



MIKE GRATTON'S ELITE TRAINING LEADING TO WINNING 1983 LONDON ATHON IN 2 09 43

Note our training group included Ian Stewart who was 3.53 miler/7.43 at 3km, Nick Brawn 2.11 athon, tin Knapp 2.18 athon and Len Slater 2.21 athon, so some of the runs

were quite competitive in nature by this stage.

DECEMBER 1982		
	Morning	Afternoon
SUNDAY 5	22 miles steady	6 miles easy
MONDAY 6	5 miles steady	8 miles group fartlek
TUESDAY 7	5 miles steady	8 miles Canterbury loop with club (5:45 miling)
WEDNESDAY 8	5 miles steady	13 miles steady
THURSDAY 9	5 miles steady	10 miles steady
FRIDAY 10	5 miles steady	5 miles steady
SATURDAY 11	11 miles steady cross country	6 miles easy
SUNDAY 12	22 miles steady	6 miles easy
MONDAY 13	5 miles steady	8 miles group fartlek
TUESDAY 14	5 miles steady	8 miles Canterbury loop with club (5:45 miling)
WEDNESDAY 15	5 miles steady	13 miles steady
THURSDAY 16	5 miles steady	10 miles steady
FRIDAY 17	5 miles steady	5 miles steady
SATURDAY 18	11 miles steady cross country	6 miles easy
SUNDA Y19	22 miles steady	6 miles easy
MONDAY 20	5 miles steady	Hill session - 10 x 400m, jog back recovery - 15 min warm up/cool down jog.
TUESDAY 21	5 miles steady	Club run around town - 5 - 5.30 miles at times!
WEDNESDAY 22	5 miles steady	15 miles steady
THURSDAY 23	5 miles steady	8 miles steady
FRIDAY 24	5 miles steady	8 miles Fartlek
SATURDAY 25	8 miles easy Cross Country.	
SUNDAY 26	Boxing Day parlauf relays - Folkestone sea front 3 x approx. 700mts road/4 mins recovery (1.50, 1.49, 1.55)	9 miles steady.
MONDAY 27	8 miles (6min/mile pace)	14 miles (5.30min/mile pace)
TUESDAY 28	5 miles easy	11 miles (fast around Wembley)
WEDNESDAY 29	6 miles steady	11 miles road.
THURSDAY 30	6 miles steady - travel to Cheltenham	18 miles fast (intended to do 10 miles fast but got lost!).
FRIDAY 31	7 miles XC over Cotswolds	no training (travelling back to Wembley)
SATURDAY 1	8 miles (quick pace)	7 miles steady.
JANUARY 1983		
SUNDAY 2	Essex beagles Relay - 1st. Colin Reitz (13.48), 2nd EaMonday tin (13.49)...4th MG (14.01).	
MONDAY 3	15 miles @ 5.30 mile pace.	
TUESDAY 4	3 mile warm-up - 10 x 150 hard strides in spikes - 2 mile warm down	7 miles quick pace.
WEDNESDAY 5	5 miles XC	12 miles road steady.
THURSDAY 6	8 miles fartlek - 6 efforts.	
FRIDAY 7	4 miles rd	4 miles XC.
SATURDAY 8	Kent XC Champs, Mote Park Maidstone 1st Gary Huckwell, 2nd Keith Penny, 3rd Merv Brameld, 4th Alan Guilder, 5th MG.	
SUNDAY 9	20 miles heavy XC	5 miles easy
MONDAY 10	Rest	12 Miles - building up pace so last 8 miles at Half Marathon pace.
TUESDAY 11	5 miles easy, lunch time 5 miles easy	11 miles steady.
WEDNESDAY 12	5 miles, (afternoon 2 hrs 6th form hockey)	15 miles.
THURSDAY 13	5 miles	11 miles
FRIDAY 14	5 miles (lunch time 4 miles sch XC team)	10 miles.
SATURDAY 15	11 miles XC steady	6 miles fartlek (10 short efforts).
(TOTAL FOR WEEK APPROX 129 MILES)		
SUNDAY 16	20 miles	5 miles
MONDAY 17	5 miles easy	10 miles Tempo - 5 min/mile after warm up 10mins. (strong winds)
TUESDAY 18	8 miles rd & XC, fast/steady	11 miles fairly quick (feeling tired - cold & windy)
WEDNESDAY 19	4 miles	15 miles (very cold & windy)
THURSDAY 20	4 miles	10 miles fartlek - 6 efforts of approx. 1km to 1 mile @ sub 5 min/mile pace - 2 to 3 mins recovery.
FRIDAY 21	4 miles	10 miles hilly road.
SATURDAY 22	12 miles XC	7 miles fartlek road with 10 efforts of approx 200 to 400m
(TOTAL FOR WEEK APPROX. 125 MILES)		

