

MARATHON EXPERIENCED TRAINING PLAN

- The following training plan is aimed at an experienced runner who has run a marathon before and wants to improve, it's based on up to six runs per week over a 16-week period. It does need a fair bit of commitment on your part, you can move the days around, it's not essential to always do the long runs on a Sunday if that doesn't suit, just try to cover at least four of these sessions including the long run within each week. Don't forget that we have our team session every Thursday evening which could substitute one of these sessions.
- If you are feeling really tired or suffering a niggle, add an extra rest day or go for cross training or strength and conditioning instead. Sleep is also a really important part of the plan so make sure you get plenty.
- Nutrition is really important; your body needs the right sort of fuel to make it run and to aid recovery. Aim to eat within 20 minutes of finishing a run, protein shakes and bars are perfect for post run refuelling.
- Do a warm up and cool down before and after every session and try to include 10 minutes of stretching into your every-day routine.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	30 mins run + and strength and conditioning	Progression run, 45 mins. 15 mins easy, 15 mins steady, 15 mins threshold	Easy run 45 mins or 45 mins aerobic cross training	Easy run 60mins	Rest	Continuous hills, Including 4 x 6 mins with 2 mins recoveries	Long run 80 min easy
Week 2	30 mins run + and strength and conditioning	Progression run, 45 mins. 15 mins easy, 15 mins steady, 15 mins threshold	Easy run 45 mins or 45 mins aerobic cross training	Easy run 60mins	Rest	Sisyphus Hills, 4 x 15, 30, 45, 60 second hard uphill with easy downhill recoveries	Long run 80 min easy
Week 3	30 mins run + and strength and conditioning	Threshold run including 5 x 6 mins at threshold pace with 1 min recoveries	Easy run 45 mins or 45 mins aerobic cross training	Progression run, 45 mins. 15 mins easy, 15 mins steady, 15 mins threshold	Rest	Continuous hills, 45 mins total. Including 5 x 5 mins with 90 sec recoveries	Long run, 90 mins easy
Week 4	30 mins run + and strength and conditioning	Threshold run 45 mins including 3 x 10 mins at threshold pace with 90 sec recoveries	Easy run 45 mins or 45 mins aerobic cross training	Progression run, 45 mins. 15 mins easy, 15 mins steady, 15 mins threshold	Rest	Sisyphus Hills, 15 x 20 secs hard uphill with 60 secs easy downhill recoveries	Long run, 75-90 mins easy

Continued



RUNNING GLOSSARY

- **Cross training** involves working your heart and lungs but not through running. This could be cycling, swimming or on a rower.
- **Recovery runs** are your easiest runs of the week. They should be at a comfortable pace. Relax and aim to feel better at the end than you did at the start.
- **Threshold running** involves blocks of running at a controlled discomfort effort. You should only be able to speak 4-5 words at a time but if pushed you could still slightly speed up. Include short recovery jogs between each threshold block.
- **Fartlek sessions** are running at different speeds for different lengths of time.

MARATHON IMPROVERS TRAINING PLAN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	30–45 mins run + and strength and conditioning	Threshold run, 60 mins including 3 × 12 mins at threshold with 2 min recoveries	45 mins easy run + strength and conditioning	Progression run, 60 mins total. 20 mins easy, 20 mins steady, 20 mins threshold	Rest	Continuous hills, 45 mins including 3 × 10 mins effort with 90 sec recoveries	Long run 105 mins easy
Week 6	30–45 mins run + and strength and conditioning	Threshold run with 45-60 mins running. Include 25 mins at threshold effort	Easy run 45-60 mins or 45-60 mins aerobic cross training + conditioning and stretching	Mixed pace session - 12 mins at MP + 6 × 2 mins at 10k effort + 12 mins at MP. All with 2 min recoveries	Rest	Sisyphus Hills 4 × 15, 30, 45, 60 sec hard uphill, easy downhill recoveries.	Long run 120 mins with last 20 mins at MP and the rest approx. 1 min per mile slower
Week 7	30–45 mins aerobic cross training + strength and conditioning	Threshold run, 45 mins including 5 × 5 mins threshold with 90 sec recoveries	45 mins easy run	30 min progressive run. 10 mins easy, 10 mins steady, 10 mins threshold	Rest	30 mins easy run	Half Marathon race + 30 mins easy recovery or 120 mins with last 60 at MP
Week 8	30–45 mins run + and strength and conditioning	60 mins easy run	Easy run 45-60 mins or 45-60 mins aerobic cross training + conditioning and stretching	Mixed pace session - 15 mins MP + 5 × 3 mins at 10k effort + 15 mins at MP. All with 2 min recoveries	Rest	Continuous hills, 60 mins including 3 × 12 mins effort with 90 sec recoveries	Long run 135 mins easy.
Week 9	30–40 mins easy run + strength and conditioning	Mixed pace session. 8 × 800m or 3 mins with odd numbers at threshold effort and even numbers at 5k effort with 90 sec recoveries	60 mins easy run + strength and conditioning	80 mins with the final 45 mins to include 4 × 6 mins at threshold with 2-3 mins easy recoveries	Rest	Continuous hills 60 min run to include 30 mins of continuous hills and no recoveries	Long run, 150 mins with last 30 at MP if you feel good

