

# 14-WEEK COMPETENT MARATHON TRAINING PLAN

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

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

Monday is time for active recovery. Tuesday's intervals develop your speed, endurance and tempo/threshold running. Wednesday builds core and leg strength in the gym or allows active recovery through swimming. Put in the miles on Thursdays and rest up on Fridays – you'll be building stamina and strength at the week-end.

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.

**Tempo** Run at a challenging – but sustainable – pace.  
**Fast** Push yourself to the highest pace you can.  
**Easy** Run at a relaxed pace.  
**Jog** Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	15 mins easy running	15 mins easy running 2 mins hard running; 2 mins easy jogging – 5 reps 15 mins easy running	Rest, visit the gym or go swimming – keep mobile	40 mins easy running		10 mins easy running 20 mins steady running 10 mins easy running	75 mins easy running
2	20 mins easy running	15 mins easy running 3 mins hard running; 2 mins easy jogging – 5 reps 15 mins easy running	Rest, visit the gym or go swimming – keep mobile	45 mins easy running		10 mins easy running 25 mins steady running 10 mins easy running	80 mins easy running
3	25 mins easy running	15 mins easy running 4 mins hard running; 2 mins easy jogging – 5 reps 15 mins easy running	Rest, visit the gym or go swimming – keep mobile	50 mins easy running		10 mins easy running 30 mins steady running 10 mins easy running	90 mins easy running
4	30 mins easy running	15 mins easy running 5 mins tempo running; 2 mins easy jogging – 5 reps 15 mins easy running	Rest, visit the gym or go swimming – keep mobile	60 mins easy running		10 mins easy running 35 mins steady running 10 mins easy running	100 mins easy running
5	35 mins easy running	15 mins easy running 3 mins steady running; 2 mins hard running; 2 mins easy jogging – 5 reps 15 mins easy running	Rest, visit the gym or go swimming – keep mobile	60 mins easy running		10 mins easy running 40 mins steady running 10 mins easy running	30 mins easy running 30 mins steady running 20 mins easy running 20 mins steady running 15 mins easy running #1
6	35 mins easy running	15 mins easy running 5 mins fast running; 2 mins easy jogging – 4 reps 15 mins easy running	Rest, visit the gym or go swimming – keep mobile	10 mins easy running 35 mins steady running 10 mins easy running		10 mins easy running 40 mins fartlek 10 mins easy running	10 mins very easy running 110 mins steady running 10 mins easy running #1

