



# 16-WEEK ADVANCED MARATHON TRAINING PLAN

MY PLEDGE: \_\_\_\_\_

MY TARGET TIME: \_\_\_\_\_

Experience. Commitment. Motivation. If you're a strong runner with all three, push your boundaries with our 16-week training plan for a fast marathon.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Easy** Run at a relaxed pace, under 60% of your max. effort
- Steady** Up the pace to between 60-70% of your max. effort
- Tempo** Concentrate on sustaining a pace at 70-75% max. effort
- Threshold** Improve strength with controlled discomfort – that's 80%
- TMP** Your target marathon pace – roughly 8-minute miles

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Easy, 30 min	Easy, 15 mins Threshold, 2 min; jog, 2 min – 6 reps Easy, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Steady, 40 min	Rest	Easy, 10 min Steady, 30 min Easy, 10 min	Easy, 1hr 15 min
2	Easy, 40 min	Easy, 15 min Threshold, 3 min; jog, 90 sec – 6 reps Easy, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Steady, 50 min	Rest	Easy, 10 min Fast, 30 min Easy, 10 min	Easy, 1hr 30 min
3	Easy, 40 min	Easy, 15 min Threshold, 4 min; jog, 90 sec – 6 reps Easy, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Steady, 50 min	Rest	Easy, 10 min Steady, 20 min Hard, 10 min Easy 10 min	Easy, 1hr 30 min
4	Easy, 40 min	Easy, 50 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy, 50 min	Rest	Run, 10 min Easy, 10 min Steady, 10 min Hard, 10 min Easy, 10 min	Easy, 10 miles
5	Easy, 40 min	Easy, 15 min Tempo, 5 min; jog 2 min – 5 reps Easy, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Run, 10 min Tempo, 20 min Easy, 10 min	Rest	Easy, 10 min	TMP, 3 miles 45 sec-per-mile slower than target, 6 miles TMP, 3 miles
6	Easy, 40 min	Easy, 15 min Steady, 3 min; tempo, 2 min; threshold, 1 min; jog, 2 min – 4 reps Easy, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy, 30 min Steady, 30 min	Rest	Easy, 10 min Tempo, 30 min Easy, 10 min	Steady run, 14 miles – or a half-marathon race
7	Easy, 40 min	Easy, 15 min Threshold, 5 min; jog, 90 sec – 5 reps Run, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Steady, 10 min; tempo, 10 min; threshold, 10 min – 2 reps Easy, 10 min	Rest	Easy, 10 min Tempo, 40 min Easy, 10 min	9-min miles, 4 miles 8:30-min miles, 4 miles TMP, 4 miles 9-min miles, 2 miles

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
8	Easy, 40 min	Easy, 15 min Threshold, 5 min; jog, 90 sec – 5 reps Run, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Run, 10 min Steady, 40 min Easy, 10 min	Rest	Easy, 10 min Tempo, 15 min Threshold, 15 min Easy, 10 min	8-min mile, 1 mile 9-min miles, 8 miles TMP, 5 miles 7:30-min mile, 1 mile 9-min mile, 1 mile
9	Easy, 30 min	Easy, 20 min Steady, 20 min Easy, 20 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Steady, 50 min	Rest	Easy, 50 min	Easy, 1 mile TMP, 6 miles 9-min miles, 6 miles TMP, 4 mile Easy, 1 mile
10	Rest	Steady, 50 min Tempo, 2 min; slow easy, 2 min – 3 reps Easy, 10 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy, 15 min Threshold, 2 min; easy, 2 min – 10 reps Easy, 15 min	Rest	Easy, 40 min	Steady, 20 miles  You can move this to next Sunday and do a half-marathon if you prefer
11	Easy, 30 min	Easy, 15 min TMP, 3 min; jog, 2 min – 4 reps Easy, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy 20 min	Easy, 15 min	Rest	Half marathon race – practice your race-day prep routine <b>#1</b>
12	Rest	Easy, 10 min Tempo, 30 min Jog, 5 min Tempo, 20 min Jog, 10 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy 60 min	Rest	Steady, 40 min	9-min miles, 4 miles 8:30-min miles, 6 miles 8-min miles, 6 miles 7:30-min miles, 2 miles Very easy, 3 miles <b>#2</b>
13	Easy, 30 min	Easy, 10 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy, 15 min Fast, 8 min; jog, 2 min – 4 reps Easy, 15 min	Rest	Easy, 40 min	TMP, 3 miles 9-min miles, 3 miles TMP, 3 miles 9-min miles, 3 miles Your own pace, 2 miles Easy, 2 miles
14	Easy, 30 min	Easy, 15 min Threshold, 2 min; easy, 2 min – 8 reps Easy, 15 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy 30 min	Rest	Easy, 30 min	9-min miles, 6 miles 7:30-min miles, 2 miles 7-min miles, 1 miles Easy, 3 miles
15	Rest	Easy, 10 min TMP, 20 min Threshold, 1 min; walking, 1 min Easy, 10 min	Rest, or active recovery at gym or swimming pool – including stretching and mobility work	Easy 30 min	Rest	Rest	Easy, 70 min
16	Rest	Easy, 10 min TMP, 1 mile Jog, 10 min TMP, 1 mile Jog, 10 min	Rest	Easy 15 min	Easy, 10 min	Rest	<b>MARATHON DAY</b> start at your target pace and aim to run strongly in the last 5 miles <b>GOOD LUCK</b>

**#1** For a rough guide to your marathon finish time, just:

- Double your half-marathon finish time
- Add 15 minutes

For example, if your half-marathon too 1hr30, a fair marathon target time will be 3hr15.

**#2** Practice your hydration and refueling strategies.