



INTERMEDIATE RUNNERS 6-8 HOURS PER WEEK

# MARATHON TRAINING PLAN

Photo Courtesy of Brooks Running

MY PLEDGE \_\_\_\_\_

TARGET TIME \_\_\_\_\_

TRAINING NOTES \_\_\_\_\_



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Threshold <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z3 / 10mins easy	Rest Day	<b>Type</b> Interval run <b>Time</b> 60mins <b>Instructions</b> 15mins WU; Pyramid. 2-3-4-5-4-3-2mins hard (90s rec); 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam roller	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Long run <b>Time</b> 90mins <b>Instructions</b> Build long run volume. 90mins steady
2	Rest Day	<b>Type</b> Threshold run <b>Time</b> 60 mins <b>Instructions</b> 15mins easy; 2x15mins at WU (3mins recovery); 10mins easy	<b>Type</b> Easy run <b>Time</b> 50mins <b>Instructions</b> 10mins WU / 30mins Z1 / 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam roller	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam roller	<b>Type</b> Marathon pace <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins at MP (5:40min/km for 4hrs) / 10mins easy
3	Rest Day	<b>Type</b> Recovery run <b>Time</b> 40 mins <b>Instructions</b> Steady 40min active recovery run	<b>Type</b> Threshold run <b>Time</b> 60 mins <b>Instructions</b> 15mins easy; 2x15mins at WU (2mins recovery); 10mins easy	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Interval run <b>Time</b> 60mins <b>Instructions</b> 15mins WU; Pyramid. 2-3-4-5-4-3-2mins hard (90s rec); 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam roller	<b>Type</b> Long run <b>Time</b> 120mins <b>Instructions</b> Build long run volume. 120mins steady. Take nutrition at 45 and 90mins
4	Rest Day	<b>Type</b> Threshold run <b>Time</b> 70mins <b>Instructions</b> 10mins easy; 3x15mins threshold (3mins recovery); 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam roller	<b>Type</b> Interval run <b>Instructions</b> 15mins easy, 4x1km hard (2mins recovery), 15mins easy. Time each one. Aim for consistency	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam roller	<b>Type</b> Long run <b>Time</b> 130mins <b>Instructions</b> Run 130mins steady paced. Pick up the pace for final 45mins
5	Rest Day	<b>Type</b> Threshold run <b>Time</b> 60mins <b>Instructions</b> 15mins easy, 35mins threshold, 10mins easy	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Interval run <b>Instructions</b> 15mins easy, 4x1km hard (2mins recovery), 15mins easy. Time each one. Aim for consistency	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers	<b>Type</b> Long run <b>Instructions</b> Build long run. 25km: 12km at MP, 10km at 1min per km slower, 3km at MP	<b>Type</b> Easy run <b>Time</b> 90mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy. 30mins stretching
6	Rest Day	<b>Type</b> Threshold run <b>Time</b> 60mins <b>Instructions</b> 15mins easy, 35mins threshold, 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam roller	<b>Type</b> Steady run <b>Time</b> 30 mins <b>Instructions</b> Steady 30min run	<b>Type</b> Marathon pace <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins at MP (5:40min/km for 4hrs) / 10mins easy	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Long run <b>Instructions</b> Run 30km steady paced. Remember nutrition

