

A full-page photograph of a woman running a marathon. She is in the center, wearing a white tank top with a red logo and the text 'SHELTER MONEY', a race bib with the number '42642', and black patterned shorts. She has her arms raised in a celebratory gesture and is smiling. Other runners are visible in the background on a city street. The image has a torn-edge, collage-like appearance with white brushstrokes. A large red arrow points downwards from the top center towards the title.

# MARATHON TRAINING GUIDE

**SHELTER**  
SCOTLAND





## Want to last the course? Set up a routine you know you'll stick to.

Before all interval and hill sessions, try a 10-15min easy warm up followed by the drills [in this video](#). For all other runs, use a short mobility routine before you start the run [as shown here](#).

All runs are structured by time and effort as opposed to distance. This is easier for you. Running by distance does not take into account varied terrain, weather and mood. Running by time is more consistent.

### Key

#### Fartlek

Loosely translates as 'speed play', these are continuous runs where you vary your pace and effort for set periods of time.

#### Strides

Short 20 sec relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run 5-6 sprints with a jog/ walk back to your starting position after each one.

#### Short hills

A steep climb that takes 30-40 sec to run up. Run these at a fast pace/ effort. Walk back to the bottom after each one.

#### Long hills

A climb that takes 60-80 sec to run up. More of a grind - run these at steady pace/effort. Slowly jog back to the bottom after each one.

#### Strength: core

60 secs of each of these six exercises in turn = one round. See plan for number of rounds. (Video link: [Let's Get Running Core Workout](#))

#### Strength: legs

10-15 reps of each of these six exercises in turn = one round. (If in gym substitute leg press for squats or lunges.) (Video link: [Runners Conditioning Workout](#))

### Pace guide for all plans

#### Run Gear 1 (G1)

Easy conversation pace, if you aren't able to talk, slow down!

#### Gear 2 (G2)

Steady, slightly more challenging rhythm. A positive tempo. For intermediates, and advanced runners this will be your Race Pace.

#### Gear 3 (G3)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 70% effort.

#### Gear 4 (G4)

Breathing is deep but rhythmical - working hard; 75% to 80% effort. For more experienced runners this would be roughly 5k race pace.

#### Gear 5 (G5)

Hard running - could say a word or so. Less control over breathing. Probably only maintain this for 5 mins before slowing down significantly. Feel the lactic burn! 85% effort.

#### Gear 5 (G5)

Flat out sprinting. Wouldn't be able to speak at all! 10-20 seconds all out effort.

# MARATHON BEGINNER

For those who are fairly new to the running scene. Get all the basics you need to get to the finish line smoothly.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	25 mins @ G1+ Strides	Rest	30 mins @ G1	Rest	Rest	40 mins @ G1	Rest
02	30 mins @ G1+ Strides	Rest	35 mins @ G1	Rest	Rest	50 mins @ G1	Rest
03	30 mins @ G1+ Strides	Rest	Short Hills Session (6 reps)	Rest	Strength session: legs	70 mins @ G1	Rest
04	45 mins @ G1	Rest	Long Hills Session (6 reps)	Rest	Strength session: core	90 mins @ G1	Rest
05	45 mins @ G1	Rest	Interval session: 8 x 2 mins @ G4, 2 mins rest in between each	Rest	Strength session: legs x2	1 hour 45 mins @ G1	Rest
06	50 mins @ G1	Rest	Interval session: 6 x 3 mins @ G4, 2 mins rest in between each	Rest	Strength session: core x2	Fartlek: 30 mins @ G1 / 20 mins @ G2 / 10 mins @ G1 / 10 mins @ G2 / 10 mins @ G1	Rest
07	50 mins @ G1	Rest	Interval session: 3 x 3 mins 30 run @ G4, (2 mins rest), 2 mins 30 run @ G4, (1 min 30 rest), 1 min run @ G5. Between each round take only 45 secs rest!	Rest	Strength session: legs x 3	2 hours @ G1	Rest
08	Rest	Rest	30 mins @ G1+ Strides	Rest	Rest	5K ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	80 mins 50 mins @ G1 30 mins @ G2



