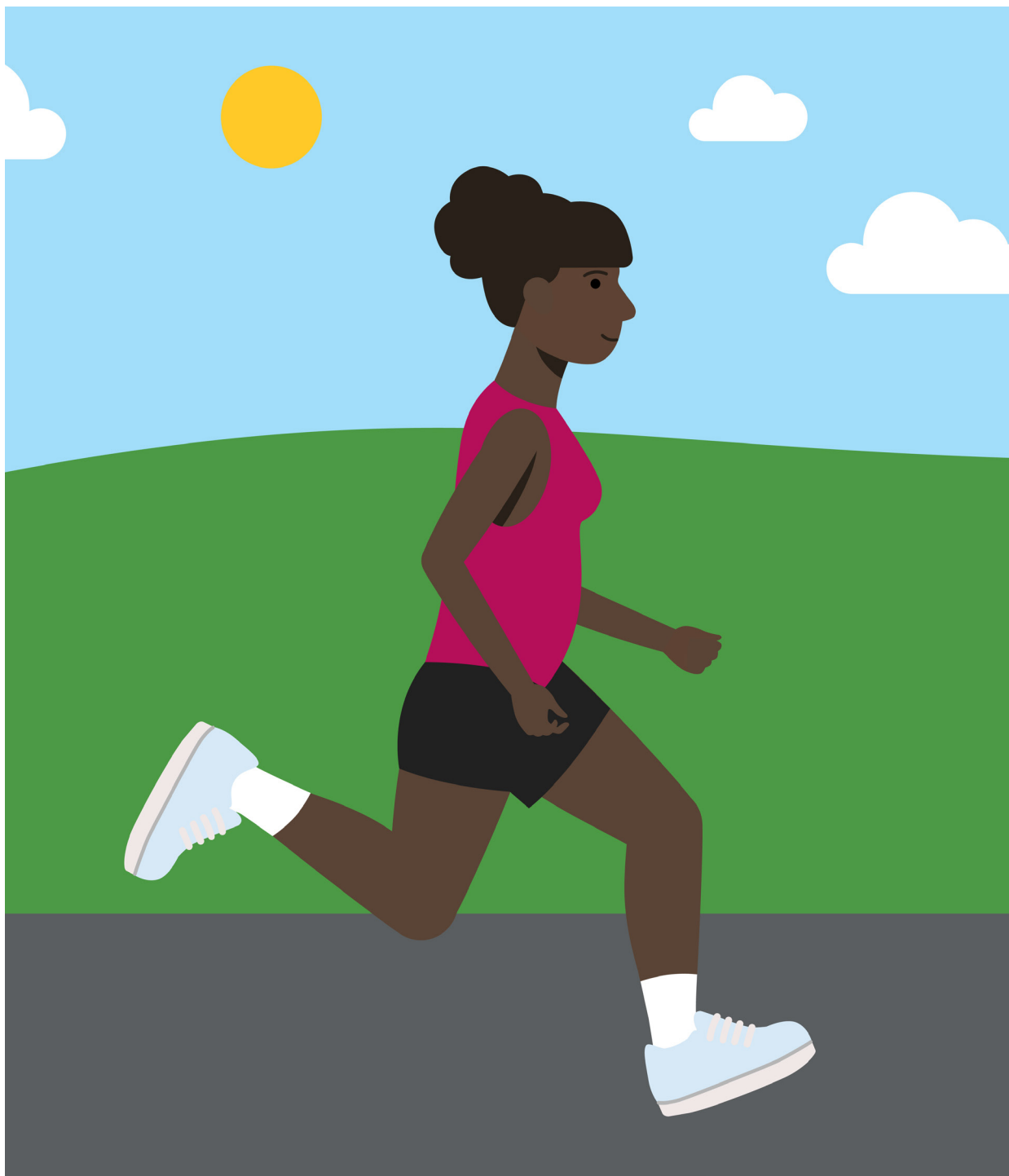




Together we are
beating cancer

Marathon Training Plan Advanced

running
withus 

Marathon Advanced



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Progression run: 45 minutes. 15 minutes easy, 15 minutes steady, 15 minutes threshold	Easy run: 45 minutes or 45 minutes aerobic cross training + core	Easy run: 60 minutes	Rest	Continuous hills: run 4 sets of 6 minutes effort with 90 seconds jogged recovery + core	Long run: 80-90 minutes. All relaxed and conversational
	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Progression run: 45 minutes. 15 minutes easy, 15 minutes steady, 15 minutes threshold	Easy run: 45 minutes or 45 minutes aerobic cross training + core	Easy run: 60 minutes	Rest	Continuous hills: 3 x (8 minutes effort / 120 seconds jog) + core	Long run: 90 minutes. All relaxed and conversational
	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Threshold run: 5 x (6 minutes threshold / 1 minute jog)	Recovery run: 30 minutes or 30 minutes aerobic cross training + core	45 minutes with the final 25 minutes pick up towards half marathon effort	Rest	Continuous hills: 45 minutes total. 3 x (8 minutes effort / 90 seconds jog) + core	Long run: 100 minutes easy throughout and consider mixing up the terrain

