



# TRAINING GUIDE OCHSNER SPORT ZÜRICH MARATHON, MARATHON

TRAINING GUIDE BY VIKTOR RÖTHLIN,  
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# TRAINING PLAN GUIDE

<b>TRAINING GUIDE</b>	<b>Marathon finisher</b> 14-week guide to finishing the marathon with no time constraints. The goal is to finish and have an enjoyable experience.	<b>Marathon in 4 hours</b> 14-week guide to finishing the marathon in 4 hours.	<b>Marathon in 3h30</b> 14-week guide for more ambitious runners who not only want to reach the finish line, but also want to achieve a quick time.
<b>GUIDE STRUCTURE</b>	<p>The guide is structured cyclically. An easy week is always followed by a medium week and then a hard week.</p> <p>Training sessions are organised by colour according to intensity. Green means you run at a slow, even pace. During yellow zones you run at a medium pace and red means you can really accelerate. Two thirds of all training sessions are „green“ which is important for basic endurance!</p>		
<b>FLEXIBILITY</b>	<p>Be flexible! You can reorganise and rotate workouts within the same week.</p> <p><b>Keep in mind:</b></p> <ol style="list-style-type: none"> <li>1. Always take a day off after a red training session and a long run.</li> <li>2. Do not carry over any training sessions into the next week.</li> </ol>		
<b>INCREASING TRAINING WORKLOAD</b>	<p>If you want to add more to your routine, any extra training sessions should only be „green“ and can only be added to the second (medium) or third (hard) week. <b>Never fill an easy week with additional running workouts.</b> If you do any alternative sports, they too should take place in the green or, at most, the yellow zone.</p>		
<b>BREAKS FROM TRAINING</b>	<p>With a maximum of 2 possible training sessions per week: complete the long run (if available) and a yellow training session.</p> <p>With a maximum of 1 possible training session per week: complete the long run. However, this should not be done more than twice during preparations over the last 3 months. Otherwise you will definitely have to compensate with alternative sports!</p>		
<b>MOTIVATION</b>	<p>Your marathon goal should be fun, so keep your motivation high. Try to run with friends. Let your children accompany you on their bike during long runs. Postpone a workout if you're feeling totally unmotivated. Enjoy improvements in your performance and, above all, listen carefully to your body.</p> <p>If you feel very tired or weak, skip training or run only in the green zone instead of in the yellow zone. But always remember: every third week is a hard week. You should feel very tired from training by the end of the week! This will be followed by an easy, relaxing week, which you'll enjoy even more. :-)</p>		
<b>CORE STRENGTH &amp; ADDITIONAL TRAINING</b>	<p>In addition to endurance training, it is also important to strengthen the musculoskeletal system to prevent injuries. Be sure to include strengthening sessions alongside your running training. Above all, you should regularly complete core strength training for an upright and evenly balanced running style and additional training for leg axis stability.</p>		

GUIDE		MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
ER s	Endurance run slow	Corresponding to green zone. Able to speak continuously without difficulty.		
	Pace	Pace: ~ 7:00 – 8:00	Pace: ~ 6:30 – 7:30	Pace: ~ 5:15 – 6:30
ER m	Endurance run medium	Corresponding to yellow zone. Able to speak a few sentences in one go.		
	Pace	Pace: ~ 6:00 – 7:00	Pace: ~ 5:30 – 6:30	Pace: ~ 4:30 – 5:15
ER f	Endurance run fast	Corresponding to red zone. Speaking complete sentences is almost impossible.		
	Pace	Pace: ~ 5:30 – 6:00	Pace: ~ 5:00 – 5:30	Pace: ~ 4:00 – 4:30
6:15	Pace	For example, a pace of 6:15 means you run one kilometre in 6 minutes and 15 seconds.		
45`	Time indication	Run for 45 minutes in the intensity range indicated by the colour.		
10x	Reps	number of repetitions per sequence		
LR	Long run	Long run.		
WU	Warm-up	In the green zone.		
WD	Warm-down	In the green zone.		
JB	Jog break	In the green zone.		
FL	Fartlek	A fartlek "speed play" is irregular interval training. During the specified time, combine fast and slow sections as desired. The shorter the section chosen, the faster it can be run. The intensity varies from green to red.		
AS	Alternative sports	Any sport you like to offset training. Endurance sports such as cycling, biking, inline, swimming, hiking, etc. are recommended.		
F	Footing	Very slow jogging in the green zone		

### READING EXAMPLES

ER s 60'	WU 15' / 3x 3km, JB 5' / WD 15'	WU 15' / FL 45' / WD 15'	LR: ER s 40', ER m 30'
- 60-minute endurance run in the green zone	- 15-minute warm-up - Run 3km x 3 times in a row in the yellow zone. Jog lightly for 5 minutes in between intervals. - 15-minute warm-down	- 15-minute warm-up - Immediately tack on 45 minutes of fartlek - 15-minute warm-down	Long run consisting of: - 40 minutes in the green zone (ER l) then 30 minutes immediately afterwards in the yellow zone (ER m).

