



MIKE GRATTON'S ELITE TRAINING

TRANSCRIBED FROM THE DAILY TRAINING DIARY KEPT IN 1982/83

MARATHON TRAINING STARTED IN 1979 AND IT TOOK MANY YEARS TO GET TO THIS VOLUMN AND INTENSITY COMBINATION

| DATE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|--|--|---|---|---|---|--|
| Mon 6 Dec | am: 5 miles steady pm: 8 miles group fartlek | am: 5 miles steady pm: 8 miles Canterbury loop @ 5.45 mile pace | am: 5 miles steady pm: 13 miles steady | am: 5 miles steady pm: 10 miles steady | am: 5 miles steady pm: 5 miles steady | am: 5 miles steady pm: 6 miles easy | am: 22 miles steady pm: 6 miles easy |
| Mon 13 Dec | am: 5 miles steady pm: 8 miles group fartlek | am: 5 miles steady pm: 8 miles Canterbury loop @ 5.45 mile pace | am: 5 miles steady pm: 13 miles steady | am: 5 miles steady pm: 10 miles steady | am: 5 miles steady pm: miles steady | am: 11 miles stedy cross country pm: 6 miles easy | am: 22 miles steady pm: 6 miles easy |
| Mon 20 Dec | am: 5 miles steady pm: Hill session – 15 min steady, 10 x 400m up hill, jog back recovery, 15 mins steady | am: 5 miles steady pm: 8 miles Canterbury loop @ 5.30 mile pace | am: 5 miles steady pm: 15 miles steady | am: 5 miles steady pm: 8 miles steady | am: 5 miles steady pm: 8 miles fartlek | am: 8 miles easy cross county pm: Christmas dinner | am: Boxing Day Relays, Folkestone. Teams of two, each running 3 x 700m (times 1.50, 1.49, 1.55), approx. 2 min recovery between each pm: 9 miles steady |
| Mon 27 Dec | am: 8 miles @ 5 min mile pace pm: 14 miles @ 5.30 mile pace | am: 5 mins easy pm: 11 miles tempo | am: 6 miles steady pm: 11 miles steady | am: 6 miles steady pm: 18 miles tempo – hilly around Cheltenham/Cleve Hill | am: 7 miles easy cross country pm: rest - travelling | am: 8 miles tempo pm: 7 miles staedy | am: Essex Beagles Relay (3miles?): 1 st Colin Reitz 13.48, 2 nd Eannon Martin 13.49...4 th MG 14.01 pm: Rest |

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|------------|--|---|--|---|---|--|---|
| Mon 3 Jan | am: 15 miles @ 5.30 mile pace pm: Rest | am: 3 mile steady, 10 x 150m hard sprints in spikes, 2 mile steady warm down pm: 7 miles tempo | am: 5 miles easy cross country pm: 12 miles steady | am: 8 miles fartlek pm: rest | am: 4 miles steady pm: 4 miles easy cross country | am: Kent Cross Country Champs: 5 th , disappointed! pm: Rest | am: 20 miles heavy cross country pm: 5 miles easy |
| Mon 10 Jan | am: Rest pm: 12 miles steady | am: 5 miles steady lunch time: 5 miles steady pm: 11 miles steady | am: 5 miles steady pm: 15 miles steady | am: 5 miles steady pm: 11 miles steady | am: 5 miles steady lunch: 4 miles (sch xc club) pm: 10 miles steady | am: 11 miles steady cross country pm: 6 miles fartlek | am: 20 miles steady pm: 5 miles steady |
| Mon 17 Jan | am: 5 miles easy pm: 10 mile tempo – hitting 5 min miles in the middle | am: 8 miles steady pm: 11 miles fast/steady | am: 4 miles easy pm: 15 miles steady | am: 4 miles easy pm: 10 miles fartlek | am: 4 miles easy pm: 10 miles hilly, steady pace | am: 12 miles cross country steady pm: 7 miles fartlek | am: 20 miles steady pm: 5 miles steady |
| Mon 24 Jan | am: Rest pm: 10 miles, starting @ 5.30 min miles, finishing @ 5 min miles | am: 4 miles easy lunch: 4 miles steady pm: 10 miles tempo | am: 4 miles steady pm: 15 miles steady | am: 4 miles steady pm: 10 miles tempo | am: 4 miles steady lunch: 4 miles easy (sch xc club) pm: 8 miles steady | am: 9 miles cross country steady pm: Rest | am: Sittingbourne 10 mile race: 1 st in 48.32 pm: 7 miles easy |
| Mon 31 Jan | am: 5 miles cross country easy pm: 12 miles cross country steady | am: Fly to Puerto Rico. Problem with visda and stuck in Madrid pm: 5 miles in Madrid | am: No training – collecting visa from US Embassy pm: Flight to Puerto Rico | am: Arrival in Como, Puerto Rico, 5 miles easy pm: 10 miles steady – very hilly and hot! | am: 5 miles easy pm: 10 miles steady | am: 7 miles steady pm: Rest | pm: San Blas Half Marathon: 3pm start – very hot. Finished 29 th in 69.50 after leading at 5km (14.20) and 10km (29.41) fell apart in heat. 1 st Debele (Ethiopia) who went on to win World XC. |

