



# ADVANCED TRAINING PLAN

## WEEK 1

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 30 MINUTES STEADY RUN  |
| WEDNESDAY | 45 MINUTES EASY RUN  |
| THURSDAY  | 10-minute easy run, 2 x (5-minute tempo run, 2-minute easy run), 10-minute easy run                |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 14-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute hill run, 15-minute easy run |
| SUNDAY    | 1 HOUR 15 MINUTES LONG RUN   |

## ADVANCED TRAINING PLAN

If you're an experienced runner and have completed a marathon before, this is the training guide for you. The plan assumes you will run five times a week. On rest days, you might also supplement your training with cross training or strength work.

## DIFFERENT TYPES OF TRAINING RUN

### EASY RUNS

During an easy run, you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation throughout the run. If you're a new runner nothing may feel easy at first - slow down, walk if necessary and control your effort.

### STEADY RUNS

These are the bread and butter of your training, the 'miles in the bank'. Steady runs build the base that is the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.

### TEMPO RUNS

Running at tempo pace is great for improving your running economy. It's a sustained cruise pace that requires concentration. You will find these runs slightly uncomfortable as you try to run faster but they are worth it.

### LONG RUNS

These are a real focus of the plan. They should be used to develop strength and endurance but also to practise your target marathon pace and control. Long runs are shown in both time and distance.

### INTERVAL RUNS

These include periods of higher intensity effort or faster running interspersed with periods of recovery or rest. Having rest between bouts of harder running means you can maintain the quality and pace of the effort.

### FARTLEK

The word 'Fartlek' comes from the Swedish meaning 'speed play' and Fartlek training is just that - rather than running a set distance in a set time, you 'play' with different running paces and distances until you feel you've completed the workout.

### HILL RUNS

Running uphill will work your muscles in a different way to flat road running, so to avoid injury you need to let your body adjust. Your legs will feel more tired than usual after hill running, so allow them to recover before your next session.

## WEEK 2

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 40 MINUTES STEADY RUN  |
| WEDNESDAY | 50 MINUTES STEADY RUN  |
| THURSDAY  | 10-minute easy run, 3 x (5-minute tempo run, 2.5-minute easy run) 10-minute steady run             |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 15-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute hill run, 15-minute easy run |
| SUNDAY    | 1 HOUR 15 MINUTES LONG RUN   |

## WEEK 4

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 15-minute easy run, 4 x (5-minute tempo run, 3-minute easy run), 15-minute steady run  |
| WEDNESDAY | 40 MINUTES EASY RUN  |
| THURSDAY  | 50 MINUTES FARTLEK   |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 10-minute easy run, 2 x (15-minute tempo run, 5-minute easy run), 10-minute steady run |
| SUNDAY    | 1 HOUR 45 MINUTES LONG RUN   |

## WEEK 3

|           |   |
|-----------|---|
| MONDAY    | REST DAY  |
| TUESDAY   | 45 MINUTES EASY RUN   |
| WEDNESDAY | 60 MINUTES EASY RUN   |
| THURSDAY  | 10-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute steady run, 5-minute easy run |
| FRIDAY    | Rest or cross train. Core & stretching  |
| SATURDAY  | 10-minute easy run, 30-minute hill run, 10-minute steady run  |
| SUNDAY    | 1 HOUR 30 MINUTES LONG RUN  |

## WEEK 5

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 10-minute easy run, 8 x 3-minute interval run, 10-minute easy run                                  |
| WEDNESDAY | 45 MINUTES STEADY RUN  |
| THURSDAY  | 50 MINUTES FARTLEK   |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 15-minute easy run, 20-minute tempo run, 5-minute easy run, 5 x 2-minute hill run, 10-min easy run |
| SUNDAY    | 2 HOURS LONG RUN   |

## WEEK 6

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 10-minute easy run, 2 x (2-minute interval run, 1-minute easy run, 3-minute interval run, 90 seconds easy run, 4-minute interval run, 2-minute easy run, 5-minute interval run, 2.5-minute easy run), 10-minute easy run ER, 5min IR, 2.5min ER), 10min ER |
| WEDNESDAY | 45 MINUTES STEADY RUN  |
| THURSDAY  | 10-minute easy run, 25-minute tempo run, 10-minute easy run  |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 10-minute easy run, 5 x 30-seconds interval run, 10-minute easy run  |
| SUNDAY    | RUN 12 MILES - 12 miles long run with 4 miles marathon pace at end   |

## WEEK 7

|           |   |
|-----------|---|
| MONDAY    | REST DAY  |
| TUESDAY   | 30 MINUTES EASY RUN   |
| WEDNESDAY | REST DAY  |
| THURSDAY  | 15-minute easy run, 15-minute steady run, 15-minute easy run  |
| FRIDAY    | Rest or cross train. Core & stretching                        |
| SATURDAY  | 10-minute easy run, 5 x 2-minute hill run, 10-minute easy run |
| SUNDAY    | 1 HOUR LONG RUN   |

## WEEK 8

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 10-minute easy run, 10-minute tempo run, 5-minute easy run, (5 x 3-minute interval run, 90-seconds easy run), 10-minute easy run |
| WEDNESDAY | 45 MINUTES STEADY RUN  |
| THURSDAY  | 15-minute easy run, 30-minute tempo run, 10-minute easy run  |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 10-minute easy run, 3x (12-minute tempo run, 3-minute easy run), 10-minute easy run  |
| SUNDAY    | RUN 14 MILES - 14 miles long run with 4 miles marathon pace in the middle. Practise health and nutrition                         |