## PACE CALCULATION

In order for you to get an idea of how fast the pace guidelines are for you personally, complete a 10km run as fast as you can or estimate how long it currently takes you to run 10km. As an example, let's say 50 minutes for 10km, which corresponds to a pace of 5 minutes per kilometre.

Pace	Calculation	Sample	Sample pace
Regenerative	+ 35-50%	5 mins + 35-50%	= 6:45 – 7:30
Slow	+ 25-40%	5 mins + 25-40%	= 6:15 – 7:00
Medium	+ 10-25%	5 Min + 10-25%	= 5:30 – 6:15
Fast	+ 0-10%	5 Min + 0-10%	= 5:00 – 5:30

# WEEK 1 - 2

WEEK 1	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b> 06.01.2025	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 60'	ER s 60'	ER s 60'
<b>WEDNSDAY</b>	Kick-off event OCHSNER SPORT at Europaallee	Kick-off event OCHSNER SPORT at Europaallee	Kick-off event OCHSNER SPORT at Europaallee
<b>THURSDAY</b>	ER s 60'	ER s 75'	ER s 75'
<b>FRIDAY</b>			
<b>SATURDAY</b>			AS
<b>SUNDAY</b>	AS	AS	ER s 90'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

WEEK 2	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 60'	ER s 60'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	ER m 45'	ER m 60'	ER m 60'
<b>FRIDAY</b>			
<b>SATURDAY</b>			AS
<b>SUNDAY</b>	ER s 90'	ER s 90'	ER s 90'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

# WEEK 3 - 4

WEEK 3	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 75'	ER s 75'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	WU 10' / ER fast 30' / WD 10'	WU 10' / ER fast 30' / WD 10'	WU 15' / 2x 20' ER fast, JB 5' / WD 15'
<b>FRIDAY</b>			
<b>SATURDAY</b>		ER s 45'	ER s 60'
<b>SUNDAY</b>	LR 100'	LR 100'	LR 100'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

WEEK 4	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 60'	ER s 60'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	ER s 60'	ER s 75'	ER s 75'
<b>FRIDAY</b>			
<b>SATURDAY</b>			AS
<b>SUNDAY</b>	AS	AS	LR 100'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

# WEEK 5 - 6

WEEK 5	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 60'	ER s 60'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	ER m 45'	ER m 60'	ER m 75'
<b>FRIDAY</b>			
<b>SATURDAY</b>			AS
<b>SUNDAY</b>	LR 110'	LR 110'	LR 110'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

WEEK 6	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 60'	ER s 75'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	ER s 75'	ER s 75'	ER m 75'
<b>FRIDAY</b>			
<b>SATURDAY</b>		ER s 45'	ER s 60'
<b>SUNDAY</b>	LR 120'	LR 120'	LR: ER s 70', ER m 50'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

# WEEK 7 - 8

\*REGISTRATION AT  
OCHSNERSPORT.CH/ZURICHMARATHON

WEEK 7	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 60'	ER s 60'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b> <b>13.02.2025</b> <i>(REGISTRATION REQUIRED!)*</i>	Official OCHSNER SPORT preparation training Europaallee WU 10' / 20' Kenyan Fartlek / WD 10'	Official OCHSNER SPORT preparation training Europaallee WU 10' / 20' Kenyan Fartlek / WD 10'	Official OCHSNER SPORT preparation training Europaallee WU 10' / 20' Kenyan Fartlek / WD 10'
<b>FRIDAY</b>			
<b>SATURDAY</b>			AS
<b>SUNDAY</b>	AS	AS	LR: 120'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

WEEK 8	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 75'	ER s 75'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	WU 10' / 4x 10', JB 2' / WD 10'	ER m 60'	ER m 75'
<b>FRIDAY</b>			
<b>SATURDAY</b>		ER s 45'	ER s 60'
<b>SUNDAY</b>	LR 130'	LR 130'	LR: ER s 70', ER m 60'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week