# MARATHON BEGINNER

For those who are fairly new to the running scene. Get all the basics you need to get to the finish line smoothly.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
09	55 mins @ G1	Rest	<b>Fartlek:</b> 15 mins @ G1 / 5 mins @ G3 / 5 mins @ G1 / 5 mins @ G3 / 5 mins @ G1 / 5 mins @ G3 / 10 mins @ G1	Optional 30 mins @ G1	<b>Strength session:</b> core x3	2 hours 15 mins @ G1	Rest
10	50 mins @ G1	Rest	<b>Fartlek:</b> 15 mins @ G1 / 15 mins @ G2 / 10 mins @ G3 / 10 mins @ G1	Optional 40 mins @ G1	<b>Strength session:</b> legs x3	2 hours 30 mins @ G1	Rest
11	45 mins @ G1	Rest	<b>Fartlek:</b> 20 mins @ G1 / 20 mins @ G2 / 15 mins @ G3	Optional 40 mins @ G1	<b>Strength session:</b> core x3	2 hours 50 mins @ G1	Rest
12	50 mins @ G1	Rest	<b>Fartlek:</b> 20 mins @ G1 / 20 mins @ G2 / 20 mins @ G3	Optional 45 mins @ G1	<b>Strength session:</b> legs x3	90 mins 50 mins @ G1 40 mins @ G2	Rest
13	45 mins @ G1	Rest	10 mins @ G1, 30 mins @ G2 + Strides	Rest	<b>Strength session:</b> core x3	3 hours 10 mins @ G1	Rest
14	Rest	<b>Interval session:</b> 8 x 2 mins @ G4, 90 secs rest in between each	Rest	10 mins @ G1, 30 mins @ G2 + Strides	Rest	80 mins 50 mins @ G1 30 mins @ G2	Rest
15	45 mins @ G1	Rest	<b>Fartlek:</b> 15 mins @ G1 / 5 mins @ G3 / 5 mins @ G1 / 5 mins @ G3 / 5 mins @ G1 / 5 mins @ G3 / 10 mins @ G1	Rest	Rest	60 mins @ G1	Rest
16	30 mins @ G1+ Strides	Rest	Rest	20 mins @ G1	Rest	Rest	<b>RACE DAY</b>

# MARATHON INTERMEDIATE

For those who are looking to take a step up, vary their training and improve their time.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	35 mins @ G1	Rest	30 mins @ G1+ Strides	Rest	Rest	30 mins @ G1+ Strength session: legs x2	50 mins @ G1
02	45 mins @ G1	Rest	Short Hills Session (8 reps)	Rest	Rest	30 mins @ G1+ Strength session: core x2	70 mins @ G1
03	50 mins @ G1	Rest	Speed Interval session: (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/G5	45 mins @ G1	Rest	Strength session: legs x3	70 mins 40 mins @ G1 30 mins @ G2
04	50 mins @ G1	Rest	Long Hills Session (8 reps)	50 mins @ G1	Rest	Strength session: core x3	90 mins @ G1
05	50 mins @ G1	Rest	Interval session: 7x 3 mins @ G4, 2 mins rest in between each	Rest	Strength session: core x3	Fartlek: 20 mins @ G1/ 7 mins @ G3 / 3 mins @ G1/ 7 mins @ G3 / 3 mins @ G1/ 7 mins @ G3 / 10 mins @ G1	1 hour 45 mins @ G1
06	50 mins @ G1	Rest	Interval session: 6x 4 mins @ G4, 2 mins rest in between each	Rest	Strength session: legs x3	5K ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	80 mins 40 mins @ G1 40 mins @ G2
07	50 mins @ G1	Rest	Interval session: 3x(4 mins run @ G4, 2 mins rest, 3 mins run @ G4, 2 mins rest, 1 min run @ G5) Only 45 secs rest between each round!	Rest	Strength session: core x3	Fartlek: 20 mins @ G1/ 10 mins @ G2 / 5 mins @ G1/ 10 mins @ G3 / 10 mins @ G1	2 hours @ G1
08	55 mins @ G1	Rest	30 mins @ G1+ Strides	Rest	Rest	5K ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Fartlek: 30 mins @ G1/ 30 mins @ G2 / 10 mins @ G1/ 10 mins @ G3 / 10 mins @ G1