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	Rest Day	<b>Type</b> Recovery run <b>Time</b> 40 mins <b>Instructions</b> Steady 40min active recovery run	<b>Type</b> Interval run <b>Time</b> 60mins (approx) <b>Instructions</b> 15mins easy, 7x4mins fast (90s recover); 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers	<b>Type</b> Half marathon <b>Time</b> 120mins <b>Instructions</b> Half marathon race or 21km at marathon race pace
8	Rest Day	<b>Type</b> Recovery run <b>Time</b> 40 mins <b>Instructions</b> Steady 40min active recovery run	<b>Type</b> Interval run <b>Time</b> 60mins (approx) <b>Instructions</b> 15mins easy, 7x4mins fast (90s recover); 10mins easy	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers	<b>Type</b> Marathon pace <b>Time</b> 45mins <b>Instructions</b> 15mins at MP, 15mins at 10sec per km faster than MP, 15mins at 15secs faster than MP	<b>Type</b> Long run <b>Distance</b> 30km <b>Instructions</b> Long steady run. Drink every 20mins. Gels at kms 10, 16, 22
9	Rest Day	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Interval run <b>Time</b> 70mins <b>Instructions</b> 15mins WU, 10mins threshold, 5x3mins fast (90s recovery), 10mins at threshold run, 10mins easy	<b>Type</b> Steady run <b>Time</b> 50mins <b>Instructions</b> Steady 50min run, picking up the pace for the 2nd half of the run	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers	<b>Type</b> Long run <b>Distance</b> 35km <b>Instructions</b> 25km easy, (30secs per km slower than MP, then 10km pick up the pace)	<b>Type</b> Easy run <b>Time</b> 90mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy, 30mins stretching
10	Rest Day	<b>Type</b> Threshold run <b>Time</b> 60mins (approx) <b>Instructions</b> 10mins easy, 3x12mins threshold. (3mins rec) 10mins easy	<b>Type</b> Easy run <b>Time</b> 60mins <b>Instructions</b> 10mins WU / 40mins Z1 / 10mins easy	<b>Type</b> Interval run <b>Time</b> 1hr (approx) <b>Instructions</b> 15mins easy, 8x2.5mins fast (90secs recovery), 15mins easy	Rest Day	<b>Type</b> Long run <b>Distance</b> 20km <b>Instructions</b> 10km at 30secs per km slower than marathon pace, 10km at marathon pace	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers
11	Rest Day	<b>Type</b> Threshold run <b>Time</b> 40 mins <b>Instructions</b> 10mins easy, 20mins threshold, 10mins easy	<b>Type</b> Recovery run <b>Time</b> 30 mins <b>Instructions</b> Steady 30min active recovery run	<b>Type</b> Interval run <b>Instructions</b> 10mins easy, 3km at marathon pace (2mins rec), 2x1 km at 30secs faster than MP, 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers	<b>Type</b> Long run <b>Distance</b> 16km <b>Instructions</b> 10km easy, 6km at marathon pace	Rest Day
12	Rest Day	<b>Type</b> Marathon pace <b>Instructions</b> 10mins easy, 2x2km at marathon pace, (3mins rec), 10mins easy	<b>Type</b> Stretching <b>Time</b> 60mins <b>Instructions</b> Basic stretching / foam rollers	<b>Type</b> Easy run <b>Time</b> 20 mins <b>Instructions</b> Easy 20min run including 5x30s fast strides (90s recovery)	Rest Day Read over the race day instructions, get your kit ready and prepare your nutrition	<b>Type</b> Easy run <b>Time</b> 10 mins <b>Instructions</b> Easy 10min jog	★ <b>RACE DAY</b> GOOD LUCK!

## KEY SESSIONS

**LONG RUN** Long runs are vital to marathon running and are the key ingredient in your training. Long runs are endurance, rather than speed focused, and help develop stamina, strength and the ability to go the distance. Long runs are done at a controlled, conversational pace.

**THRESHOLD RUN** Threshold runs are about running under controlled discomfort and are great for improving your running economy. After long runs, threshold runs are probably your most valuable workouts. If you're doing it correctly, then there won't be much conversation happening!

**INTERVAL RUN** Interval running is structured periods of harder efforts broken up by periods of recovery. They are the most intense run efforts in the training plan and will mean running fast for short periods.

**MARATHON PACE (MP)** These runs are done at your target marathon completion pace (approx 5:40min/km for a goal time of 4hrs) and are an essential aspect of understanding how best to race your marathon.

**WARM-UP (WU)** Designed to warm-up the muscles and remain injury free during harder efforts. Similarly, you should always cool down to begin the recovery process.

## THINGS TO REMEMBER

- ★ This training plan is not randomly divided over 12 weeks, each session builds on the previous one, so don't be tempted to swap weeks around to suit your schedule.
- ★ However, you can change the days within a week. Just remember to rearrange the rest days, too, to ensure maximum benefit from each session.
- ★ Complete the easy stuff easy and the hard sessions hard. Take the rest days seriously, too. The training will stress your body and it will need recovery time.
- ★ Stretching and using a foam roller is an essential part of run training, this will help improve your running and most importantly keep you injury free. Regular massages on rest days are also recommended.
- ★ If possible, avoid completing every session on a hard surface. Soft surfaces, like grass, dirt and sand, put less strain on your body, reducing the risk of injury, and provide a well-rounded workout because you will be forced to shift and adjust to uneven terrain, using muscles you might not on tarmac.
- ★ Neglect nutrition at your peril. Get used to consuming gels in training and don't try anything on race day that you haven't already put into practice.

