

|  | MON | TUES | WED | THU | FRI | SAT | SUN |
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| WEEK 1 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: 4 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery <br> Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 40-55 mins easy at 2-3/10 effort | Rest | Run Session: 40-50 min easy run at 2-3/10 effort | Run Session: 30 min run as: 10 mins easy at 2-3/10, 10 mins steady at $4-5 / 10,10$ mins at controlled discomfort 6-7/10 effort | 1:30-1:40 hrs at 3-5/10 effort. |
| WEEK 2 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: $6 \times 2$ mins at $8-9 / 10$ with 90 secs rest <br> Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 40-55 mins easy at 2-3/10 effort | Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort | Rest | Run session: 30-40 min easy at 2-3/10 effort | 1:40-2:00 hrs at 3-5/10 effort building to run final 30 at marathon pace if you feel good |
| WEEK 3 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: 4 sets of 6 minutes at 7/10 effort with 90 jog recovery <br> Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 40-55 mins easy at 2-3/10 effort | Rest | Run Session: 45-60 min easy run at 2-3/10 effort with the final 10-15 at 6-7/10 if you feel good | Run session: 40-50 min easy at 2-3/10 effort | 1:45-2:00 hrs at 3-5/10 effort. |
| WEEK 4 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: 5 sets of 2 minutes at 6-7-8/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 30-45 mins easy at 2-3/10 effort | Run Session: 30 min run as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort. | Rest | Run session: $5 \mathrm{~km}-10 \mathrm{~km}$ race or time trial | 1:15-1:30 hrs at 3-5/10 effort. |


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| WEEK 5 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: 5 sets of 5 minutes at 7/10 effort with 90 jog recovery <br> Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 45-60 mins easy at $2-3 / 10$ effort | Run Session: 60 min easy run at 2-3/10 effort. | Rest | Run session: 30-40-50 min easy at 2-3/10 effort | 2:00-2:15 hrs at 2-4/10 but to include $3 \times 15 \mathrm{mins}$ at goal marathon pace in the final hour with a 5 min easy recovery |
| WEEK 6 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: $6 \times 3 \mathrm{mins}$ running numbers $1,3,5$ at $6-7 / 10$, numbers $2,4,6$ at $8-9 / 10$ with 90 secs rest Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 45-60 mins easy at 2-3/10 effort | Rest | 50-70 minutes easy but to steady at 4-5/10 effort if you feel good | Run Session: 40-50 min easy run at 2-3/10 effort | 2:00hrs - 2:15 hrs at 3-5/10 effort. |
| WEEK 7 | Res $\dagger$ | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: 3 sets of 8 minutes at 7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 45-60 mins easy at 2-3/10 effort | Rest | 50-70 minutes easy to steady at 3-4/10 effort | Run session: 40-50 min easy at 2-3/10 effort | 2:10-2:25 hrs at 3-4/10 <br> effort but the final <br> 65 mins run as $2 \times 30$ <br> mins goal marathon pace <br> with 5 mins easy recovery |
| WEEK 8 | Res $\dagger$ | Run session: 40-50 min easy at 2-3/10 effort | 60-75 minutes with 45 minutes run as $12 \times 3$ minutes alternating 7-8/10 with $5-6 / 10$ with no rest | Run or XT Session: 45-60 mins easy at 2-3/10 effort | Rest | Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at $4-5 / 10$, 15 mins at controlled discomfort 6-7/10 effort. | 2:20hrs - 2:35 hrs at 3-5/10 effort. |


