



# MARATHON ADVANCED TRAINING PLAN



Changing childhoods. Changing lives.

## This plan

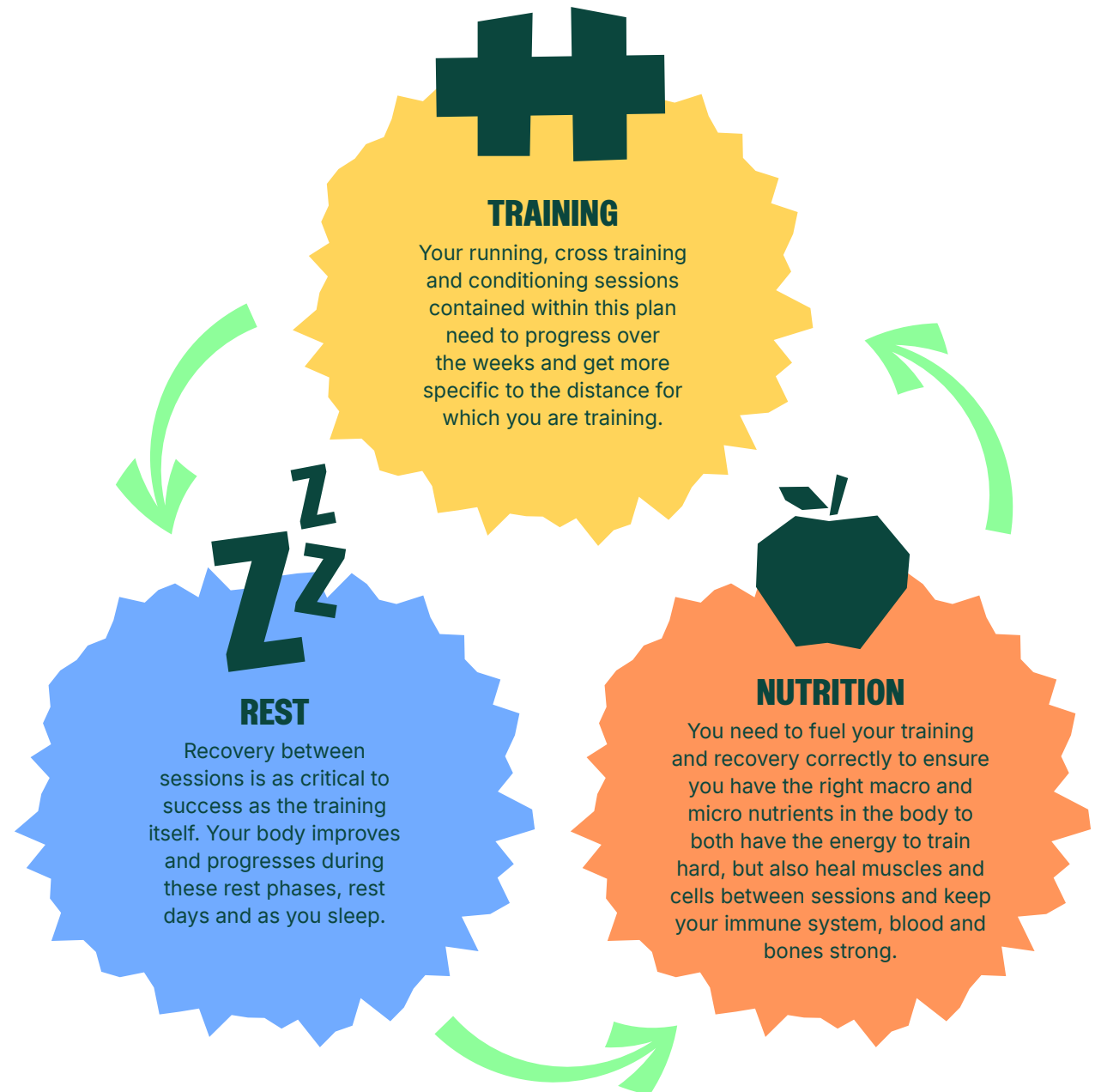
This advanced marathon plan is designed to get you ready to race your marathon and is designed for those looking to progress their current marathon personal best (PB) and particularly those looking to run 3 hours 15–30 minutes or faster.