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Threshold run: 45-60 minutes total. 3 x (10 minutes threshold / 90 seconds jog)	Easy run 45 minutes total or 45 minutes aerobic cross training + core	Easy run: 45-60 minutes	Rest	Parkrun or 10 minutes easy / 20 minutes threshold / 10 minutes easy	Long run: 80 minutes
05	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Threshold run: 60 minutes total including 3 x 12 minutes at threshold with a 2 minute jog recovery.	Easy run 60 minutes total or aerobic cross training + core	Progression run: 60 minutes total. 20 minutes easy, 20 minutes steady, 20 minutes threshold	Rest	45 minutes total. 3 x (10 minutes effort / 90 seconds jog + core)	Long run: 1 hour 45 minutes easy
06	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Threshold run: 45-60 minutes running containing 25 minutes at threshold effort built in.	Easy run 60 minutes total or aerobic cross training + core	Mixed pace session: 12 minutes at MP + 6 x 2 minutes at 5-10k effort + 12 minutes at MP. All with a 2 minutes jog recovery. (MP = marathon target pace)	Rest	Continuous hills: to contain 6 x 6 minutes with a 75 seconds jog recovery + core	Long run of 2 hours. If you feel good run the last 20-30 at target MP. Make the first 90 at 1 minute per mile slower than MP.

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07	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Threshold run: 45-60 minutes running containing 25 minutes at threshold effort built in.	Easy run 60 minutes total or aerobic cross training + core	Mixed pace session: 15 minutes MP + 5 x 3 minutes at 10k effort + 15 minutes at MP. All with a 2 minute jog recovery	Rest	Continuous hills session: 60 minutes to include 3 x 12 minutes of continuous hills with 2 minute recovery + core	Long run: 2 hour 15-30 minutes all easy
08	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Threshold run: 45 minutes to include 5 x 5 minutes at threshold off 1 minutes jog recovery + conditioning work	Easy run 45 minutes total or aerobic cross training + core	Progression run: 45 minutes as 15 easy, 15 steady, 15 threshold	Rest	30 minute recovery run	Half marathon race: 30 minutes easy jog afterwards or 2 hours with the last 60 at target MP
09	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Threshold run: 30-45 minute recovery run	60 minutes easy steady running + core	90 minutes with final 45 minutes to including 3 x 10 minutes at threshold effort with 2 minute jog recovery	Rest	40-50 minute easy run	Long run: 2 hour 30 minutes with last 45 at MP

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: Mixed pace session: 8 x 800m (or 3 minutes) with odd numbers at threshold effort, even faster at 5km pace from 75-90 seconds recovery.	60 minutes easy pace + core	90 minutes with final 60 minutes as 3 minutes threshold / 3 minutes steady continuously – no rest	Rest	40-60 minute easy run + core	2 hour 45 minutes easy
11	Easy run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: 6 minutes threshold + 2 x (6 x 400m or 75 seconds) at 5k pace. Take 2-3 minutes between threshold and 400's then just 1 minute jog recovery between each 400.	60 minutes easy pace + core	90 minutes with 3 x 15 minutes. First at MP, 2nd and 3rd faster from 3 minutes recovery	Rest	40-50 minute easy run + core	Ideally half marathon run at marathon goal pace with 20-30 minutes easy before and after

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12	Easy run: 45 minutes + core	Morning: Easy run: 30 minutes Afternoon: 45 minutes running to include 5 x 6 minutes threshold to turn the legs over again. Take a 2 minute jog recovery between each effort	60 minutes easy steady effort + core	60 minute progression run with 20 easy, 20 steady and 20 at threshold building	Rest	45 minutes relaxed running	Key long run: 35km progression run (10km easy, 10km MP, 5km easy, 5km faster than MP, 2km fast, 3km easy)
	Easy run: 45 minutes + core	Morning: Easy run: 30 minutes Afternoon: 8 x 800m at 5km pace from 90 seconds recovery	Easy run: 60 minutes or 60 minutes aerobic cross training + core	90 minutes with the final 30 minutes at threshold effort	Rest	45 minutes relaxed running + core	3 hours – 3 hours 15 minutes with final 60 minutes at MP

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	Easy run: 45 minutes + core	Morning: Easy run: 30 minutes Afternoon: 6 minutes threshold + 3 x (4 x 400m or 90 seconds) at 5k pace. Take 2-3 minutes between threshold and 400's then just 1 minute jog recovery between each 400.	Easy run: 45-60 minutes or 45-60 minutes aerobic cross training + core	90 minutes with final 30-40 minutes at MP	Rest	Threshold run: 45 minutes total. 6 x (3 minutes threshold / 3 minutes steady) + core	Long run: 1 hour 45 minutes - 2 hours with the final 30 minutes at MP
	Recovery run: 30-40 minutes + core	Morning: Easy run: 30 minutes Afternoon: 5 x 400m (or 90 seconds) at 5km effort (60s recovery) + 2km at threshold + 5 x 400m (or 90 seconds) at 5km effort (45 seconds recovery) - 2 minute rest between sets.	Easy run: 30-45 minutes or 30-45 minutes aerobic cross training + core	Progression run of 15/15/15 with middle 15 at MP	Rest	Parkrun or 30 minute steady run + core	Easy run: 75 minutes total

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16	Recovery run: 30–40 minutes + core	30–40 minutes to include 3 x 5 minutes at MP with a 2–3 minute jog recovery)	30 minute recovery run + core	30 minute recovery run	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.