

Believe in children



Barnardo's

Marathon training programme – intermediate

| Week 1 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--|--|
| SUNDAY | 1 hr 45mins steady | 2 hrs steady |
| MONDAY | 50mins steady | 1 hr steady |
| TUESDAY | Warm-up, 15 x 1 min fast/1 min slow, cool down | Warm-up, 18 x 1 min fast/1 min slow, cool down |
| WEDNESDAY | 1 hr steady | 1 hr 15mins steady |
| THURSDAY | 1 hr – running last 10mins at 10km pace | Pm: 1 hr steady |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Pm: 1 hr steady |

| Week 2 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--|---|
| SUNDAY | 1 hr 45 min steady | 2 hr steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 8 x 3mins fast/2mins slow (efforts at 10km pace), cool down | Warm-up, 10 x 3mins fast/2mins slow (efforts at 10km pace), cool down |
| WEDNESDAY | 1 hr steady | 1 hr 15 mins steady |
| THURSDAY | 1 hr fartlek | Pm: 1 hr fartlek |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 30mins easy Pm: 1hr steady |

| Week 3 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--------------------------------|-------------------------------|
| SUNDAY | 1 hr steady | 1 hr steady |
| MONDAY | 40mins easy | 45mins easy |
| TUESDAY | 40mins steady | 1 hr steady |
| WEDNESDAY | 40mins steady | 1 hr steady |
| THURSDAY | 40mins easy | 45mins easy |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | 1 hr steady |

| Week 4 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|---|--|
| SUNDAY | 2 hrs steady | 2 hrs 30mins steady |
| MONDAY | 1 hr hilly course | 1 hr hilly course |
| TUESDAY | Warm-up, 20mins threshold pace, cool down | Warm-up, 30mins at threshold pace, cool down |

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|-----------|--------------------|------------------------------------|
| WEDNESDAY | 1 hr 15mins steady | 1hr 30mins steady |
| THURSDAY | 1 hr steady | Am: 30mins easy Pm: 1 hr steady |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 30mins easy Pm: 1 hr steady |

| Week 5 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--|--|
| SUNDAY | 2 hrs steady | 2 hrs 30mins steady |
| MONDAY | 1 hr hilly course | 1 hr steady |
| TUESDAY | Warm-up, 25mins at threshold pace, cool down | Warm-up, 35mins at threshold pace, cool down |
| WEDNESDAY | 1 hr 15mins steady | 1 hr 30mins steady |
| THURSDAY | 1 hr steady | am: 30mins easy Pm: 1 hr steady |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 30mins easy Pm: 1 hr steady |

| Week 6 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--|--------------------------------------|
| SUNDAY | 3 hrs steady | 3 hrs steady |
| MONDAY | 1 hr easy | 1 hr easy |
| TUESDAY | Warm-up, 30mins at threshold pace, cool down | Warm-up, 40mins threshold, cool down |
| WEDNESDAY | 1 hr 15mins steady | 1 hr 30mins steady |
| THURSDAY | 1 hr steady | Am: 30mins easy Pm: 1 hr steady |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 30mins easy Pm: 1 hr steady |

| Week 7 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--|---|
| SUNDAY | 1 hr 30mins steady | 1 hr 30mins steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down |
| WEDNESDAY | 1 hr steady | 1 hr steady |
| THURSDAY | Warm-up, run 10mins in one direction, rest 5mins, run 10mins back to start point, cool down (5km pace session) | Warm-up, run 15mins in one direction, rest 5mins, run 15mins back to start point (5km pace session) |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | 1 hr steady |

| Week 8 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--|--|
| SUNDAY | 2 hrs steady | 2 hrs steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down |
| WEDNESDAY | 1 hr 30mins steady | 1 hr 30mins steady |

| | | |
|----------|--|--|
| THURSDAY | Warm-up, run 10mins in one direction, rest 5mins, run 10mins back to start point, cool down (5km pace session) | Warm-up, run 15 mins in one direction, rest 5mins, run 15mins back to start point (5km pace session) |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 45mins steady Pm: 1 hr steady |

| Week 9 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|---------------|--|---|
| SUNDAY | 2 hrs steady | 2 hrs 30mins steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down |
| WEDNESDAY | 1 hr 30mins steady | 1 hr 30mins steady |
| THURSDAY | Warm-up, Up & down the clock – start with 1 min fast/1 min slow, then 2mins fast/2mins slow – up to 6mins, then back down to 1 min fast/1 min slow – pace range from 5km to 10km, cool down. | Am: 30mins easy pm: Warm-up, Up & down the clock – start with 1 min fast/1 min slow, then 2mins fast/2mins slow – up to 6mins, then back down to 1 min fast/1 min slow – pace range from 5km to 10km, cool down. |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 30mins easy Pm: 1 hr steady |

| Week 10 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|---|--|
| SUNDAY | 2 hrs steady | 2 hrs 30mins steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down | Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down |
| WEDNESDAY | 1 hr 30mins steady | Pm: 1 hr 30mins steady |
| THURSDAY | 5 miles at threshold pace – then, 10 x 400m at 10km pace, 200m jog recs | Am: 45mins steady Pm: 5 miles at threshold pace – then, 10 x 400m at 10km pace, 200m jog recs |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | 1 hr steady |

