

MARATHON TRAINING PLAN



	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	NOTES
WEEK 01	REST DAY	10km easy run	5km easy run	Intervals: 10km as 10x20s at 5-10km pace, 40s jog rec	REST DAY	6km easy run	Long Run: 16km easy run	47KM	Interval workouts to include good warm-up before, and warm-down after
WEEK 02	REST DAY	Intervals: 12km as 5x(2min at MP, 90s rec)	6km easy run	Intervals: 12km as 15x30s at 5-10km pace, 40s jog rec	REST DAY	6km easy run	Long Run: 18km easy run	54KM	MP = Target Marathon Pace
WEEK 03	REST DAY	Intervals: 12km as 3x(800m at MP, 90s rec / 2km at MP, 2min rec)	6km easy run	Intervals: 12km as 10x50s at 5-10km pace, 50s jog rec	6km easy run	6km easy run	Long Run: 22km easy run	64KM	
WEEK 04	REST DAY	Intervals: 12km as 3x(1km at MP, 90s rec / 2km at MP, 2min rec)	6km easy run	Intervals: 14km as 15x200m at 10km pace, 45secs rec	6km easy run	6km easy run	Long Run: 26km easy run	70KM	
WEEK 05	REST DAY	Intervals: 12km as 5x(1.2km at MP, 90s rec)	8km easy run	Intervals: 15km as 12x300m at 10km pace, 60s rec	6km easy run	6km easy run	Long Run: 28km easy run	75KM	
WEEK 06	REST DAY	Intervals: 14km as 4 x (800m at MP, 75s rec / 1600m at MP, 100s rec)	8km easy run	Intervals: 12km as 10 x 200m at 10km pace, 55s jog rec	8km easy run	6km easy run	Long Run: 30km easy run	78KM	Optional: This can be changed to an easier week with lower volume, and less intensity
WEEK 07	REST DAY	Intervals: 15km as 4 x (1km at MP, 75sec rec / 2km at MP, 100sec rec)	10km easy run	Intervals: 12km as 10x55secs at 10km pace, 60s rec	10km easy run	6km easy run	Long Run: 30km as 10km easy 8km at MP+40s/km, 6km at MP+20s/km, 4km at MP+10-15s/km, 2km rec	83KM	
WEEK 08	REST DAY	Pyramid Intervals: 15km as 400-800-400-1000-400-1200-400-1000-400-800-400 at MP (60-80sec rec)	9km easy run	Intervals: 14km as 15x200m at 10km pace, 55secs jog rec	9km easy run	6km easy run	Long Run: 34km as 12km easy 8km at MP+40s/km, 6km at MP+20-30s/km, 4km at MP+10-15s/km, Remainder easy	87KM	Biggest volume week
WEEK 09	REST DAY	Intervals: 12km as 4x(5x300m at 10km pace, 50s rec) with 2min rec between sets	8km easy run	Intervals: 15km as 6x800m at MP, 90s rec	8km easy run	6km easy run	Long Run: 26-28km as 10km easy 8km at MP+30-40s/km, 6km at MP+10-15s/km, 2km at MP+5-10s/km	77KM	
WEEK 10	REST DAY	Marathon Pace: 15km with 1.4km MP, 90s rec / 3km MP, 2min rec / 1.2km MP, 90s rec / 3km MP, 2min rec / 1km MP	10km easy run	Intervals: 12km with 10x300m at 10km pace, 100m jog recoveries	6km easy run	Time Trial: Good warm-up, followed by an 8km TT. Aiming for Target Marathon Pace, or just faster	REST DAY	55KM	Time Trial should be performed on a good surface, and flat terrain
WEEK 11	REST DAY	Intervals: 12km with 3x(3x400m at 10km pace, 60s rec)	REST DAY	Intervals: 9km with 4x800m at Target Marathon Pace (or a little quicker), 2min jog recoveries	REST DAY	Intervals: 10km with 12x200m at 10km pace, 50s recovery	14km easy run	50KM	Easy Week
WEEK 12	REST DAY	Intervals: 8km with 8x300m at 10km pace, 100m recovery jog between	5km easy run	Intervals: 8km with 8x200m at Target Marathon Pace, 200-400m jog recoveries	3km easy run	REST DAY	MARATHON	24KM+ MARATHON	Race Week