
Marathon Training Plan: Improver

PROGRAM REQUIREMENTS

- Good overall fitness
- Able to run for 45-minutes straight
- Able to run at least 4 times per week
- One cross or strength training session per week

PACE YOURSELF

Check out this [training pace calculator](#) (*Runner's World*, 2018) to help you establish your pace.

Gentle Run - slower than your target marathon pace.

Steady 'Tempo' Run - slightly faster than 'gentle', which may cause some discomfort initially. You should then return to your 'gentle' run or walk. This should help you improve your overall stamina and prepare your body for longer runs.

Long Run - week by week you will gradually increase the distance. Longer runs get you used to staying moving for longer. Take it slow, you can always walk parts and try different routes to keep it interesting.

Cross Training – this can be any activity outside running (e.g. yoga, Pilates, weight training, HIIT, cycling and swimming).

Active Rest – try to keep moving little and often throughout the day by going for a walk and stretching.

Fartlek - fartlek translates to “speed play”, where you jog at your 'gentle'-'steady' pace and increase the speed randomly to 70-100% full sprint (e.g. you're

running along a road with lampposts and decide that you will sprint the next 2 lampposts, then go back to the normal speed. A minute later you see a bench 100 yards up and you sprint to that, then go back to your normal pace. Continue this for the set number of minutes in the program. This is to work on your endurance.)

Missing a run – when training for 16 weeks you will inevitably miss a few sessions, so don't panic. Sometimes life will get in the way. Try not to miss more than one run per week and try to make 90% of the long runs. Don't try to play catch up too much, as the key is quality over quantity. Don't do five runs in one week, just because you only did two the week before. Stick to the rough plan as closely as possible.

*Please note that days and sessions can be switched e.g. your long run on the Saturday instead of the Sunday.

Nutrition – if you're running over 90 mins, bring water and nutritional with you. Practice the gels, drinks and other forms of nutrition you will be using on marathon day to avoid surprise.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	40 min gentle run (can walk/ jog)	5 min gentle run 3 x 5 min hill or steady run with 1 min gentle run or walk 10 min gentle run	Rest or cross/ strength training and stretch	45 min gentle - steady run 45 min (can walk/ jog) Or rest	Rest or strength training	70-80 long, gentle run (can walk some parts if needed)
Week 2	Rest	50 min run with 10 min steady run 8 min steady 6 min steady with 1-2 min gentle run/ walk	45 min gentle run	Rest or cross/ strength training and stretch	4 x 5 min hills or steady run (gentle run 5 min before and after)	Rest or strength training	80-90 min long run
Week 3	Rest	50 min run with 10 min steady, 8 min steady, 6 min steady and 1-2 min gentle run or walk	50-60 min gentle run	Rest or cross/ strength training and stretch	2x 10 min hills or steady run (gentle run 5 min before and after)	Rest or strength training	100 min long run

Week 4	Rest	45 min run with 15 min gentle, 15 min steady, 15 min gentle	30 min steady run	Rest or cross/ strength training and stretch	5K Steady-fast	Rest or strength training	70-80 min long run
Week 5	Rest	50 min run 5 x 5 min steady run	50-60 min with 20 min fartlek	Rest or cross/ strength training and stretch	35 min 3x 8 min hills or steady runs	Rest or strength training	100 min long run
Week 6	Rest	50 min 3x 3 min steady, 2 min fast, 1 min gentle or walk	50-60 min with 20 min fartlek	Rest or cross/ strength training and stretch	45 min 3x 10 min hills or steady runs	Rest or strength training	120 min long run
Week 7 (recovery week – slightly less intense)	Rest	50 min run 6 x 5 min steady run	60-70 min run, with the last 20 min steady pace	Rest or cross/ strength train and stretch	40 min gentle-steady run	Rest or strength training	2hr15 long run

Week 8	Rest	45 min run, with 5 min steady, then 4/3/2/1 min steady	30 min steady run	Rest or cross/strength training and stretch	30 min gentle run with 10 min fartlek	Rest or strength training	Do a 10 mile or fast 10K race
Week 9	Rest	50 min gentle run, end with 10 min fartlek	50 min gentle run	Rest or cross/strength training and stretch	50 min gentle run	Rest or strength training	2hr30 long run (for 90 min, do 6 x 10 min at marathon pace)
Week 10	60 min run with 3 x 10 min steady run	70 min gentle run	Rest or cross/strength training and stretch	Fast 5K	Rest or strength training	Do a half marathon (try to find a local race)	60 min run with 3 x 10 min steady run
Week 11	Rest	50 min run with 20 min steady run	75 min gentle run	Rest or cross/strength training and stretch	40 min gentle run	Rest or strength training	3hrs Long run

Week 12	Rest	50 min run with 20-25 min steady run	75 min easy run	Rest or cross/strength training and stretch	50 min gentle-steady run	Rest or strength training	20-22 miles long run
Week 13	Rest	45 min gentle run, end with 10 min fartlek	60 min with 3 x 3 min fast	Rest or cross/strength training and stretch	70-80 min, end with 15 min fartlek	Rest or strength training	Long run, 2 hours 40 min, 4 x 20 min at marathon pace
Week 14	Rest	45-60 min gentle run with 15 min fartlek	70 min (10 min gentle, 60 min marathon pace)	Rest or cross/strength training and stretch	70-80 min gentle run	Rest or strength training	1 hour 45 min long run with 60 min at marathon pace
Week 15	Rest	40 min gentle run, 10 min at marathon pace	50 min gentle run	Rest or cross/strength training and stretch	Gentle-steady 5K	Rest or strength training	80 min long run

Week 16	Rest	30 min gentle run	Rest and stretch	Rest or 30 min gentle run	Rest	15-20 min gentle run or 30-45 min walk	Race day! Good luck!
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