Elite Marathon runners are running anywhere between 45 miles-150 miles (90km-250km) per week in a training phase. Of course these volumes have been built up over many years.

If we take a sneak peak into the initial stages of Eliud Kipchoges buildup to the Berlin Marathon we can see the volume put in:

- **Thurs Aug 10**
  AM 30.8km Tempo Run: 1hr42min (meant to be 30km, but had to take a detour loop as the course was too muddy in parts, ended up just running back to the starting point, which was 30.8km)
  PM 10km easy (40mins)

- **Fri Aug 11**
  AM 16km easy-moderate (70mins)
  PM 10km easy (40mins)

- **Sat Aug 12**
  AM Fartlek: 10min warm up (1.9km), 4x10mins with 2min rest, reps were at right around 3:00/km (2:45-2:50 downhill, 3:10-3:15 uphill) and rest was very slow jogging. 15min easy cool down (2.2km)
  PM 12km (50mins)

- **Sun Aug 13 AM 22km (78mins)**

For the above training review we can see that the Worlds best runners are putting in a whopping 118kms across the space of 4 days. Almost everyday, running twice a day!

Volume is not the full story. Certainly running more distance over many years will result in improved performance, however this is a long adaptive process. The considerations at any time of a plan are intensity and frequency.
Intensity – Understanding Aerobic versus Anaerobic conditioning

The terms "aerobic" and "anaerobic" refer to the presence and absence of oxygen, respectively. As a general rule, Marathon running is primarily an aerobic race. The aerobic metabolism burns fat as its primary fuel and is cultivated by training at lower intensities where your muscles have enough oxygen to produce all the energy you need to perform. To intensify this effect, training fasted or in a ‘carb-less’ state, at slower speeds, assists in the body’s adaptation in using fat as its primary fuel source. This is clearly demonstrated by the World’s best in the example above, whereby the training speed of long runs is clearly within an adaptive zone. Your zone will be very different – so it is important to establish your training heart rate zones early and stay within the targets.

Testing can be valuable to establish your zones. Specifically, for Marathon running that is which requires athletes to be efficient, fuel efficiency/ ketogenic testing is most significant rather than lactate or VO2 max tests.

The Volumes change but the principles do not

The base endurance phase is about setting a foundation:

✓ To stay injury free
✓ Gradually building the distance you can run – showing the body ‘the duration’
✓ Ensuring we do not over-stress the body too early

Ideal Habits in this phase are to:

✓ Run off road
✓ Train in a fasted state, eating after your workout
✓ Making sure you stay hydrated (important in every phase)
✓ Slowly training your body to recover faster session to session