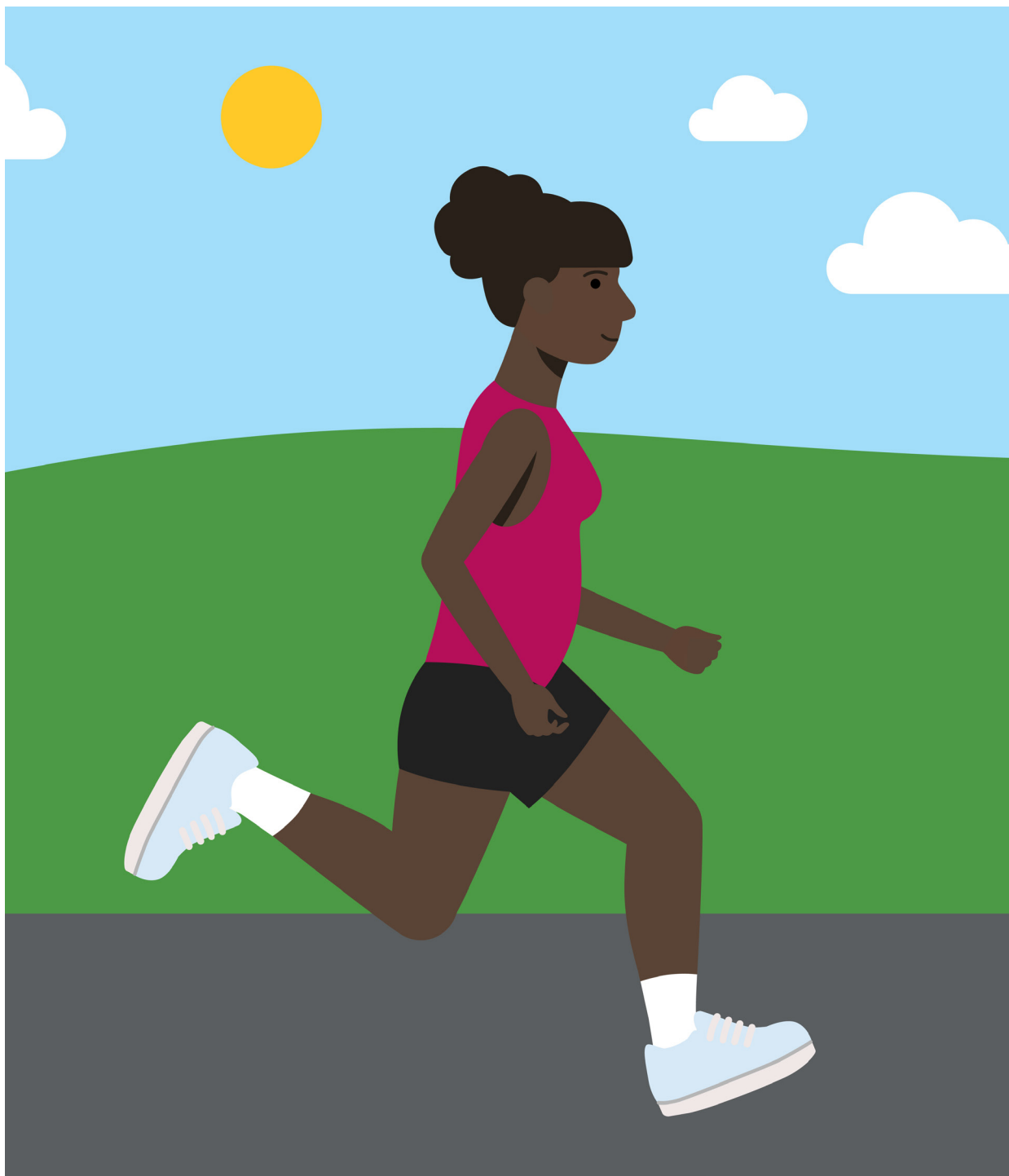




Together we are
beating cancer

Marathon Training Plan Improver

running
withus 

Marathon Improver



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Rest	Progression run: 30 minutes. 10 minutes easy, 10 minutes steady, 10 minutes threshold	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	Easy / Steady run: 30 minutes	Rest	Continuous hills: 4 sets of 5 minutes effort + with 2 minutes jog recovery + core	Long run: 75–90 minutes conversational pace
	Rest	Progression run: 30 minutes. 10 minutes easy, 10 minutes steady, 10 minutes threshold	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	Easy / Steady run: 30–40 minutes	Rest	Continuous hills: 45 minutes total. 3 x (7 minutes effort / 2 minutes jog) + core	Long run: 90 minutes conversational pace
02	Rest	Progression run: 30 minutes. 10 minutes easy, 10 minutes steady, 10 minutes threshold	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	Easy / Steady run: 30–40 minutes	Rest	Continuous hills: 45 minutes total. 3 x (7 minutes effort / 2 minutes jog) + core	Long run: 90–100 minutes easy pace on undulating route
	Rest	Progression run: 45 minutes. 15 minutes easy, 15 minutes steady, 15 minutes threshold	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	Easy / Steady run: 30–40 minutes	Rest	Continuous hills: 45 minutes total. 3 x (7 minutes effort / 2 minutes jog) + core	Long run: 90–100 minutes easy pace on undulating route
03	Rest	Progression run: 45 minutes. 15 minutes easy, 15 minutes steady, 15 minutes threshold	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	Easy / Steady run: 30–40 minutes	Rest	Continuous hills: 45 minutes total. 3 x (7 minutes effort / 2 minutes jog) + core	Long run: 90–100 minutes easy pace on undulating route
	Rest	Progression run: 45 minutes. 15 minutes easy, 15 minutes steady, 15 minutes threshold	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	Easy / Steady run: 30–40 minutes	Rest	Continuous hills: 45 minutes total. 3 x (7 minutes effort / 2 minutes jog) + core	Long run: 90–100 minutes easy pace on undulating route

