

RUNDERWEAR™

MARATHON TRAINING PLAN
IMPROVER

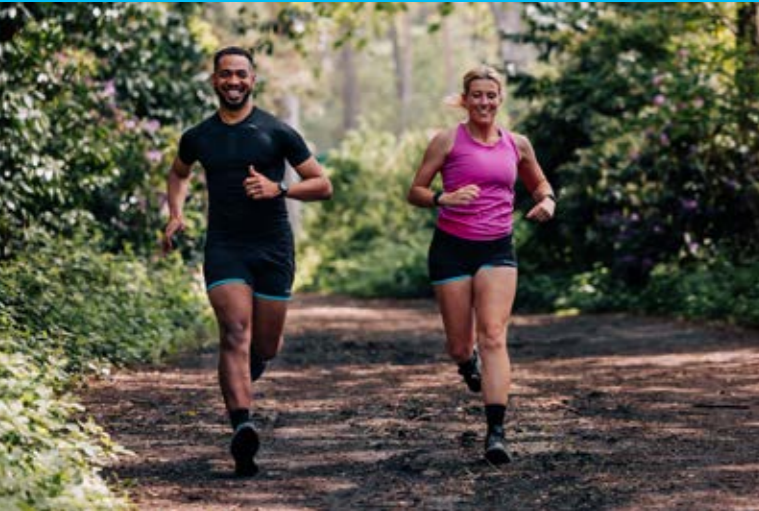


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RUNDERWEAR™

MARATHON IMPROVER

TRAINING PLAN



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 10km-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).

RPE SCALE	WHAT IT MIGHT FEEL LIKE....
0	You're still in bed...
1	Brisk walking for some, very easy jogging for others. Able to fully chat away with no effort.
2-3	Easy running, able to hold conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	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.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You'll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 4 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery 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 Main Session: 6 x 2 mins at 8-9/10 with 90 secs rest 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 Main Session: 4 sets of 6 minutes at 7/10 effort with 90 jog recovery 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 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: 5km-10km race or time trial	1:15 – 1:30 hrs at 3-5/10 effort.
WEEK 5	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 sets of 5 minutes at 7/10 effort with 90 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	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 x 15 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 Main Session: 6 x 3 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	Rest	Warm up: 10 min easy run at 2-3/10 effort 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 effort but the final 65 mins run as 2 x 30 mins goal marathon pace with 5 mins easy recovery
WEEK 8	Rest	Run session: 40-50 min easy at 2-3/10 effort	60-75 minutes with 45 minutes run as 12 x 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.
WEEK 9	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 8 x 3 mins running numbers 1, 3, 5, 7 at 6-7/10, numbers 2, 4, 6, 8 at 8-9/10 with 90 secs rest 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	Rest	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 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: 45-60 mins at 2-3/10 effort	Rest	Warm up: 10-15 min easy run at 2-3/10 effort 8-10 x 60s at 8-9/10 with 60s easy to steady running between each. 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 x 15 minutes starting at marathon pace and getting faster on block 2 and 3. 2-3 minutes jog between sets	Rest	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.
WEEK 13	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 10 minutes at 7/10 effort with 120s jog recovery 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	Rest	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 x 3 minutes alternating 7-8/10 with 5-6/10 with no rest	Rest	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 x 75s at 8-9/10 with 60s rest, jog for 2-3 minutes then run 20 mins at marathon pace Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 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: 20-30 mins at 2-3/10	Rest	Run session: 15 mins easy jog at 2-3/10	MARATHON, HAVE A GREAT RACE!