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| Mon 7 Feb | am: 5 miles easy pm: 10 miles out and back – out in 30 mins, return in 25.55 | am: 15 miles steady with Italian Marathon team pm: Fartlek, 10 x 1 min to 2 min efforts. Return flight to Heathrow via Madrid | am: 10 miles in Madrid (airport perimeter road) while waiting for connection. pm: Flight to LHR | am: 10 miles in heavy snow pm: weather to poor to go out in. | am: 4 miles steady lunch: 4 miles (sch xc club) pm: 10 miles (all runs on deep snow) | am: 10 miles in deep snow pm: 10 miles, turned very icy | am: 20 miles in snow and ice conditions. pm: 6 miles easy (very cold) |
| Mon 14 Feb | am: 14 miles cross country, muddy and icy pm: Rest | am: 4 miles easy lunch: 4 miles steady pm: 10 miles tempo | am: 4 miles easy pm: 17 miles @ 5.30 mile pace | am: 4 miles easy pm: 10 miles steady | am: 11 miles cross country pm: 5 miles steady | am: Imperial College Hyde Park relays (3 miles) – ran fastest lap of the day with 13.28), 3 mile warm up, 6 mile cool down pm: Rest | am: 21 miles finishing at fast pace – felt excellent pm: 5 miles fast/steady |
| Mon 21 Feb | am: 5 miles cross country pm: 11 miles fast/steady | am: 5 miles steady pm: 3 mile steady, 20 x 400m, 100 jog recovery – average 68 sec per 400 (10km pace) Cinder track | am: Rest pm: 17 miles steady | am: 4 miles steady pm: 11 miles steady | am: 4 miles easy pm: 10 miles fast/steady | am: 3 miles steady, 6 x 1km on grass surface in spikes, 2 min recoveries, 10 x 1 min @ 3km pace, 1 min recoveries, 2 miles steady pm: Rest | am: 21 miles, fast throughout. pm: 5 miles easy |
| Mon 28 Feb | am: Rest pm: 11 miles fast/steady | am: 5 miles easy pm: 9 miles easy start of a cold! | am: 4 miles easy pm: 9 miles easy | am: 4 miles easy pm: 9 miles easy | am: 2 mile jog – hopping cold to clear for Nat XC tomorrow pm: Rest | am: national Cross Country Champs – Luton. (miles. 29 th , very disappointed as should have made England team for World Cross Country | am: 22 miles steady – feeling tired pm: 5 miles easy. Feeling better |

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| Mon 7 Mar | am: Rest pm: 8 miles tempo | am: 4 miles tempo pm: 3 mile steady, 20 x 400, 100 jog recoveries – 67 min average (5km pace), 3 mile steady | am: 4 miles easy pm: 10 miles tempo | am: 4 miles. Day doing comparative fitness tests for a Sunday Times feature. VO2 Max reading predicted I could run 2.14 – I already had RUN 2 x 2.12 and would soon run 2.09! pm: 8 x 1000m, in spikes, 2.50 average with 2 mins recoveries. | am: 5 miles easy pm: Rest | Tonbridge 10 mile race: Finished 1 st in a PB 47.11. | am: pm: |
| Mon 14 Mar | am: 5 miles steady pm: 10 miles tempo | am: 5 miles steady pm: 3 miles steady 5 sets (5 x 300) 100m jog recovery, 500 between sets, 3 mile steady | am: 5 miles steady pm: 15 miles steady | am: 5 miles steady pm: 3 miles steady 8 x 800m in 2.08 average, 2 mins recoveries, 3 miles steady | am: 5 miles steady pm: 10 miles cross country | am: 5 miles steady pm: 8 fartlek | am: 22 miles picking up pace at end pm: 5 miles steady |
| Mon 21 Mar | am: 10 miles tempo pm: 7 miles steady | am: 5 miles steady pm: 3 miles steady, 200, 400, 600, 800, 1000, 800, 600, 400, 200, 200m recoveries. 3 miles steady | am: 5 miles steady pm: 8 miles tempo | am: 5 miles steady pm: 8 miles steady | am: Fly to Rome pm: Rest | am: 5 miles easy | am: Rome to Ostia (Italy) 28km road race. 2 nd to Bernie Ford (2.10 marathon runner) 24.30 to 24.42 |
| Mon 28 Mar | am: 5 miles cross country pm: 7 miles steady | am: travelling s pm: 20 x 1min on1 min off. Road | am: 5 miles steady pm: 10 miles cross country | am: 10 miles cross country pm: 8 x 1,000m, average 2.45, 2 mins recoveries | am: 12 miles steady pm: 10 miles steady | am: 6 miles cross country pm: 11 miles cross country | am: 20 miles steady pm: 5 miles steady |

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| Mon 4 Apr | am: 5 miles steady pm: 8 miles cross country | am: 5 miles steady pm: 3 miles steady, 10 x 400m in 60 to 62 sec each, 200 jog recovery. 4 mile steady | am: 5 miles steady pm: 10 miles steady | am: 9 miles fartlek, with marathon pace efforts. pm: Rest | am: 6 miles cross country pm: Rest | Southern 12 Stage Road repays, Wimboldon Common. 24.55 (leg just over 5 miles) took Invicta into a lead, which we retained. | am: 10 miles steady pm: |
| Mon 11 Apr | am: 14 miles – start of Carbohydrate bleed out diet. pm: Rest | am: 15 x 200 strides in road racing shoes, 200m jog recoveries. pm: | am: 9 miles steady XC pm: end protein part of diet and start on carb part | am: 7 miles steady cross country pm: Rest | am: 5 miles easy pm: Rest | am: 4 miles easy pm: Rest | LONDON MARATHON 1 ST MIKE GRATTON 2:09:43 2 ND GERRY HELME 2:10:13 3 RD HENRICK JORGENSON 2:10:41 |

Mike Gratton was a full-time schoolteacher at this time, teaching PE and Geography. Most morning runs were easy to steady pace, getting to work in the mornings. Most morning run done as recovery and as fasting runs, with a light breakfast once at school. A full school lunch was available.

This is not intended as a plan to follow but as a reference to see the volume and types of running that it felt was needed to run under 2hrs and 10mins.