatigue.
Strong runners are not just trained, they are well-recovered.

Trust the process. Stay consistent.



See You at the Starting Line

www.kovalamarathon.com