	Morning	Afternoon
SUNDAY 23	20 miles	5 miles
MONDAY 24	rest	10 miles - 5.30 rising to 5 min/miles
TUESDAY 25	4 miles, lunch time 4 miles	10 miles Fartlek - 20 efforts of 300/400mts.
WEDNESDAY 26	4 miles	15 miles steady
THURSDAY 27	4 miles	10 miles at 5.30 min/mile pace
FRIDAY 28	4 miles. Lunch time 4 miles	8 miles steady
SATURDAY 29	9 miles XC steady	
SUNDAY 30	Sittingbourne 10 miles - 1st 48.32	7 miles easy.
MONDAY 31	5 miles XC easy	12 miles XC steady.
FEBRUARY 1983		
TUESDAY 1	Flight to Puerto Rico via Madrid - visa problem in Madrid and had to break the journey to go to US Embassy for a visa (didn't know Puerto Rico was a US State!)	5 miles in Madrid.
WEDNESDAY 2	No training, collect visa at US Embassy and flight to Puerto Rico.	
THURSDAY 3	Early morning arrival Puerto Rico.5 miles	10 miles, very hilly and VERY HOT.
FRIDAY 4	5 miles	10 miles.
SATURDAY 5	7 miles.	
SUNDAY 6	San Blas Half athon - Puerto Rico. Afternoon start - finished 29th in 69.50. (San Blas Half athon. Afternoon start - finished 29th in 69.50. Started too fast leading at 5km (14.20) and 10km (29.51). The route then climbs up into the hills where I died a death in the heat! Winner was Debele from Ethiopia who went on to win the World XC at Gateshead in ch).	
MONDAY 7	5 miles easy	10 miles, out in 30 mins, back in 25.55.
TUESDAY 8	15 miles steady very hilly with Italians	fartlek 10 efforts around 1 min duration with Nike/USA team. Evening - return flight from Puerto Rico.
WEDNESDAY 9	10 miles in snow around Madrid Airport - evening arrive LHR.	
THURSDAY 10	10 miles in heavy snow.	
FRIDAY 11	4 miles, lunch 4 miles	10 miles, all in snow.
SATURDAY 12	10 miles in snow	10 miles road very icy.
SUNDAY 13	20 miles (snow & ice)	5 miles easy (very cold)
MONDAY 14	14 miles XC - very muddy and icy	
TUESDAY 15	4 miles, lunch 4 miles XC	10 miles fast
WEDNESDAY 16	4 miles	17 miles @ 5.30 min/mile pace
THURSDAY 17	4 miles	10 miles steady.
FRIDAY 18	11 miles XC, 5 miles rd easy.	
SATURDAY 19	Imperial College Hyde Park relays (3.1 miles) - fastest leg 13min 28sec. 1 lap warm up, 2 laps warm down.	
(TOTAL FOR WEEK APPROX 120 MILE S).		
SUNDAY 20	21 miles at good pace (5.30/5.45 - felt excellent)	5 miles (fairly quick).
MONDAY 21	5 miles XC	11 miles fast
TUESDAY 22	r miles road	3 mile warm up, 20 x 400m, 100 jog (cinder track - 1st 69sec, 2nd to 10th 68sec, 11th to 15th 67sec, 16th to 19th 66sec and last 65 sec).
WEDNESDAY 23	rest	17 miles steady.
THURSDAY 24	4 miles	11 miles steady.
FRIDAY 25	4 miles	10 miles fairly fast.
SATURDAY 26	3 mile warm up, 6 x 1000km on XC circuit in spikes - 10 mins parlauf relays - 3 miles warm down.	
SUNDAY 27	21 miles fast	5 miles easy.
MONDAY 28	rest	11 miles fast.
MARCH 1983		
TUESDAY 1	5 miles, 9 miles (suffering from a cold)	
WEDNESDAY 2	4 miles, 9 miles	
THURSDAY 3	4 miles, 9 miles	
FRIDAY 4	2 miles (cold clearing)	
SATURDAY 5	Nat. XC Champs - 29th - very disappointed - perhaps cold hadn't cleared.	
SUNDAY 6	22 miles steady, very hilly (feeling very tired)	5 miles easy (feeling better).
MONDAY 7		8 miles fast.
TUESDAY 8	4 mile fast	3 mile warm-up, 20 x 400 in 67sec average, 30 sec recovery, 3 miles cool down.
WEDNESDAY 9	4 miles	10 miles at 5.30 pace (after taking teto schools relay - very tired).
THURSDAY 10	4 miles, lunch - V02 Max test for Sundayday Times feature (haven't got the readings but they predicted I could run a 2.14 athon - I had already run 2.12 twice)	8 x 1000 average 2.50's, 2 mins recovery.
FRIDAY 11	5 miles easy.	
SATURDAY 12	Tonbridge 10 mile race - 1st 47min 11 sec, PB, (2nd Paul Eales 49.11).	