# MARATHON INTERMEDIATE

For those who are looking to take a step up, vary their training and improve their time.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
09	60 mins @ G1	Rest	<b>Interval session:</b> 3 x 9 mins @ G3, 3 mins jog in between each	<b>Strength session:</b> legs x3	Optional 50 mins @ G1	<b>Interval session:</b> 5 x 5 mins @ G3/ G4, 2 mins rest in between each	2 hours 15 mins @ G1
10	60 mins @ G1	Rest	<b>Fartlek:</b> 15 mins @ G1 / 5 mins @ G3 / 5 mins @ G1 / 5 mins @ G3 / 5 mins @ G1 / 5 mins @ G3 / 10 mins @ G1	<b>Strength session:</b> core x3	10 mins @ G1, 30 mins @ G2 + Strides	Optional 45 mins @ G1	2 hours 30 mins @ G1
11	60 mins @ G1	Rest	5 mins @ G1, 30 mins @ G2, Strides, 10 mins @ G2	<b>Strength session:</b> legs x1 core x2	Optional 50 mins @ G1	50 mins @ G1	<b>Fartlek:</b> 30 mins @ G1 / 30 mins @ G2 / 10 mins @ G1 / 20 mins @ G3 / 15 mins @ G1
12	60 mins @ G1	Rest	<b>Progression:</b> 30 mins @ G1, 20 mins @ G2, 10 mins @ G3	<b>Strength session:</b> legs x2 core x1	Optional 50 mins @ G1	<b>Interval session:</b> 8 x 3 mins G4, 2 mins rest in between each. Try and stay relaxed!	2 hours 45 mins @ G1
13	60 mins @ G1	Rest	<b>Fartlek:</b> 20 mins @ G1 / 10 mins @ G2 / 10 mins @ G3 / 10 mins @ G2 / 10 mins @ G1	<b>Strength session:</b> legs x2 core x2	40 mins @ G1	Rest	3 hours @ G1
14	Rest	60 mins @ G1	<b>Progression:</b> 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	50 mins @ G1	Optional 50 mins @ G1	80 mins 40 mins @ G1 40 mins @ G2
15	45 mins @ G1	Rest	<b>Speed Interval session:</b> 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/ G5	Rest	45 mins @ G1	Rest	60 mins @ G1
16	30 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	20 mins @ G1	Rest	<b>RACE DAY</b>

# MARATHON ADVANCED

For experienced marathon runners,  
searching for that elusive PB.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	50 mins @ G1	Rest	35 mins @ G1 + Strides	Rest	50 mins @ G1	Strength session: legs x 2	70 mins @ G1
02	50 mins @ G1	Rest	Short Hills Session (10 reps)	Rest	Fartlek: 20 mins @ G1 / 10 mins @ G2 / 5 mins @ G1 / 10 mins @ G3 / 10 mins @ G1	Strength session: core x 2	75 mins 45 mins @ G1 30 mins @ G2
03	Fartlek: 25 mins @ G1 / 5 mins @ G2 / 3 mins @ G1 / 5 mins @ G3 / 3 mins @ G1 / 5 mins @ G3 / 10 mins @ G1	Rest	50 mins @ G1	Rest	Strength session: legs x 3	Speed Interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G5	80 mins @ G1
04	10 mins @ G1, 30 mins @ G2, Strides	Rest	Long Hills Session (8 reps)	Rest	Strength session: core x 3	50 mins @ G1	80 mins 50 mins @ G1 30 mins @ G2
05	60 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 90 secs rest in between each	Rest	Strength session: legs x 3	50 mins @ G1	1 hour 40 mins @ G1
06	60 mins @ G1	Rest	Interval session: 3 x (4 mins run @ G3, 2 mins rest, 3 mins run @ G3, 1 min 30 rest, 1 min run @ G4) Then take only 45 secs rest between each round!	Rest	10 mins @ G1, 30 mins @ G2, Strides	50 mins @ G1	2 hours @ G1
07	60 mins @ G1	Rest	Interval session: 10 mins @ G3, 3 mins rest, 5 x 1 min @ G4 with 1 min rest between, 3 min rest, 10 mins @ G3	Rest	Optional 45 mins @ G1 + Strength session - legs x 1, core x 2	50 mins @ G1	2 hours @ G1
08	65 mins @ G1	Rest	Interval session: 5 x 5 mins @ G4, 2 mins rest in between each	Strength session: legs x 2, core x 1	Rest	5K ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Fartlek: 20 mins @ G1 / 30 mins @ G2 / 10 mins @ G1 / 20 mins @ G3 / 10 mins @ G1



