

Week 1:

ENDURANCE PHASE

Mon

Foundation Run - 5km

Tue

DAY OFF

Wed

Medium Long - 13km

Thu

Recovery Run - 6km

Fri

**Aerobic + strides -
10km including 4x100m strides**

Sat

DAY OFF

Sun

Long Aerobic Run - 22km

Week 2:

ENDURANCE PHASE

Mon

Recovery Run - 5km

Tue

DAY OFF

Wed

Medium Long - 15km

Thu

Recovery Run - 6km

Fri

**Aerobic + strides -
12km including 5x100m strides**

Sat

DAY OFF

Sun

Long Aerobic Run - 22km

Week 3:

ENDURANCE PHASE

Mon

Recovery Run - 6km

Tue

DAY OFF

Wed

Medium Long - 17km

Thu

Recovery Run - 5km

Fri

**Aerobic + strides -
11km including 6x100m strides**

Sat

DAY OFF

Sun

Long Aerobic Run - 30km

Week 4:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Anaerobic Threshold -
11km including 3x1600m
repeats with a 3 minute recovery**

Wed

**Medium Long + strides -
14km including 6x100m strides**

Thu

Recovery Run - 5km

Fri

**Strength Endurance -
10km including 4x2 minute hill
repeats**

Sat

DAY OFF

Sun

Long Aerobic Run - 22km

Week 5:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Anaerobic Threshold -
10km including 3x1600m
repeats with a 4 minute recovery**

Wed

Recovery Run - 5km

Thu

**Strength Endurance -
10km including 5x2 minute hill
repeats**

Fri

DAY OFF

Sat

Recovery Run - 5km

Sun

**Marathon Pace Run - 22km with
15km at target marathon speed**

Week 6:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Anaerobic Threshold - 12km
including 4x1600m repeats with
a 4 minute recovery**

Wed

**Medium Long + strides - 15km
including 6x100m strides**

Thu

Recovery Run - 6km

Fri

**Strength Endurance - 10km
including 2km tempo then 4x2
minute hill repeats**

Sat

DAY OFF

Sun

Long Aerobic Run - 32km

Week 7:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Strength Endurance - 12km
including 2km tempo then 5x2
minute hill repeats**

Wed

Recovery Run - 5km

Thu

**Tempo - 10km with 2x10 minute
tempo efforts with a 3 minute
recovery**

Fri

**Aerobic + Strides - 10km
including 5x100m downhill
strides**

Sat

Recovery Run - 5km

Sun

Long Aerobic Run - 22km

Week 8:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Strength Endurance - 10km
including 1km tempo then 6x2
minute hill repeats**

Wed

Recovery Run - 5km

Thu

**Tempo - 11km with 3x8 minute
tempo efforts with a 3 minute
recovery**

Fri

**Aerobic + Strides - 12km
including 4x100m downhill
strides**

Sat

DAY OFF

Sun

Long Aerobic Run - 35km

Week 9:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Strength Endurance - 13km
including 3km tempo then 4x2
minute hill repeats**

Wed

Recovery Run - 5km

Thu

**Aerobic + Strides - 12km
including 5x100m downhill
strides**

Fri

DAY OFF

Sat

Recovery Run - 5km

Sun

**Marathon Pace Run - 26km with
22km at target marathon speed**

Week 10:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Strength Endurance - 12km
including 2km tempo then 5x2
minute hill repeats**

Wed

Recovery Run - 5km

Thu

**Tempo - 14km with 3x10 minute
tempo efforts with a 2 minute
recovery**

Fri

**Aerobic + Strides - 10km
including 6x100m downhill
strides**

Sat

DAY OFF

Sun

Long Aerobic Run - 28km

Week 11:

ENDURANCE PHASE

Mon

DAY OFF

Tue

**Anaerobic Threshold - 15km
including 4x1000m repeats with
a 3 minute recovery**

Wed

Recovery Run - 5km

Thu

**Tempo - 10km with 4x5 minute
tempo efforts with a 3 minute
recovery**

Fri

**Aerobic + Strides - 8km including
5x100m strides**

Sat

DAY OFF

Sun

Long Aerobic Run - 16km

Week 12:

ENDURANCE PHASE

Mon

DAY OFF

Tue

Recovery Run - 6km

Wed

**Tempo - 10km including 4km at
marathon race pace**

Thu

**Recovery Run + strides - 8km
including 5x100m strides**

Fri

DAY OFF

Sat

**Recovery Run + strides - 5km
including 3-4x100m race pace
strides**

Sun

**RACE - marathon - 42.195km.
Good luck!**