

MARATHON TRAINING PLAN



INTERMEDIATE

Before you start remember that your body may need time to adjust to your new fitness regime. We recommend you ideally start your training plan no less than thirteen weeks before you start your challenge. When training, stick within the limits of speed and distance that are comfortable for you. And remember, rest is as important as time spent on your feet. If you'd still like to exercise on your rest days, choose a low impact activity such as swimming, cycling or fitness circuits in the gym.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Pilates/ yoga	Recovery run 30 min	Threshold run 2x10 min, 2 min recovery jog between sets	30 min cross training or recovery run + core conditioning	REST	4x5 min continuous hill reps. 2 min recovery jog	Long easy run 90 min
2	Pilates/ yoga	Recovery run 45 min	5x5 min at threshold, 2 min recovery jog	45 min cross training or recovery run + core conditioning	REST	2x10 min continuous hill reps. 2 min recovery jog	Long easy run 105 min
3	Pilates/ yoga	Recovery run 30 min	45 min: 15 min easy, 15 min steady, 15 min at threshold	45 min cross training or recovery run + core conditioning	REST	4x6 min continuous hill reps. 2 min recovery jog	Long easy run 120 min
4	Pilates/ yoga	Recovery run 40 min	8x3 min, 2 min recovery. Odd numbers at threshold and evens at 10k pace	45 min cross training or recovery run + core conditioning	REST	5x5 min at threshold on hilly route. 2 min recovery jog.	Long easy run 120-135 min
5	Pilates/ yoga	Recovery run 30 min	REST	30 min inc. 5 min easy/5 min threshold x3	REST	4x5 min continuous hill reps. 90 sec recovery jog	Long easy run 65-70 min + core conditioning
6	Pilates/ yoga	60 min inc. 3x10 min at threshold, 2-3 min re-recovery jog	Recovery run 30 min	Intervals: 5x5 min at 10k pace with 90 sec recovery	REST	30-45 min recovery run or cross train	145 min run with last 45 min at marathon pace

7	Pilates/ yoga	4x6 min continuous hills, 90 sec recovery	Recovery run 30 min or cross train	10 min thresh- old +4x3 min at 10k pace + 10 min thresh- old. All with 2 min recovery jog	REST	45 min with 15 min easy/15 steady/15 at threshold + core condi- tioning	Long easy run 150 min
8	Pilates/ yoga	Recovery run 45 min	Threshold run 5x6 min with 90 sec recov- ery	Recovery run 30 min +core conditioning	REST	Recovery run 45 min	Long easy run 90-105 min with last 45 in at mar- athon pace
9	Pilates/ yoga	Recovery run 45 min	6x3 min: odd numbers at threshold and evens at 10k pace. 90 sec recovery	Recovery run 30-45 min +easy core conditioning	REST	Recovery run 25-30 min	Half mara- thon at PB pace. Run at marathon pace if still building fitness. Add 30 minute warm down.
10	Pilates/ yoga	Recovery run 45 min	Recovery run 45 min or cross train	45 min run inc. 4x6 min at threshold with 2 min jog in between	REST	Recovery run 45 min + core conditioning	Long run 165 min, last 45 min at marathon pace
11	Pilates/ yoga	Recovery run 45 min	Recovery run 45 min or cross train	15 min mar- athon pace + 5x3 min at 10k pace + 15 min mar- athon pace. All with 2 min recovery jog	REST	Recovery run 45 min + core conditioning	Long run 180 min, last 60 min at marathon pace
12	Pilates/ yoga	Recovery run 30 min	Recovery run 45 min or cross train	75 min run inc. 3x10 min at threshold	REST	Recovery run 45 min + core conditioning	Long run 120 min. Last hour inc. 3x15 min at mara- thon pace
13	Pilates/ yoga	Recovery run 30 min	Recovery run 45 min or cross train	90 min with middle 60 at 3 min thresh- old/3 min steady con- tinuous	REST	5x5 min at threshold, 90 second recov- ery	Long run 60 min at easy pace + core conditioning
14	REST	Recovery run 30 min + core condi- tioning	40 min with 5 min easy/5 min at mara- thon pace x 4	25 min re- covery run or cross train	REST	15 min jog	RACE DAY