## Keeping it all in balance

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to the right.

Most of us think about training sessions as a 'need to do' in order to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle, nutrition and rest, are also considered with equal focus and attention.

As you increase your training keep the triangle in balance by improving your nutrition and ensuring you listen to your body and respect its need to rest in order to improve.



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	30-40min recovery run, + core	AM: Easy 30min run PM: 45min progression run 15mins easy, 15mins steady, 15mins @threshold	45min Easy run or aerobic cross training, + core	Easy 60min run	Rest	Continuous hills session with 4 × 6mins effort and 90s jog recovery, + core	80-90mins long run relaxed and conversational
2	30-40min recovery run, + core	AM: Easy 30min run PM: 45min progression run 15mins easy, 15mins steady, 15mins @threshold	45min Easy run or aerobic cross training, + core	Easy 60min run	Rest	Continuous hills session with 3 × 8mins effort and 120s jog recovery, + core	90mins long run relaxed and conversational
3	30-40min recovery run, + core	AM: Easy 30min run PM: threshold run 5 x (6mins @threshold and 1min jog recovery)	30min Recovery run or aerobic cross training, + core	45min run with the last 25mins picking up towards half marathon effort	Rest	45mins continuous hills with 3 × 8mins effort and 90s jog recovery, + core	Easy 100mins long run easy throughout and consider mixing up the terrain
4	30-40min recovery run, + core	AM: Easy 30min run PM: 45-60min threshold run 3 x (10mins @threshold and 90s jog recovery)	45min Easy run or aerobic cross training, + core	Easy 45-60min run	Rest	Parkrun or progression run of 10mins easy/ 20mins @threshold/ 10mins easy	80min long run
5	30-40min recovery run, + core	AM: Easy 30min run PM: 60min threshold run including 3 x (12mins @threshold and 2min jog recovery)	60min Easy run or aerobic cross training, + core	60min progression run of 20mins easy/20mins steady/ 20mins @threshold	Rest	45mins continuous hills with 3 × 10mins effort and 90s jog recovery, + core	Easy 1hr 45min long run
6	30-40min recovery run, + core	AM: Easy 30min run PM: 45-60min threshold run with 25mins @threshold building up the effort	60min Easy run or aerobic cross training, + core	Mixed pace session 12mins @marathon pace + 6 x (2mins @5-10k effort + 12mins @marathon pace All with a 2min jog recovery)	Rest	Continuous hills session with 6 × 6mins effort and 75s jog recovery, + core	2hr long run – optional first mile 1 min slower than marathon pace (MP) and last 20-30mins @target MP!
7	30-40min recovery run, + core	AM: Easy 30min run PM: 1hr progression run from steady to threshold effort	60min Easy run or aerobic cross training, + core	Mixed pace session 15mins @marathon pace + 5 x (3mins @10k effort + 15mins @marathon pace All with a 2min jog recovery)	Rest	60mins continuous hills with 3 × 12min up hill and 2mins recovery, + core	Easy 2hrs 15-30mins long run
8	30-40min recovery run, + core	AM: Easy 30min run PM: 45min threshold including 5 x (5mins @threshold and 1min jog recovery) + conditioning	45min Easy run or aerobic cross training, + core	45min progression run of 15mins easy/15mins steady/ 15mins @threshold	Rest	30min recovery run	Half marathon race + 30min easy jog afterwards or 2hrs with the last 60mins @target MP

