



TRAINING GUIDE OCHSNER SPORT ZÜRICH MARATHON, MARATHON

TRAINING GUIDE BY VIKTOR RÖTHLIN,
OCHSNER SPORT RUNNING EXPERT

TRAINING PLAN GUIDE

TRAINING GUIDE	Marathon finisher 14-week guide to finishing the marathon with no time constraints. The goal is to finish and have an enjoyable experience. Marathon in 4 h 14-week guide to finishing the marathon in 4 hours. Marathon in 3 h 30 14-week guide for more ambitious runners who not only want to reach the finish line, but also want to achieve a quick time.
GUIDE STRUCTURE	The guide is structured cyclically. An easy week is always followed by a medium week and then a hard week. 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!
FLEXIBILITY	Be flexible! You can reorganise and rotate workouts within the same week. Keep in mind: 1. Always take a day off after a red training session and a long run. 2. Do not carry over any training sessions into the next week.
INCREASING TRAINING WORKLOAD	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. Never fill an easy week with additional running workouts. If you do any alternative sports, they too should take place in the green or, at most, the yellow zone.
BREAKS FROM TRAINING	With a maximum of 2 possible training sessions per week: complete the long run (if available) and a yellow training session. 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!
MOTIVATION	Your «half marathon» goal should be fun, so keep your motivation high. Go on runs with friends or let your children accompany you on their bikes 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. If you feel very tired or weak, skip a workout or run only in the green zone instead of 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.
CORE STRENGTH & ADDITIONAL TRAINING	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.

GUIDE		MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
ER s	Endurance run slow	Corresponding to green zone. Able to speak continuously without difficulty.		
	Pace	Pace: ~ 6:15–7:30	Pace: ~ 5:45–7:00	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: ~ 5:30–6:15	Pace: ~ 5:00–5:45	Pace: ~ 4:30–5:15
ER f	Endurance run fast	Corresponding to red zone. Speaking complete sentences is almost impossible.		
	Pace	Pace: ~ 5:00–5:30	Pace: ~ 4:30–5:00	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.		
10×	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» 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' / 3×3 km, JB 5' / WD 15'	WU 15' / FL 45' / WD 15'	LR: ER s 40', ER m 30'
– 60-minutes endurance run in the green zone	– 15-minutes warm-up – Run 3km×3 times in a row in the yellow zone. Jog lightly for 5 minutes in between intervals. – 15-minutes warm-down	– 5-minutes warm-up – Immediately tack on 45 minutes of fartlek – 15-minutes warm-down	Long run consisting of: – 40 minutes in the green zone (ER I) 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 10 km run as fast as you can or estimate how long it currently takes you to run 10 km. As an example, let's say 50 minutes für 10 km, which corresponds to a pace of 5 minutes per kilometre.

Pace	Calculation	Sample	Sample pace
Regenerative	+ 35–50%	5 Min + 35–50%	= 6:45–7:30
Slow	+ 25–40%	5 Min + 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 4 HOURS	MARATHON IN 3 H 30
MONDAY 05.01.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 60'	ER s 60'	ER s 60'
WEDNESDAY			
THURSDAY	Kick-Off Event OCHSNER SPORT Zurich Marathon (Registration required)	Kick-Off Event OCHSNER SPORT Zurich Marathon (Registration required)	Kick-Off Event OCHSNER SPORT Zurich Marathon (Registration required)
FRIDAY			
SATURDAY			ER slow 75'
SUNDAY	AS	AS	ER slow 90'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 2	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 12.01.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 60'	ER s 60'	ER s 75'
WEDNESDAY			
THURSDAY	ER m 45'	ER m 60'	ER m 60'
FRIDAY			
SATURDAY			AS
SUNDAY	ER slow 90'	ER slow 90'	ER slow 90'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 3-4

WEEK 3	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 19.01.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 75'	ER s 75'	ER s 75'
WEDNESDAY			
THURSDAY	WU 10' / ER fast 30' / WD 10'	WU 10' / ER fast 30' / WD 10'	WU 15' / 2x20' ER fast, JB 5' / WD 15'
FRIDAY			
SATURDAY		ER s 45'	ER s 60'
SUNDAY	LR 100'	LR 100'	LR 100'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 4	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 26.01.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 60'	ER s 60'	ER s 75'
WEDNESDAY			Specific leg strength training
THURSDAY	ER s 60'	ER s 75'	ER s 75'
FRIDAY			
SATURDAY			AS
SUNDAY	AS	AS	LR 100'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 5-6

*REGISTRATION AT
OCHSNERSPORT.CH/ZURICHMARATHON

WEEK 5	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 02.02.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 60'	ER s 60'	ER s 75'
WEDNESDAY*	Official OCHSNER SPORT preparation training Europaallee (Registration required)	Official OCHSNER SPORT preparation training Europaallee (Registration required)	Official OCHSNER SPORT preparation training Europaallee (Registration required)
	WU 10' / 20' Kenyan Fartlek / WD 10'	WU 10' / 20' Kenyan Fartlek / WD 10'	WU 10' / 20' Kenyan Fartlek / WD 10'
THURSDAY			Specific leg strength training
FRIDAY			
SATURDAY			AS
SUNDAY	LR 110'	LR 110'	LR 110'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 6	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 09.02.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 60'	ER s 75'	ER s 75'
WEDNESDAY			Specific leg strength training
THURSDAY	ER m 45'	ER m 60'	ER m 60'
FRIDAY			
SATURDAY		ER s 45'	ER s 60'
SUNDAY	LR 120'	LR 120'	LR: ER slow 70', ER m 50'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 7-8