| Week 11 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|--------------------------------|--------------------------------------|
| SUNDAY | 2 hrs steady | 2 hrs 30mins steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | 1 hr steady | 1 hr steady |
| WEDNESDAY | 1 hr steady | 1 hr steady |
| THURSDAY | 1 hr steady | Am: 45mins steady Pm: 1 hr steady |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 45 mins easy Pm: 1 hr steady |

| Week 12 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|--|--|
| SUNDAY | 3 hrs steady | 3 hrs steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 3 sets 5 x 300m/100m jog rec @ 5km pace, 5mins rec between sets | 4 sets, 5 x 300m/100m jog rec @ 5km pace, 5mins rec between sets |
| WEDNESDAY | 1 hr 30mins steady | 1 hr 30mins steady |
| THURSDAY | 5 miles at threshold pace – then, 10 x 400m at 10km pace, 200m jog recs | Am: 45mins steady Pm: 5 miles at threshold pace – then, 10 x 400m at 10km pace, 200m jog recs |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 45 mins easy Pm: 1 hr steady |

| Week 13 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|--|---|
| SUNDAY | 2 hrs steady | 2 hrs steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 12 x 400m/200m jog rec @ 5km pace | 12 x 400m/200m jog rec @ 5km pace |
| WEDNESDAY | 1 hr 30mins | 1 hr 30mins steady |
| THURSDAY | Warm-up, 5 x 1km/2mins rec @ 5km pace | Am: 45mins steady Pm: 6x1km/2mins rec@5km pace |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | Am: 45mins easy Pm: 1 hr steady |

| Week 14 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|--|--|
| SUNDAY | 3 hrs steady | 3 hrs steady |
| MONDAY | 1 hr steady | Pm: 1 hr steady |
| TUESDAY | Warm-up, 8 x 400m/200 jog rec @ 1 mile pace, cool down | Warm-up, 8 x 400m/200 jog recovery @ 1 mile pace |
| WEDNESDAY | 1 hr 30mins | 1 hr 30mins |
| THURSDAY | Warm-up, 5 x 1km/2mins rec @ 5km pace | Am: 45mins steady Pm: 6 x 1 km/2mins rec @ 5km pace |
| FRIDAY | Rest | Rest |
| SATURDAY | 1hr steady | Am: 45mins easy Pm: 1 hr steady |

| Week 15 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|--|---|
| SUNDAY | 2 hrs steady | 2 hrs steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 8 x 400n/200m jog rec @ 1 mile pace | 8 x 400m/200 jog rec@1mile pace |
| WEDNESDAY | 1 hr 30mins steady | 1 hr 30mins steady |
| THURSDAY | Warm-up, 5 x 1km/2mins rec @ 5km pace | Am: 45mins steady Pm: 6x1km/2mins rec@5km pace |
| FRIDAY | Rest | Rest |
| SATURDAY | 1 hr steady | 1 hr steady |

| Week 16 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|---|---|
| SUNDAY | 2 hrs steady, run each 30mins progressively quicker finishing at marathon pace | 2 hrs steady, run each 30mins progressively quicker finishing at marathon pace |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | Warm-up, 16 x 200m on grass, 1 min rec, cool down (controlled sprint speed – i.e. not flat out) | Warm-up, 20 x 200m on grass, 1 min rec, cool down (controlled sprint speed – i.e. not flat out) |
| WEDNESDAY | 1 hr steady | 1 hr 15 steady |
| THURSDAY | Warm-up, 30mins @ marathon pace, cool down | Warm-up, 30mins @ marathon pace, cool down |
| FRIDAY | Rest | Rest |
| SATURDAY | 45mins steady | 1 hr steady |

| Week 17 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|---|--|
| SUNDAY | 1 hr 30mins steady | 1 hr 30mins steady |
| MONDAY | 45mins steady | 1 hr steady |
| TUESDAY | Warm-up, 16 x 200m on grass, 1 min rec, cool down (controlled sprint speed – i.e. not flat out) | Warm-up, 16 x 200m on grass, 1 min rec, cool down (controlled sprint speed – i.e. not flat out)) |
| WEDNESDAY | 1 hr steady | 1 hr steady |
| THURSDAY | Warm-up, 30mins @ marathon pace, cool down | Warm-up, 30mins @ marathon pace, cool down |
| FRIDAY | Rest | Rest |
| SATURDAY | 45mins steady | 45mins steady |

| Week 18 | 25 to 40 Miles Per week | 40 to 55 Mile Per Week |
|----------------|--|--|
| SUNDAY | 1 hr steady | 1 hr steady |
| MONDAY | 40mins steady, last 10mins at 10km pace | 40mins steady, last 10mins at 10km pace |
| TUESDAY | Warm-up, 10 x 200m./ 200m jog rec (controlled speed) | Warm-up, 10 x 200m./ 200m jog rec (controlled speed) |
| WEDNESDAY | 20mins easy | 20mins easy |
| THURSDAY | 15mins easy | 15mins easy |
| FRIDAY | 10min jog | 10min jog |
| SATURDAY | 10min jog | 10min jog |

Designed by 1983 London Marathon winner Mike Gratton www.209events.com

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Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines.