

14-WEEK IMPROVER MARATHON TRAINING PLAN

MY PLEDGE: _____

MY TARGET TIME: _____

Our schedule of three or four runs a week is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but firm – make sure you get out and train.

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		10 mins easy running 10 mins tempo running 10 mins easy running		10 mins easy running 1 min hard running; 3 mins easy running – 4 reps 10 mins easy running		60 mins easy running
2	15 mins easy running		10 mins easy running 15 mins tempo running 10 mins easy running		10 mins easy running 2 mins hard running; 3 mins easy running – 4 reps 10 mins easy running		75 mins easy running #1
3	15 mins easy running		10 mins easy running 20 mins tempo running 10 mins easy running		10 mins easy running 3 mins hard running; 3 mins easy running – 4 reps 10 mins easy running		90 mins easy running #2
4	15 mins easy running		10 mins easy running 30 mins tempo running 10 mins easy running		10 mins easy running 5 mins hard running; 3 mins easy running – 4 reps 10 mins easy running		105 mins easy running #2
5	20 mins steady running		45 mins steady running		55 mins steady running		115 mins steady running #2
6			10 mins easy running 30 secs fast running; 1 min jogging – 4 reps 10 mins easy running		30 mins easy running		Run a half marathon #2

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	20 mins easy running		10 mins easy running 5 mins steady running; 5 mins faster running; 5 mins easy – 2 reps 10 mins easy running		5 mins easy running 20 mins steady running 10 mins brisk running 5 mins easy running		130 mins easy running
8	25 mins easy running		10 mins easy running 10 mins at marathon pace; 3 mins jogging – 3 reps 10 mins easy running		15 mins easy running 5 mins fast running; 2 mins easy running – 5 reps 15 mins easy running		150 mins easy running #2
9	30 mins easy running		10 mins easy running 15 mins at marathon pace; 3 mins jogging – 2 reps 10 mins easy running		15 mins easy running 5 mins fast running; 1 mins easy running – 5 reps 15 mins easy running		165 mins easy running #2
10	45 mins easy running		20 mins easy running		15 mins easy running		Race in a half marathon or a 10-mile road race
11	30 mins easy running		15 mins easy running 40 mins at marathon pace 15 mins easy running		15 mins easy running 8 mins fast running; 2 mins easy jogging – 4 reps 15 mins easy jogging		180 mins easy running #3
12 <i>Start tapering your training</i>	25 mins easy running		10 mins easy running 5 mins tempo running; 5 mins easy running – 3 reps 10 mins easy running		45 mins steady running		90 mins easy running #2
13 <i>The tapering phase continues</i>	Rest or 25 mins easy running		10 mins easy running 15 mins at marathon pace 1 min brisk running; 1 min walking – 4 reps 10 mins easy running		30 mins easy running		60 mins easy running
14 <i>Race week – taper your running and rest up</i>	20 mins easy running		10 mins easy jogging Run 1 mile at marathon race pace; 10 mins easy jogging – 2 reps		10 mins easy running		RACE DAY GOOD LUCK #4

#1 Use this session to practice your hydration and refueling strategies.

#2 Practice your hydration and refueling strategies.

#3 Practice your fueling and hydration strategies. Wear the kit and running shoes you'll use on race day to check they're comfortable.

#4 Make sure you start sensibly and stick to your race and pace plan. You've done the training – you're physically and psychologically ready to go the distance.

Relax, have fun and enjoy yourself.