## WEEK 9

|           |   |
|-----------|---|
| MONDAY    | REST DAY  |
| TUESDAY   | 10-minute easy run, 6 x (4-minute interval run, 2-minute easy run), 10-minute easy run  |
| WEDNESDAY | 55 MINUTES STEADY RUN   |
| THURSDAY  | Rest or cross train. Core & stretching  |
| FRIDAY    | RUN 40 MINUTES - 10-minute easy run, 20-minute tempo run, 10-minute easy run  |
| SATURDAY  | 10-minute easy run, 4 x 5-minute hill run, 10-minute steady run   |
| SUNDAY    | RUN 16 MILES - 16 miles long run as 2 x (4 miles marathon pace, 4 miles slower than marathon pace). Practise health and nutrition |

## WEEK 10

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 10-minute easy run, 10-minute tempo run, 5 x (3-minute interval run, 1-minute easy run), 10-minute easy run  |
| WEDNESDAY | 60 MINUTES STEADY RUN  |
| THURSDAY  | 15-minute easy run, 12-minute tempo run, 2-minute easy run, 2 x (6-minute tempo run, 90-seconds easy run), 4 x 90-seconds hill run, 10-minute easy run |
| FRIDAY    | REST DAY   |
| SATURDAY  | 30 MINUTES FARTLEK   |
| SUNDAY    | RUN 18 MILES - 18 miles long run. Practise health and nutrition  |

## WEEK 12

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 10-minute easy run, 3 x (10-minute tempo run, 2-minute easy run), 5-minute easy run, 5 x 1-minute interval run, 10-minute easy run |
| WEDNESDAY | 60 MINUTES STEADY RUN  |
| THURSDAY  | 45 MINUTES FARTLEK   |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 10-minute easy run, 4 x (5-minute tempo run, 2-minute easy run), 5 x 30-seconds fast strides, 10-minute easy run                   |
| SUNDAY    | RUN 20 MILES - 20 miles long run. Practise health and nutrition  |

## WEEK 11

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 10-minute easy run, 12-minute tempo run, 5-minute easy run, 6 x (3-minute interval run, 1-minute easy run), 15-minute easy run |
| WEDNESDAY | 45 MINUTES STEADY RUN  |
| THURSDAY  | 30 MINUTES EASY RUN  |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 10-minute easy run, 5 x 30-seconds strides, 10-minutes easy run  |
| SUNDAY    | Run a half marathon  |

## WEEK 13

|           |   |
|-----------|---|
| MONDAY    | REST DAY  |
| TUESDAY   | 10-minute easy run, 15-minute tempo run, 5 x (3-minute interval run, 2-minute easy run), 10-minute easy run |
| WEDNESDAY | 60 MINUTES EASY RUN   |
| THURSDAY  | 45 MINUTES STEADY RUN   |
| FRIDAY    | Rest or cross train. Core & stretching  |
| SATURDAY  | 10-minute easy run, 10-minute hill run, 10-minute easy run  |
| SUNDAY    | RUN 20 MILES - 20 miles long run. Practise health and nutrition   |

## WEEK 14

|           |   |
|-----------|---|
| MONDAY    | REST DAY  |
| TUESDAY   | 30 MINUTES STEADY RUN   |
| WEDNESDAY | 50 MINUTES EASY RUN   |
| THURSDAY  | 10-minute easy run, 3 x (10-minute tempo run, 3-minute easy run), 10-minute easy run                      |
| FRIDAY    | Rest or cross train. Core & stretching  |
| SATURDAY  | 10-minute easy run, 4 x 30 seconds fast strides, 5-minute easy run  |
| SUNDAY    | RUN 22 MILES - this will be your final long training run. Practise marathon pace and health and nutrition |

## WEEK 16

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 10-minute easy run, 15-minute tempo run, 10-minute easy run                                |
| WEDNESDAY | 30 MINUTES STEADY RUN  |
| THURSDAY  | 40 MINUTES EASY RUN  |
| FRIDAY    | Rest or cross train. Core & stretching   |
| SATURDAY  | 10-minute easy run, 2 x (5-minute interval run, 2.5-minute easy run), 10-minute steady run |
| SUNDAY    | RUN 8 MILES - 2 miles easy run, 4 miles half marathon pace, 2 miles easy run               |

## WEEK 15

|           |   |
|-----------|---|
| MONDAY    | REST DAY  |
| TUESDAY   | 35 MINUTES STEADY RUN   |
| WEDNESDAY | 10-minute easy run, 4 x (7-minute tempo run, 2-minute easy run), 10-minute easy run |
| THURSDAY  | 45 MINUTES STEADY RUN   |
| FRIDAY    | Rest or cross train. Core & stretching  |
| SATURDAY  | 3 miles steady run, 2 miles tempo run, 3 miles steady run                           |
| SUNDAY    | RUN 13 MILES - Practise marathon pace and health and nutrition                      |

## WEEK 17

|           |  |
|-----------|--|
| MONDAY    | REST DAY   |
| TUESDAY   | 30 MINUTES EASY RUN  |
| WEDNESDAY | REST DAY   |
| THURSDAY  | 20 MINUTES EASY RUN  |
| FRIDAY    | 10-minute easy run, 4 x 30 seconds fast strides, 10-minute easy run                    |
| SATURDAY  | REST DAY   |
| SUNDAY    | Race Day! Remember to stretch and warm down with a 15-minute walk. Eat and drink well. |