	Morning	Afternoon
SUNDAY 27	Rome to Ostia 28km (Italy), 2nd in 1hr 24.42 (about 63 at half) 1st was Bernie Ford with 1hr 24.30 - he used his greater 10km speed (27.40) to get away in last km.	
MONDAY 28	5 miles XC	7 miles XC
TUESDAY 29		20 x 1 min fast - 30 sec jog rec (couldn't get to a track)
WEDNESDAY 30	5 miles	10 miles XC.
THURSDAY 31	10 miles XC	8 x 1km in average 2.45, 2 mins rec.
APRIL 1983		
	Morning	Afternoon
FRIDAY 1	12 miles	10 miles fast.
SATURDAY 2	6 miles XC	11 miles rd
SUNDAY 3	20 miles very hilly (from Canterbury to Folkestone)	5 miles
MONDAY 4	5 miles	10 miles steady XC
TUESDAY 5	5 miles	3 mile warm-up, 10 x 400m times from 60 to 62 sec, 200 jog rec, 4 mile cool down.
WEDNESDAY 5	5 miles, 10 miles steady	
THURSDAY 6	Fartlek 9 miles with Marathon speed efforts.	
FRIDAY 7	6 miles XC	
SATURDAY 8	SCAAA Road relay, Wimbledon, 24.25 (distance just over 5 miles) - took Invicta into the lead which we kept to win the event for the first time.	
SUNDAY 10	1 miles steady	
MONDAY 11	14 miles - start athon bleed-out (protein foods only for 3 days).	
TUESDAY 12	15 x 200, 200 jog rec.	
WEDNESDAY 13	9 miles steady XC (start carbo loading pm)	
THURSDAY 14	7 miles steady XC	
FRIDAY 15	5 miles easy	
SATURDAY 16	4 miles easy	
SUNDAY 17 APRIL LONDON MARATHON		
1ST	Mike Gratton 2.09.43	
2ND	Gerry Helme 2.10.13	
3RD	Henrik Jorgenson 2.10.41	