- **Continuous hills** is an exercise running on a steady gradient at threshold pace up and down the hill.
- **Sisyphus hill** session is a series of repeated uphill sprints for 15, 30, 45 and 60 seconds with easy downhill recoveries or 20 seconds hard uphill with 60 second easy downhill recoveries.
- **Long run**, these build up week on week, increasing in duration with an easier week every few weeks. Your longest run should be three weeks before race day before you start tapering to allow your body time to recover before the big event.
- **Progressive Runs** are runs where you pick up the pace in blocks from easy to steady and finishing at threshold pace.

MARATHON IMPROVERS TRAINING PLAN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	30-40 mins easy run + strength and conditioning	Mixed pace session. 6 × 800m or 3 mins at 5k effort with 90 sec recoveries	60 mins easy run + strength and conditioning	25km Progressive run as 5km easy, 5km MP, 5km easy, 5km MP, 3km threshold, 2km easy	Rest	6 × 6 mins at threshold with 90 sec recoveries	Long run, 105 mins easy
Week 11	30 mins recovery run	6 mins threshold + 2 × 6 × 400m or 75 secs at 5k pace. Take 2-3 mins between threshold and 400m then 1 min recoveries between each 400m	45 mins easy run + strength and conditioning	30 minute progressive run with 10 easy, 10 steady and 10 at threshold building in effort	Rest	30 mins recovery run + stretching	Half Marathon fast at PB effort + 45 mins easy after or 150 mins with the last 60 mins at MP
Week 12	30-40 mins easy run + strength and conditioning	45 mins running to include 4 × 6 mins threshold. Take a 2 min jog recovery between each effort	60 mins steady run	90 mins with the final 45 mins to include 3 × 10 mins at threshold with 2-3 mins easy recoveries	Rest	45 mins recovery run	Key long run – 35km progressive run 10 km easy, 10 km MP, 5 km easy, 5 km threshold, 2km hard, 3km easy
WEEK 13	30-40 mins easy run + strength and conditioning	Threshold session 3 × 5 mins at threshold + 4 × 400m or 90 secs at 5km pace with 60 secs recoveries + 15–20 mins at MP	60 mins steady run	90 mins run with the final 30 mins at threshold pace	Rest	45 mins easy run	Long run, 165 mins with last 60–45 mins at MP
WEEK 14	30 mins easy plus extra stretching	5 × 400m or 90 secs at 5km effort with 60 sec recoveries + 2km at threshold + 5 × 400m or 90 secs at 5km effort with 45 sec recoveries and 2 min recovery between sets	60 mins steady run	45 mins run to include 4 × 6 mins at threshold with 90 secs recoveries	Rest	Interval session 6 mins at threshold with 2 min recovery + 5 × 3 mins at 5k pace with 90 sec recoveries	Long run: 120 mins easy with last 30 mins at MP
WEEK 15	30-40 mins easy run + strength and conditioning	6 mins threshold + 3 × 4 × 400m or 90 sec at 5k pace. Take 2-3 mins between threshold and 400's then just 1 min recoveries between each 400	45 mins easy run + strength and conditioning	Progression run 30 mins with 10 mins easy, 10 mins steady, 10 mins at threshold	Rest	30 mins Time Trial + 30 mins easy recovery	Long run 60 mins easy
WEEK 16	Rest or 30 mins recovery run	30-40 mins run including 3 × 5 mins at marathon pace with 2 mins recoveries	30 mins recovery run	30 mins easy run	Rest	20 mins easy run and stretch	Race Day Enjoy