

Marathon training plan

Improvers

This training plan is for runners who may have already completed a marathon and are looking to improve on a previous performance.

The plan assumes you will run four times a week at the start of your training, you've done plenty of running in the past and you're aiming to improve your marathon time.

Easy runs
Less than 60% of maximum effort
Steady runs
60-70% of maximum effort

Tempo runs
70-80% of maximum effort

Long runs
Develop strength and endurance to practice your target marathon pace



Helen & Douglas House
hospice care for children

Registered charity no 1085951

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 weeks to go Build a good training base	Rest day	Easy run 20 minutes	Easy run 30 minutes	Rest day	Easy run 40 minutes	Rest day Plan your fundraising	Easy run 60 minutes
15 weeks to go Establish your routine	Rest day	Easy run 30 minutes	Steady run 40 minutes	Rest day	Easy run 40 minutes	Rest day	Easy run 70 minutes
14 weeks to go Steady miles will set a good foundation	Rest day	Easy run 30 minutes	Steady run 50 minutes	Rest day	Easy run 35 minutes Hold a cake sale at work	Rest day	Easy run 80 minutes
13 weeks to go Longest run this week to build your confidence	Rest day	Easy run 35 minutes	Steady run 60 minutes	Rest day	Easy run 35 minutes	Rest day	Easy run 90 minutes
12 weeks to go A lighter week so your body can adapt	Rest day	Easy run 20 minutes	Steady run 30 minutes	Rest day	Easy run 20 minutes	Rest day Hold a wine tasting	Easy run 60 minutes
11 weeks to go More intensity to boost fitness and build pace endurance	Rest day	Easy run 40 minutes	Run 44 minutes 10 mins easy run (60 secs fast, 2 mins jog recovery) x 8, 10 min easy run	Rest day	Run 50 minutes 10 mins easy run (5 mins steady, 5 mins temp) x 3 10 mins easy run	Rest day	Easy Run 1 hour 45 minutes or goal of 10 miles

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Top tips

Don't forget to stretch before and after all exercise.

Always eat something within 20-30 minutes of a run e.g a banana

For your longest run on week on week 13, 4 weeks before the Marathon. Use this as a dress rehearsal for race day. Eat a pre-race breakfast, wear the clothes you will race in, practice your hydration and fueling strategies.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 weeks to go Introduce a range of pace to maximise fitness benefits	Rest day	Easy run 45 minutes	Run 40 minutes 10 mins easy run (2 mins tempo run, 2 mins jog recovery) x 5, 10 mins easy run	Rest day	Run 46 minutes 10 mins easy run (8 mins tempo run, 5 mins steady run) x 2, 10 mins easy run	Rest day Hold a quiz night
9 weeks to go Attack your faster running and embrace breathlessness	Rest day	Easy run 50 minutes	Run 50 minutes 10 mins easy run (90 secs fast, 90 secs jog recovery) x 10, 10 mins easy run	Rest day	Run 47 minutes 10 mins easy run (2 x 12 mins tempo with 3 mins jog recovery) 10 mins easy run	Rest day Easy run 2 hours 30 minutes or distance goal of 14 miles
8 weeks to go A consistent week where you should feel the benefits of training and more confident	Rest day	Easy run 50 minutes	Run 56 minutes 10 mins easy run (4 mins tempo run, 2 mins jog recovery) x 6, 10 mins easy run	Rest day	Run 40 minutes 10 mins easy run 20 mins tempo run 10 mins easy run	Rest day Hold a tea party & bring 'n' buy
7 weeks to go Enter a half marathon race to familiarise yourself with race day routines	Rest day	Easy run 50 minutes	Run 45 minutes 10 mins easy run (3 mins tempo run, 2 mins jog recovery) x 5, 10 mins easy run	Rest day	Easy run 30 minutes	Race a half marathon or run for 1 hours 30 minutes or distance goal of 13.1 miles
6 weeks to go Recover from your half marathon and explore your marathon pace	Rest day	Easy run 30 minutes	Steady run 60 minutes Hold a sweepstake at work to guess your HM time	Rest day	Run 50 minutes 10 mins easy run 30 mins target marathon pace 10 mins easy run	Rest day Run 2 hours 45 minutes Or distance goal of 16 miles
5 weeks to go Focus on your marathon pace, hydration and fuelling marathon pace	Rest day	Easy run 50 minutes	Run 50 minutes 5 mins easy run 40 mins target marathon pace 10 mins easy run	Rest day	Easy run 35 minutes	Run 3 hours 1 hour easy 1 hour steady 1 hour easy or distance goal of 18 miles Include 6 miles in middle of target marathon pace

Half marathon training plan

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Top tips

Cross training - if you are injured or sore, substitute cross training for a run.

Stretching - Try and stretch every day for at least 10 minutes.

Rest - This is crucial for recovery. If you find yourself too tired to run, then increase the amount of rest days you take.

Fundraising ideas - you will find some fundraising ideas in the blue circles.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
4 weeks to go This week you will do your longest run. Use this as a dress rehearsal for race day.	Rest day	Easy run 50 minutes	Run 55 minutes 10 mins easy run (5 mins tempo run, 2 mins jog recovery) x 5 10 mins easy run	Rest day	Run 60 minutes 5 mins easy run 50 mins at target marathon pace 5 mins easy run	Rest day	Your longest run 3 hours 30 minutes or distance goal of 20-22 miles include final 8 miles at target marathon pace
3 weeks to go Maintain your paced runs during this week	Rest day	Easy run 40 minute	Run 40 minutes 10 mins easy run, (60 secs fast, 60 secs jog) x 10 10 mins easy run	Rest day	Run 50 minutes 10 mins easy run 10 mins steady run 10 mins a target marathon pace 10 mins faster 10 mins easy run	Rest day	Easy run 90 minutes
2 weeks to go Towards the end of this week, your legs should find their spring again	Rest day	Easy run 30 minutes	Run 41 minutes 10 mins easy run (5 x 60 secs fast, 60 secs jog), 3 mins jog, 8 mins at target marathon pace 10 mins easy run	Rest day	Run 30 minutes 5 mins easy run 20 mins at marathon pace 5 mins easy run	Rest day Bag packing at a supermarket	Easy run 60 minutes
Marathon week Use any spare time to relax. Come race day set off at your race pace and stick to your plan	Rest day	Easy run 20 minutes	Run 32 minutes 10 mins easy run 12 mins target marathon pace 10 mins easy run	Rest day	Easy jog 10 minutes	Rest day	Marathon Race day. Good Luck!

Thank you so much for raising money for Helen & Douglas House to help local terminally ill children. You will be making a real difference to the lives of the families we care for.