

MARATHON TRAINING PLAN

*6-8 HOURS PER WEEK



M T W T F S S

WEEK 1

Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy	Type Threshold run Time 60mins Instructions 10mins WU / 40mins Z3 / 10mins easy	REST DAY	Type Interval run Time 60mins Instructions 15mins WU; Pyramid. 2-3-4-5-4-3-2mins hard (90s rec); 10mins easy	REST DAY	Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy	Type Marathon pace Time 60mins Instructions 10mins WU / 40mins at MP (5:40min/km for 4hrs) / 10mins easy
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WEEK 2

REST DAY	Type Threshold run Time 60 mins Instructions 15mins easy; 2x15mins at WU (3mins recovery); 10mins easy	Type Easy run Time 50mins Instructions 10mins WU / 30mins Z1 / 10mins easy	REST DAY	Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy	REST DAY	Type Long run Time 90mins Instructions Build long run volume. 90mins steady
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WEEK 3

REST DAY	Type Threshold run Time 70mins Instructions 10mins easy; 3x15mins threshold (3mins recovery); 10mins easy	REST DAY	Type Interval run Instructions 15mins easy, 4x1km hard (2mins recovery), 15mins easy. Time each one. Aim for consistency	Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy	REST DAY	Type Easy run Time 90mins Instructions 10mins WU / 40mins Z1 / 10mins easy. 30mins stretching
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WEEK 4

REST DAY	Type Recovery run Time 40 mins Instructions Steady 40min active recovery run	Type Interval run Time 60mins (approx) Instructions 15mins easy. 7x4mins fast (90s recover); 10mins easy	REST DAY	Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy	REST DAY	Type Half marathon Time 120mins Instructions Half marathon race or 21km at marathon race pace
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WEEK 5

REST DAY	Type Recovery run Time 40 mins Instructions Steady 40min active recovery run	Type Interval run Time 60mins (approx) Instructions 15mins easy. 7x4mins fast (90s recover); 10mins easy	Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy	REST DAY	Type Marathon pace Time 45mins Instructions 15mins at MP, 15mins at 10sec per km faster than MP, 15mins at 15secs faster than MP	Type Long run Time 130mins Instructions Run 130mins steady paced. Pick up the pace for final 45mins
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WEEK 6

REST DAY	Type Threshold run Time 60mins (approx) Instructions 10mins easy. 3x12mins threshold. (3mins rec) 10mins easy	Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy	Type Interval run Time 1hr (approx) Instructions 15mins easy, 8x2.5mins fast (90secs recovery), 15mins easy	REST DAY	Type Long run Distance 35km Instructions 25km easy, (30secs per km slower than MP, then 10km pick up the pace)	Type Easy run Time 60mins Instructions 10mins WU / 40mins Z1 / 10mins easy
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WEEK 7

REST DAY	Type Threshold run Time 40 mins Instructions 10mins easy, 20mins threshold, 10mins easy	Type Recovery run Time 30 mins Instructions Steady 30min active recovery run	Type Interval run Instructions 10mins easy, 3km at marathon pace (2mins rec), 2x1km at 30secs faster than MP, 10mins easy	REST DAY	Type Long run Distance 20km Instructions 10km at 30secs per km slower than marathon pace, 10km at marathon pace	REST DAY
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WEEK 8

REST DAY	Type Marathon pace Instructions 10mins easy. 2x2km at marathon pace, (3mins rec), 10mins easy	REST DAY	Type Easy run Time 20 mins Instructions Easy 20min run including 5x30s fast strides (90s recovery)	Type Easy run Time 10 mins Instructions Easy 10min jog		
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KEY SESSIONS

LONG RUN Long runs are vital to marathon running and are the key ingredient in your training. Long runs are endurance, rather than speed focused, and help develop stamina, strength and the ability to go the distance. Long runs are done at a controlled, conversational pace.

THRESHOLD RUN Threshold runs are about running under controlled discomfort and are great for improving your running economy. After long runs, threshold runs are probably your most valuable workouts. If you're doing it correctly, then there won't be much conversation happening!

INTERVAL RUN Interval running is structured periods of harder efforts broken up by periods of recovery. They are the most intense run efforts in the training plan and will mean running fast for short periods.

RACE PACE (RP) These runs are done at your target marathon completion pace (approx 5:40min/km for a goal time of 4hrs) and are an essential aspect of understanding how best to race your marathon.

WARM-UP (WU) Designed to warm-up the muscles and remain injury free during harder efforts. Similarly, you should always cool down to begin the recovery process.

THINGS TO NOTE

This training plan is not randomly divided over 8 weeks. Each session builds on the previous one so don't be tempted to swap weeks around to suit your schedule. However you can change the days within a week. Just remember to rearrange the rest days to ensure maximum benefit from each session.

Complete the easy sessions easy and the hard sessions hard. Take the rest days seriously. Stretching and seeking Myotherapy and/or SMR (Self-Myofascial Release) will help improve your running and most importantly keep you injury free.

If possible avoid completing every session on a hard surface. Soft surfaces like grass, dirt and sand put less strain on your body reducing the risk of injury and provide a well-rounded workout. You will be forced to shift and adjust to uneven terrain using muscles you might not on hard and smooth surfaces only.

Fuel with adequate carbohydrates before, during and after each session. Get used to consuming gels in training and don't try anything on race day that you haven't already put into practice!

