

# Believe in children



## Barnardo's

### Marathon training programme – advanced

<b>Week 1</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	2 hrs steady
MONDAY	Tempo – 45mins @ marathon pace	Am: 45mins easy Pm: 1 hr steady
TUESDAY	Am: 30mins easy Pm: 20 x 300m/100m jog rec @ 10km pace	Am: 45mins easy Pm: 5 sets of 5 x 300m/100 jog – 5 mins between sets @ 5 km pace
WEDNESDAY	1 hr 20mins steady	Am: 45mins easy Pm: 1 hr 30mins steady
THURSDAY	Am: 30mins easy Pm: 30mins @ threshold pace + 8 x 400m/ 200 jog rec @ 10km pace	Am: 40mins easy Pm: 30mins @ threshold pace + 10 x 400m/ 200 jog rec @ 10km pace
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	1 hr steady	Am: 45mins fartlek Pm: 1 hr steady

<b>Week 2</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	2hr steady
MONDAY	Tempo – 45mins @ marathon pace	Am: 45 mins Pm: Tempo - 1 hr @ marathon pace
TUESDAY	Am: 30mins easy Pm: 20 x 300m/100m jog rec @ 10km pace	Am: 45mins easy Pm: 5 sets of 5 x 300m/100 jog – 5mins between sets @ 5 km pace
WEDNESDAY	1 hr 20mins steady	Am: 45mins easy Pm: 1 hr 30mins steady
THURSDAY	Am: 30mins easy Pm: 30mins @ threshold pace + 8 x 400m/ 200 jog rec @ 10km pace	Am: 40mins easy Pm: 30mins @ threshold pace + 10 x 400m/ 200 jog rec @ 10km pace
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady

<b>Week 3</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	2 hrs steady
MONDAY	Tempo – 45 mins @ marathon pace	Am: 45mins easy Pm: 1 hr steady
TUESDAY	Am: 30 mins easy Pm: Pyramid session 200/200 jog – 400/200 jog – 600/200 jog – 800/200 jog – 600/200 jog – 400/200 jog – 200. pace from 1 mile to 5km	Am: 30mins easy Pm: Pyramid session 200/200 jog – 400/200 jog – 600/200 jog – 800/200 jog – 600/200 jog – 400/200 jog – 200. pace from 1 mile to 5km
WEDNESDAY	1 hr 20mins steady	Am: 45mins easy Pm: 1 hr 30mins steady
THURSDAY	1 hr steady	Am: 40mins easy Pm: 1 hr steady
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	Warm-up – 20mins Kenyan hills – cool down	Am: 45mins easy Pm: warm-up – Kenyan hills – cool down

<b>Week 4</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	1 hr steady	1 hr steady
MONDAY	45mins easy	Am: 30mins easy Pm: 45mins steady
TUESDAY	45mins steady	Am: 30mins easy Pm: 45mins steady
WEDNESDAY	1 hr steady	1 hr steady
THURSDAY	45mins fartlek	Am: 30mins easy Pm: 45mins fartlek
FRIDAY	45mins easy	45mins easy
SATURDAY	1 hr steady	1 hr steady

<b>Week 5</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	Am: 2 hrs steady Pm: 30mins easy
MONDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
TUESDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
WEDNESDAY	1 hr 30mins easy	Am: 45mins easy Pm: 1 hr 30mins easy
THURSDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady

<b>Week 6</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	Am: 2 hrs steady Pm: 30mins easy
MONDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
TUESDAY	Am: 30mins easy Pm: 1 hr steady	Am: 45mins easy Pm: 1 hr steady
WEDNESDAY	1 hr 30mins steady	Am: 45mins easy Pm: 1 hr 30mins steady
THURSDAY	Am: 30mins easy Pm: 1 hr steady	Am: 45mins easy Pm: 1 hr steady
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady

<b>Week 7</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	Am: 2 hrs steady Pm: 30mins easy
MONDAY	1 hr on hilly course – maintain pace up and over the hills	Am: 45mins easy Pm: 1 hr on hilly course – maintain pace up and over the hills
TUESDAY	Am: 30mins easy Pm: 45mins fartlek	Am: 45mins easy Pm: 1 hr fartlek
WEDNESDAY	1 hr 30mins steady	Am: 45mins easy Pm: 1 hr 30mins
THURSDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	1 hr steady	Am: 1 hr steady Pm: 1 hr steady