# MARATHON ADVANCED

For experienced marathon runners,  
searching for that elusive PB.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
09	70 mins @ G1	Rest	<b>Interval session:</b> 3 x 9 mins @ G3, 3 mins jog between each	45 mins @ G1 + Strength session - legs x 2, core x 2	<b>Fartlek:</b> 10 mins at G1 / 20 mins @ G2 / 10 mins @ G1	50 mins @ G1	2 hours 15 mins @ G1
10	65 mins @ G1	Rest	<b>Progression:</b> 20 mins @ G1, 15 mins @ G2, 15 mins @ G3	45 mins @ G1 + Strength session - legs x 2, core x 2	<b>Fartlek:</b> 10 mins at G1 / 20 mins @ G2 / 10 mins @ G1	50 mins @ G1	<b>Fartlek:</b> 30 mins @ G1, / 30 mins @ G2 / 10 mins @ G3 / 20 mins @ G2 / 10 mins @ G3 / 5 mins @ G1
11	65 mins @ G1	Rest	<b>Fartlek:</b> 10 mins @ G1 / 30 mins @ G2 / Strides / 10 mins @ G2	50 mins @ G1	<b>Strength session:</b> legs x 2, core x 2	<b>Interval session:</b> 8 x 2 mins @ G4, 90 sec rest in between each. Focus on running smooth and relaxed	2 hours 30 mins @ G1
12	60 mins @ G1	Rest	<b>Fartlek:</b> 20 mins @ G1 / 10 mins @ G2 / 10 mins @ G3 / 10 mins @ G2 / 10 mins @ G1	50 mins @ G1	<b>Strength session:</b> legs x 2, core x 2	50 mins @ G1	<b>Fartlek run:</b> 50 mins @ G1 / 30 mins @ G2 / 20 mins @ G3 / 10 mins @ G1
13	60 mins @ G1	Rest	<b>Progression:</b> 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Optional 40 mins @ G1	<b>Strength session:</b> legs x 2, core x 2	<b>Interval session:</b> 3 x 9 mins @ G3, 3 mins jog between each	2 hours 45 mins @ G1
14	50 mins @ G1	Rest	<b>Interval session:</b> 5 x 5 mins @ G4, 2 mins rest in between each	Rest	<b>Fartlek:</b> 10 mins @ G1 / 25 mins @ G3 / 10 mins @ G1	Rest	90 mins 60 mins @ G1 30 mins @ G2
15	40 mins @ G1	Rest	<b>Fartlek:</b> 10 mins @ G1 / 30 mins @ G3 / 10 mins @ G1	Rest	45 mins @ G1	Rest	80 mins @ G1
16	30 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	20 mins @ G1	Rest	<b>RACE DAY</b>



**We exist to defend the right to a  
safe home and fight the devastating  
impact the housing emergency has  
on people and society.**

**We believe that home is everything.**

Shelter Scotland  
Scotiabank House  
6 South Charlotte Street  
Edinburgh EH2 4AW

0300 330 1234  
[shelterscotland.org](https://shelterscotland.org)

For online housing advice and access to our emergency  
helpline, visit: [www.shelterscotland.org/housing\\_advice](https://www.shelterscotland.org/housing_advice)

©Shelter, the National Campaign for Homeless People Limited 2023.  
Registered charity in England and Wales (263710)  
and in Scotland (SC002327) OBR-1242