WEEK 7	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 16.02.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 60'	ER s 60'	ER s 75'
WEDNESDAY			Specific leg strength training
THURSDAY	ER slow 75'	ER slow 75'	ER s 15', m 60'
FRIDAY			
SATURDAY			AS
SUNDAY	AS	AS	LR: 120'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 8	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 23.02.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 75'	ER s 75'	ER s 75'
WEDNESDAY			Specific leg strength training
THURSDAY	WU 10' / 4x10', JB 2' / WD 10'	ER m 60'	ER m 75'
FRIDAY			
SATURDAY		ER s 45'	ER s 60'
SUNDAY	LR 130'	LR 130'	LR: ER slow 70', ER m 60'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 9-10

*REGISTRATION AT
OCHSNERSPORT.CH/ZURICHMARATHON

WEEK 9	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 02.03.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 75'	ER m 45'	ER m 45'
WEDNESDAY*	Official OCHSNER SPORT Preparation Training Europaallee (Registration required)	Official OCHSNER SPORT Preparation Training Europaallee (Registration required)	Official OCHSNER SPORT Preparation Training Europaallee (Registration required)
	WU 10' / 48' negativ second split run / WD 10'	WU 10' / 48' negativ second split run / WD 10'	WU 10' / 48' negativ second split run / WD 10'
THURSDAY			
FRIDAY			
SATURDAY		ER s 60'	ER s 60'
SUNDAY	LR 140'	LR 140'	LR: ER slow 70', ER m 70'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 10	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 09.03.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 75'	ER s 75'	ER s 75'
WEDNESDAY			Specific leg strength training
THURSDAY	WU 10' / 5x2 km, JB 2' / WD 10'	WU 15' / 4x3 km, JB 2' / WD 15'	WU 15' / 4x4 km, JB 2' / WD 15'
FRIDAY			
SATURDAY			ER s 60'
SUNDAY	LR 160'	LR 160'	LR: ER slow 60', ER m 70', ER fast 30'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 11-12

WEEK 11	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 16.03.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 75'	ER s 75'	ER s 60'
WEDNESDAY			ER s 75'
THURSDAY	WU 15' / 3x3 km, JB 3' / WD 15'	WU 15' / 4x4 km, JB 3' / WD 15'	WU 15' / 4x5 km, JB 3' / WD 15'
FRIDAY			Specific leg strength training
SATURDAY		ER s 45'	ER s 60'
SUNDAY	LR 170'	LR 170'	LR: ER slow 70', ER fast 30'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 12	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 23.03.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 75'	ER s 45'	ER s 60'
WEDNESDAY			ER slow 75'
THURSDAY	WU 15' / 5x10', JB 2' / WD 15'	WU 15' / 3x20', JB 2' / WD 15'	WU 15' / 4x20', JB 2' / WD 15'
FRIDAY			
SATURDAY		ER s 45'	ER s 60'
SUNDAY	LR 180'	LR 180'	LR: ER slow 60', ER m 90', ER fast 30'
MISCELLANEOUS	2x core strength/week Remember to devote time to regeneration after each training session!	2x core strength/week Remember to devote time to regeneration after each training session!	3x core strength/week Remember to devote time to regeneration after each training session!

WEEK 13-14

***REGISTRATION AT
OCHSNERSPORT.CH/ZURICHMARATHON
(FROM THE END OF MARCH 2026)**

WEEK 13	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 30.03.2026	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday	OCHSNER SPORT Runday Monday Training or the following training on Tuesday
TUESDAY	ER s 45'	ER s 45'	ER s 45'
WEDNESDAY			
THURSDAY	ER s 45'	ER s 60'	ER m 45'
FRIDAY			
SATURDAY			
SUNDAY	ER s 45'	ER s 45'	ER s 45'
MISCELLANEOUS	Only 1x core strength left Tapering phase: Get a proper rest before starting the On Z10!	Only 1x core strength left Tapering phase: Get a proper rest before starting the On Z10!	Only 1x core strength left Tapering phase: Get a proper rest before starting the On Z10!

WEEK 14	MARATHON FINISHER	MARATHON IN 4 HOURS	MARATHON IN 3 H 30
MONDAY 06.04.2026	Easter Monday: no Runday Monday training	Easter Monday: no Runday Monday training	Easter Monday: no Runday Monday training
TUESDAY	WU 15' / 20' marathon pace / WD 15'	WU 15' / 20' marathon pace / WD 15'	WU 15' / 20' marathon pace / WD 15'
WEDNESDAY			
THURSDAY			
FRIDAY	Footing 30' or	Footing 30' or	Footing 30' or
SATURDAY*	Shake-out run, meeting point: 11:00 at Europaallee (Registration required)	Shake-out run, meeting point: 11:00 at Europaallee (Registration required)	Footing 20' or Shake-out run, meeting point: 11:00 at Europaallee (Registration required)
SUNDAY	OCHSNER SPORT Zurich Marathon 42.195 km	OCHSNER SPORT Zurich Marathon 42.195 km	OCHSNER SPORT Zurich Marathon 42.195 km
MISCELLANEOUS	No more core strength training. Replenish your carbohydrate stores over the course of the last three days (Thurs-Sat)!	No more core strength training. Replenish your carbohydrate stores over the course of the last three days (Thurs-Sat)!	No more core strength training. Replenish your carbohydrate stores over the course of the last three days (Thurs-Sat)!

NOT IN THE MOOD TO TRAIN ALONE?

RUN

RUNDAY MONDAYS
(EVERY MONDAY)

WITH

On Run Club Zurich
(EVERY WEDNSDAY)

US.