# WEEK 9 - 10

WEEK 9	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 75'	ER m 45'	ER m 45'
<b>WEDNSDAY</b>			ER s 60'
<b>THURSDAY</b>	WU 10' / 5x 2km, JB 2' / WD 10'	WU 15' / 4x 3km, JB 2' / WD 15'	WU 15' / 4x 4km, JB 2' / WD 15'
<b>FRIDAY</b>			
<b>SATURDAY</b>		ER s 60'	ER s 60'
<b>SUNDAY</b>	LR 140'	LR 140'	LR: ER s 70', ER m 70'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

WEEK 10	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 75'	ER s 75'	ER s 75'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	WU 15' / 3x 3km, JB 3' / WD 15'	WU 15' / 4x 4km, JB 3' / WD 15'	WU 15' / 4x 5km, JB 3' / WD 15'
<b>FRIDAY</b>			
<b>SATURDAY</b>			ER s 60'
<b>SUNDAY</b>	LR 160'	LR 160'	LR: ER s 60', ER m 70', ER f 30'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

# WEEK 11 - 12

\*REGISTRATION AT  
OCHSNERSPORT.CH/ZURICHMARATHON

WEEK 11	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 75'	ER s 75'	ER s 60'
<b>WEDNSDAY</b>			ER s 75'
<b>THURSDAY</b> <b>13.03.2025</b> <i>(REGISTRATION REQUIRED!)*</i>	Official OCHSNER SPORT preparation training Europaallee WU 10' / 48' negative second split run / WD 10'	Official OCHSNER SPORT preparation training Europaallee WU 10' / 48' negative second split run / WD 10'	Official OCHSNER SPORT preparation training Europaallee WU 10' / 48' negative second split run / WD 10'
<b>FRIDAY</b>			
<b>SATURDAY</b>		ER s 45'	ER s 60'
<b>SUNDAY</b>	LR 170'	LR 170'	LR: ER s 70', ER m 70', ER f 30'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

WEEK 12	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 75'	ER m 45'	ER m 60'
<b>WEDNSDAY</b>			ER s 75'
<b>THURSDAY</b>	WU 15' / 5x 10', JB 2' / WD 15'	WU 15' / 3x 20', JB 2' / WD 15'	WU 15' / 4x 20', JB 2' / WD 15'
<b>FRIDAY</b>			
<b>SATURDAY</b>		ER s 45'	ER s 60'
<b>SUNDAY</b>	LR 180'	LR 180'	LR: ER s 60', ER m 90', ER f 30'
<b>MISCELLANEOUS</b>	2x core strength/week	2x core strength/week	3x core strength/week

# WEEK 13 - 14

\*REGISTRATION AT  
 OCHSNERSPORT.CH/ZURICHMARATHON  
 (FROM THE END OF MARCH 2025)

WEEK 13	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	ER s 45'	ER s 45'	ER s 45'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>	ER s 60'	ER s 60'	ER m 45'
<b>FRIDAY</b>			
<b>SATURDAY</b>			
<b>SUNDAY</b>	ER s 45'	ER s 45'	ER s 45'
<b>MISCELLANEOUS</b>			

WEEK 14	MARATHON FINISHER	MARATHON IN 4H	MARATHON IN 3H30
<b>MONDAY</b>	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->	OCHSNER SPORT Runday Monday Training or on Tuesday ->
<b>TUESDAY</b>	WU 15' / 20' marathon pace / WD 15'	WU 15' / 20' marathon pace / WD 15'	WU 15' / 20' marathon pace / WD 15'
<b>WEDNSDAY</b>			
<b>THURSDAY</b>			
<b>FRIDAY</b>	Footing 30' or	Footing 30' or	Footing 30' or
<b>SATURDAY</b> <i>(REGISTRATION REQUIRED!)*</i>	Shake-out Run meeting point 12:00 at Europaallee	Shake-out Run meeting point 12:00 at Europaallee	Shake-out Run meeting point 12:00 at Europaallee
<b>SUNDAY</b>	OCHSNER SPORT Zurich-Marathon 42.195km	OCHSNER SPORT Zurich-Marathon 42.195km	OCHSNER SPORT Zurich-Marathon 42.195km
<b>MISCELLANEOUS</b>			

NOT IN THE MOOD TO TRAIN ALONE?

RUN

RUNDAY MONDAYS  
(EVERY MONDAYS)

WITH

ON COMMUNITY RUNS  
(EVERY WEDNSDAYS)

US.