<b>Week 8</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs 30mins steady	Am: 2 hrs 30mins steady Pm: 30mins easy
MONDAY	Hilly 1 hr	Am: 45mins easy Pm: hilly 1 hr
TUESDAY	Am: 30mins easy Pm: 1 hr fartlek	Am: 45mins easy Pm: 1 hr fartlek
WEDNESDAY	1 hr 30mins steady	Am: 45mins Pm: 1 hr 30mins steady
THURSDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady

<b>Week 9</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	1 hr steady	1 hr steady
MONDAY	45mins hilly run	1 hr hilly run
TUESDAY	1 hr steady	Am: 30mins easy Pm: 1 hr steady
WEDNESDAY	1 hr steady	1 hr steady
THURSDAY	45mins easy	Am: 45mins easy Pm: 45mins steady
FRIDAY	45mins easy	45mins steady
SATURDAY	1 hr steady	1 hr steady

<b>Week 10</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	Am: 2 hrs steady Pm: 30mins easy
MONDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
TUESDAY	Am: 30mins easy Pm: 15 x 400/100 jog recovery @ 10km pace	Am: 45mins easy Pm: 20 x 400/100 jog rec @ 10km pace
WEDNESDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
THURSDAY	Am: 30mins easy Pm: warm-up – 20mins Kenyan hills – cool down	Am: 45mins easy Pm: warm-up – 20 mins Kenyan hills – cool down
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	1 hrs steady	Am: 1 hr steady Pm : 45mins easy

<b>Week 11</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	Am: 2 hrs steady Pm: 30mins easy
MONDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
TUESDAY	Am: 30mins easy Pm: 15 x 400/100 jog recovery @ 10km pace	Am: 45mins easy Pm: 20 x 400/100 jog recovery @ 10km pace
WEDNESDAY	1 hr 30mins steady	Am: 45mins easy Pm: 1 hr 30mins steady
THURSDAY	Am: 30mins easy Pm: warm-up – 25 mins Kenyan hills – cool down	Am: 45mins easy Pm: warm-up – 25mins Kenyan hills – cool down
FRIDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
SATURDAY	Tempo – warm-up – 40mins at marathon pace – cool down	Am: 45mins easy Pm: Tempo run – warm-up – 40mins at marathon pace.

<b>Week 12</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	3 hr steady	Am: 3 hr steady Pm: 30mins easy
MONDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
TUESDAY	Am: 30mins easy Pm: 30mins tempo run @ marathon speed followed by 10 x 400m at 10km speed with 200 jog recoveries.	Am: 45mins easy Pm: 30 min tempo run @ marathon speed followed by 10 x 400m at 10km speed with 200 jog recoveries.
WEDNESDAY	1 hr 30mins steady	Am: 45mins easy Pm: 1 hr 30mins steady
THURSDAY	Am: 30mins easy Pm: warm up – 25mins Kenyan hills – cool down	Am: 30mins easy Pm: warm up – 30mins Kenyan hills – cool down
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	Tempo – 40mins @ marathon pace	Am: 45mins easy Pm: Tempo – 40mins at marathon pace.

<b>Week 13</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	2 hrs steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	3 sets of 400/800 @ 3km/5km pace, 200 jog between efforts, 5mins between sets.	Am: 45mins easy Pm: 5 sets of 400/800 @ 3km/5km pace, 200 jog between efforts, 5mins between sets.
WEDNESDAY	1 hr steady	1 hr steady
THURSDAY	25mins Kenyan hills	Am: 45mins easy Pm: 30mins Kenyan hills
FRIDAY	45mins easy	Am: 45mins easy Pm 45mins easy
SATURDAY	1 hr steady	1 hr steady