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9	30-40min recovery run, + core	<b>AM: Easy 30min run</b> <b>PM: 30-45min recovery run</b>	<b>Easy/steady 60min run, + core work</b>	<b>90min run with</b> 3 x (10mins @threshold and 2mins jog recovery)	Rest	Easy 40-50min run	<b>2hrs 30mins with</b> last 45mins @marathon pace
10	30-40min recovery run, + core	<b>AM: Easy 30-40min run</b> <b>PM: Mixed pace session</b> 8 x (800m (or 3mins) with odd nos @threshold effort and even nos faster @5km pace with 75-90s recovery)	<b>Easy 60min run, + core work</b>	<b>90min run with</b> final 60mins alternating 3mins @threshold effort and 3mins @steady continuous pace	Rest	Steady 40-60min run + core	<b>Easy 2hr 45mins run</b>
11	30-40min recovery run, + core	<b>AM: Easy 30min run</b> <b>PM: Mixed pace session</b> 6mins @ threshold +2 x (6 x 400m or 75s) @5km pace. Take 2-3mins between threshold and 400's and just 1min jog recovery between each 400	<b>Easy 60min run, + 2 x (core work)</b>	<b>90min run with</b> 3 x (15mins @marathon pace/15mins faster/ 15mins even faster and 3mins recovery)	Rest	Easy 40-50min run + core	<b>Ideally, run a half marathon</b> at marathon goal pace with 20-30mins easy before and after
12	30-40min recovery run, + core	<b>AM: Easy 40min run</b> <b>PM: 45min threshold run</b> 5 x (6mins @threshold to turn the legs over again with a 2min jog recovery) between each	<b>Easy/steady 60min run, + core work</b>	<b>60min progression run with</b> 20mins easy/20mins steady/ 20mins @threshold with building pace	Rest	45min relaxed running	<b>Key long run – 35km progression run</b> 10km easy, 10km MP, 5km easy, 5km faster than MP, 2km fast, 3km easy
13	30-40min recovery run, + core	<b>AM: Easy 40min run</b> <b>PM: 8 x (800m @5km pace with 90s recovery)</b>	<b>60mins</b> Easy run or aerobic cross training, + core work	<b>90mins with</b> last 30mins @threshold	Rest	<b>Easy 45mins run</b> relaxed pace, + core	<b>3hr-3hrs 15min long run</b> with the last 60mins @marathon pace (MP)
14	30-40min recovery run, + core	<b>AM: Easy 30-40min run</b> <b>PM: 6mins @threshold +</b> 3 x 6 x (400m (or 90s) @5km pace Take 2-3mins between threshold and 400's then just 1min jog recovery between each 400)	<b>45-60mins</b> Easy run or aerobic cross training, + core work	<b>90mins with</b> last 30-40mins @marathon pace (MP)	Rest	<b>45mins threshold run</b> 6 x (3mins @threshold and 3mins @steady pace), + core	<b>1hr 45mins-2hrs long run</b> with the last 30mins @marathon pace (MP)
15	30-40min recovery run, + core	<b>AM: Easy 30min recovery run</b> <b>PM: 5 x (400m (or 90s) @5km effort (60s rec) + 2km @threshold + 5 x 400m (or 90s) @5km effort (45s rec) 2min rest between sets</b>	<b>30-45mins</b> Easy run or aerobic cross training, + core work	<b>60min progression run of</b> 15mins easy/15mins steady/ 15mins @threshold/15mins @marathon pace (MP)	Rest	<b>Parkrun</b> or 30min steady run, + core	<b>Easy 75min run</b>
16	30-40min recovery run, + core	<b>30-40min including</b> 3 x (5mins @marathon pace and 2-3min jog recovery)	<b>30min recovery run, + core work</b>	<b>30min recovery run</b>	Rest	Super easy 25min run	<b>Marathon Race Day! Good Luck!</b>



## Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself.

Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

## Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your maximum heart rate (MHR), you'll only be capable of uttering a couple of words to your training partners.

Tempo/threshold runs improve your lactate threshold (*the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen*), your running economy and aerobic capacity.

## Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races from 5km-marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build to 75% of maximum heart rate (MHR) as you start to practice periods of marathon or race pace running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

## Continuous Hills (CH)

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5–10% gradient for 45–90 seconds at a threshold effort. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of maximum heart rate (MHR) and be able to utter just a few words.



## Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of your maximum heart rate (MHR), depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be:

- 6 × 3minutes @5km race pace with a 90 second jog recovery.

## Race Pace (MP)

Understanding the pace and effort you intend on running your marathon at is very important. Pace judgment and patience on the big day will be crucial to running your best marathon. Marathon pace practice allows your body and mind to get used to what will be required on race day, and it builds endurance quickly.

## Warming Up/Cool down (WU)

When you are going to do any faster running such as hills, threshold runs, intervals or a race, it is important to warm up gradually. A 10–15 minute jog lets your muscles warm up and improve their range of movement.

## Cross-Training and core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training.

More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing pilates, so intense that you are left too tired for running.





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