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| WEEK 9 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: $8 \times 3$ mins running numbers $1,3,5,7$ at 6-7/10, numbers $2,4,6,8$ at $8-9 / 10$ with 90 secs res $\dagger$ Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: 30-45 mins easy at 2-3/10 effort | 40-50 minutes easy to steady at 3-4/10 effort | Rest | Run session: 30-40 min easy at 2-3/10 effort | Half Marathon race or TT, consider running at goal marathon pace or harder if fresh |
| WEEK 10 | Rest | Run session: 40-50 min easy at 2-3/10 effort | 70 mins to include $4 x$ 10 minutes starting at marathon pace and getting a little faster on block 3 and 4. 2-3 minutes jog between sets | Res $\dagger$ | Run or XT Session: 45-60 mins easy at 2-3/10 effort | Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort. | 2:20hrs - 2:35 hrs at 3-5/10 effort. |
| WEEK 11 | Rest | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: 6 sets of 5 minutes at 7/10 effort with 60-90s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: <br> 45-60 mins at 2-3/10 effort | Res $\dagger$ | Warm up: 10-15 min easy run at 2-3/10 effort $8-10 \times 60$ s at $8-9 / 10$ with 60s easy to steady running between each. <br> Cool down: 10-15 min easy run at 2-3/10 effort | Run session: 40-50 min easy at 2-3/10 effort | 2:45hrs - 3:00hrs at 3-4/10 effort building to run the final 60-75 mins at goal marathon pace |
| WEEK 12 | Rest | Run session: 40-60 min steady at 3-5/10 effort | 70 mins to include $3 \times 15$ minutes starting at marathon pace and getting faster on block 2 and 3. 2-3 minutes jog between sets | Res $\dagger$ | 45-60 minutes easy to steady at 3-5/10 effort | Run or XT Session: 40-50 mins at 2-3/10 effort | 2:45hrs - 3:10hrs at 3-5/10 effort. |


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| WEEK 13 | Res $\dagger$ | Warm up: 10 min easy run at 2-3/10 effort <br> Main Session: 3 sets of 10 minutes at 7/10 effort with 120s jog recovery <br> Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: $45-60$ mins at 2-3/10 effort | 60-75 minutes easy to steady at 3-5/10 effort | Res $\dagger$ | Run session: 40-50 min easy at 2-3/10 effort | Long run, 2hrs 20-45 mins at 3-4/10 but run the last 45-60 mins at marathon pace |
| WEEK 14 | Rest | Run or XT Session: $45-60$ mins easy at 2-3/10 effort | 70-80 minutes with 45 minutes run as $15 \times 3$ minutes alternating $7-8 / 10$ with $5-6 / 10$ with no rest | Res $\dagger$ | 45-60 minutes easy to steady at 3-5/10 effort | Run session: 30-45 min easy at 2-3/10 effort | 1:45-2 hours at 3-4/10 if you feel good pick up the pace in the final 30-45 minutes to goal marathon pace |
| WEEK 15 | Rest | Warm up: 10 min easy run at 2-3/10 effort $10 \times 75$ s at 8-9/10 with 60s rest, jog for 2-3 minutes then run 20 mins at marathon pace <br> Cool down: 5-10 min easy run at 2-3/10 effort | Run or XT Session: <br> 40 mins easy at 2-3/10 effort | Rest | 60 minutes start easy build to run the final 20-30 minutes at marathon pace | Run session: 30-40 min easy at 2-3/10 effort | Run Session: 70 mins at 3-4/10 effort |
| WEEK 16 | Rest | Run Session: 40 mins at 2-3/10 building to 4-5/10 if you feel good | Run or XT Session: 20-30 mins easy at 2-3/10 effort | Run Session: <br> 20-30 mins <br> at 2-3/10 | Rest | Run session: 15 mins easy jog at 2-3/10 | MARATHON RACE!! GOOD LUCK! |


| RPE SCALE | WHAT IT MIGHT FEEL LIKE |
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| $\mathbf{0}$ | Sat at home in your armchair |
| $\mathbf{1}$ | Brisk walking for some, very easy jogging for others. Able to fully converse <br> with no effort. |
| $\mathbf{4 - 5}$ | Easy running, able to hold a full conversation, you might have consciously work <br> to slow down. Gentle, relaxed, feeling like you could run forever. |
| Steady running. Able to speak but in shorter sentences. You might hear yourself |  |
| breathing but could still keep going for between 75 minutes - 2 hours. |  |

THE PLAN
This plan is aimed at runners who are looking to improve on a previous marathon time and are already confident to run for 90-105 minutes at an easy pace. If it's your first marathon you may have previously completed several 10 km -half marathon races and should be able to train 5 times a week.

## COMPLETING THE PLAN

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming etc. You might see cross training included in the plan to - these are labelled as 'XT'. If you need to swap days, do not run two runs harder than $6 / 10$ effort on back to back days. It's fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert.

## GUIDING YOUR EFFORT

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