<b>Week 14</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	3 hrs steady	Am: 3 hrs steady Pm: 30mins easy
MONDAY	Tempo – warm-up – 2 x 15mins at 10km pace/10mins jog between – long cool down	Am: 45mins easy Pm: tempo – warm-up – 2 x 15mins at 10km pace/10mins jog between – long cool down
TUESDAY	Am: 30mins easy Pm: Pyramid – 200/400/600/800/600/400/200 – 200 jog recovery – pace from 1 mile to 5km	Am: 45mins easy Pm: Pyramid – 200/400/600/800/600/400/200 – 200 jog recovery – pace from 1 mile to 5km
WEDNESDAY	1 hr 30mins	Am: 45mins easy Pm: 1 hr 30mins

THURSDAY	Am: 30mins easy Pm: 5 x 1km @ 5km pace, 2mins recovery	Am: 45mins easy Pm: 5 x 1 mile @ 5km pace, 3mins recovery
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	6 miles: start with mile 1 @ marathon pace, then mile 2 @ 10km pace – alternate between the two paces for the rest of the run.	Am: 45mins easy Pm: 8 miles: start with mile 1 at marathon pace, then mile 2 @ 10km pace – alternate between the two paces for rest of run.

<b>Week 15</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	Am: 2 hrs steady Pm: 30mins easy
MONDAY	Tempo Run: 2 x 10mins @ 5km pace, 5mins recovery between.	Am: 45mins Pm: Tempo Run: 3 x 10mins @ 5km pace, 5mins recovery between.
TUESDAY	Am: 45mins easy Pm: 12 x 400/200 jog recovery @ 5km pace	Am: 45mins easy Pm: 12 x 400/200 jog recovery @ 5km pace
WEDNESDAY	1 hr 30mins steady	Am: 45mins easy Pm: 1 hr 30mins steady
THURSDAY	Am: 45mins easy Pm: 12 x 400/200 jog recovery @ 5km pace	Am: 45mins easy Pm: 12 x 400/200 jog recovery @ 5km pace
FRIDAY	Am: 45mins easy Pm: 45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	Threshold run – warm-up – 20ins – cool down	Am: 45mins easy Threshold run – warm-up – 30mins – cool down

<b>Week 16</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	2 hrs steady	2 hrs steady
MONDAY	1 hr steady	Am: 45mins easy Pm: 1 hr steady
TUESDAY	Am: 45mins easy Pm: 8 x 400/200 jog recovery @ 1 mile pace	Am: 45mins easy Pm: 8 x 400/200 jog recovery @ 1 mile pace
WEDNESDAY	Am: 30mins easy Pm: 1 hr steady	Am: 45mins easy Pm: 1 hr steady
THURSDAY	Am: 45mins easy Pm: 5 x 1km @ 5km pace, 3mins rec	Am: 45mins easy Pm: 5 x 1km @ 5km pace, 3mins rec
FRIDAY	45mins easy	Am: 45mins easy Pm: 45mins easy
SATURDAY	Threshold – warm-up, 20mins threshold pace – cool down	Threshold – warm-up, 30mins threshold pace – cool down

<b>Week 17</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	1 hr 30mins steady – picking up pace to run last 30mins at marathon pace	1 hr 30mins steady – picking up pace to run last 30mins at marathon pace
MONDAY	1 hr steady	1 hr steady
TUESDAY	8 x 400/200 jog rec @ mile pace	8 x 400/200 jog rec @ mile pace
WEDNESDAY	1 hr steady – last 20mins picking up pace to finish fast	1 hr steady – last 20mins picking up pace to finish fast
THURSDAY	3 x 1 mile @ 5km pace/4mins rec	3 x 1 mile @ 5kmpace/4mins rec
FRIDAY	45mins easy	45mins easy
SATURDAY	Tempo – 20mins at marathon pace	Tempo – 20mins at marathon pace

<b>Week 18</b>	<b>55 to 75 Miles per Week</b>	<b>80 to 100 Mile Per Week</b>
SUNDAY	1 hr steady	1 hr steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	10 x 200m/200m jog recovery @ 3km pace	10 x 200/200m jog rec @ 3km pace
WEDNESDAY	20mins easy	20mins easy
THURSDAY	15mins easy	15mins easy
FRIDAY	10min jog	10min jog
SATURDAY	10min jog	10min jog

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