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04	Rest	Easy run: 30-40 minutes	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	Easy run: 30 minutes	Rest	Parkrun or self timed 5km time trial	Long run: 75-90 minutes easy
05	Rest	Threshold run: 45 minutes total. 4 x (5 minutes threshold / 2 minute jog)	Recovery run: 30-40 minutes or 30-40 minutes aerobic cross training + core	40 minute out and back run : run out steady pace for 20 minutes, turn back 2-3 minutes faster	Rest	Continuous hills: 45 minutes total. 4 x (6 minutes effort / 90 seconds jog) + core	1 hour 45 minutes easy pace on undulating route
06	Rest	Threshold run: 45 minutes total. 5 x (5 minutes threshold / 90 seconds jog recovery)	Recovery run: 40 minutes or 40 minutes aerobic cross training + core	40 minute out and back run : run out steady pace for 20 minutes, turn back 2-3 minutes faster	Rest	Continuous hills: 50 minutes total. 3 x (8 minutes effort / 90 seconds jog)	Long run: 1 hour 50 minutes - 2 hours easy over an undulating route
07	Rest	Threshold session: 5 x (5 minutes threshold / 75 seconds jog recovery)	Recovery run: 40-50 minutes or 40-50 minutes aerobic cross training + core	45 minutes with the final 25 at threshold effort	Rest	Continuous hills: 45-60 minutes total. 3 x (10 minutes effort / 90 seconds jog) + core	Long run: 2 hours - 2 hours 15 minutes easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08	Rest	Threshold session: 5 x (56 minutes threshold / 90 seconds jog) within a 60 minute run	Recovery run: 40–50 minutes or 40–50 minutes aerobic cross training + core	Progression run: of 20/20/20	Rest	Parkrun or self timed 5km timed trial + core	Long run: 2 hours 15–30 minutes all easy
09	Rest	45 minutes with 3 x 6 minutes at half marathon pace from 2–3 minutes easy jog recovery	30 minute recovery jog + core	Progression run: of 10 minute easy / 10 minute steady / 10 minutes half marathon pace + strides	Rest	20–30 minute easy run	Half marathon at pb pace: 15–20 minutes easy jog (warm down) or 2 hour long run with the last 60 minutes marathon pace
10	Rest	Recovery run: 45 minutes	Recovery run: 40–50 minutes or 40–50 minutes aerobic cross training + core	Threshold session: 75 minute run final 30 minute to include 4 x 6 minute threshold, 3 minute easy recovery	Rest	40–50 minute easy run + core	2 hours 45 minutes with 3 x 20 minutes at marathon pace from 5 minutes easy recovery
11	Rest	6 x 3 minutes alternating odd numbers at threshold effort, even at 5km effort with 90 seconds jogged recovery	Recovery run: 45–60 minutes or 45–60 minutes aerobic cross training + core	75 minutes with the final 30 at threshold effort	Rest	40–50 minute easy run + core	Long run: 2hrs 30–45 minutes total. Last 45 minutes at marathon pace

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12	Rest	8 x 3 minutes alternating odd numbers at threshold effort, even at 5km effort with 90 seconds jogged recovery	Recovery run: 45-60 minutes or 45-60 minutes aerobic cross training + core	80 minutes total include 3 x (15 minutes marathon pace / 2-3 minute jog)	Rest	40-50 minute easy run + core	Long run: 3 hours - 3 hours 15 minutes total. Last 60 minutes at marathon pace
	Rest	10 x 3 minutes alternating odd numbers at threshold effort, even at 5km effort with 90 seconds jogged recovery	Recovery run: 45-60 minutes or 45-60 minutes aerobic cross training + core	80-90 minutes total include 3 x (15 minutes marathon pace / 2-3 minute jog)	Rest	Threshold run: 45 minutes total. 15 minutes easy, 15 minutes steady, 15 threshold + core	Long run: 2 hours 45 minutes - 3 hours total. Last 5 minutes at marathon pace
14	Rest	5 minutes at threshold + 2 x (5 x 90 seconds at 5km effort) (60 seconds between efforts, 120 seconds between sets)	Recovery run: 45-60 minutes or 45-60 minutes aerobic cross training + core	90 minutes with final 30-40 minutes at marathon pace	Rest	Threshold run: 45 minutes total. 6 x (3 minutes threshold / 3 minutes steady) + core	Long run: 1 hour 45 minutes - 2 hours total. Last 30 minutes at marathon pace
	Rest	5 minutes at threshold + 10 x 90 seconds at 5km effort (60 seconds between efforts, 120 seconds between sets)	Recovery run: 35-45 minutes or 35-45 minutes aerobic cross training + core	Progression run: of 15/15/15 with middle 15 at marathon pace	Rest	Parkrun or 30 minute steady run + core	Easy run: 75 mins total

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16	Rest	Easy run: 30 minutes total including 3 x (5 minutes at threshold effort / 3 minutes jog recovery)	Recovery run: 30 minutes	Easy run: 25-30 minutes	Rest	25 minute super easy	Marathon good luck!

Important information

- Please do a 15-minute warm-up and cool-down before threshold, continuous or hills or interval sessions.
 - If you're feeling up to it, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions.
 - Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
 - Try to stretch every day for at least 10 minutes.
 - Always eat within 20–30 minutes of finishing a run.
 - Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.