HANSONS COACHING SERVICES

Advanced Marathon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	6 Miles Easy	6 Miles Easy	Rest or Cross-Train	6 Miles Easy	6 Miles Easy	6 Miles Easy	8 Miles Easy
Mileage 38	6	6		6	6	6	8
Week 2	6 Miles Easy	1.5M Warm Up 12 x 400m @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down	Rest or Cross-Train	6 Miles Easy	6 Miles Easy	6 Miles Easy	8 Miles Easy
Mileage 41	6	9		6	6	6	8
Week 3	6 Miles Easy	1.5M Warm Up 8 x 600m @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down	Rest or Cross-Train	1M Warm Up 6 Mile Tempo @ Goal MP 1M Cool Down	7 Miles Easy	6 Miles Easy	10 Mile Long Run
Mileage 45	6	8		8	7	6	10
Week 4	6 Miles Easy	1.5M Warm Up 6 x 800m @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down	Rest or Cross-Train	1M Warm Up 6 Mile Tempo @ Goal MP 1M Cool Down	6 Miles Easy	8 Miles Easy	10 Mile Long Run
Mileage 46	6	8		8	6	8	10

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 **Mileage** **49**	6 Miles Easy 6	1.5M Warm Up 5 x 1km @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down 8	Rest or Cross-Train	1M Warm Up 6 Mile Tempo @ Goal MP 1M Cool Down 8	7 Miles Easy 7	8 Miles Easy 8	12 Mile Long Run 12
Week 6 **Mileage** **47**	6 Miles Easy 6	1.5M Warm Up 4 x 1200m @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down 8	Rest or Cross-Train	1M Warm Up 7 Mile Tempo @ Goal MP 1M Cool Down 9	6 Miles Easy 6	8 Miles Easy 8	10 Miles Easy 10
Week 7 **Mileage** **52**	6 Miles Easy 6	1.5M Warm Up 3 x Mile @ 5k-10k Pace w. 800m jog rest 1.5M Cool Down 8	Rest or Cross-Train	1M Warm Up 7 Mile Tempo @ Goal MP 1M Cool Down 9	7 Miles Easy 7	8 Miles Easy 8	14 Mile Long Run 14
Week 8 **Mileage** **49**	6 Miles Easy 6	1.5M Warm Up 4 x 1200m @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down 8	Rest or Cross-Train	1M Warm Up 7 Mile Tempo @ Goal MP 1M Cool Down 9	6 Miles Easy 6	10 Miles Easy 10	10 Mile Long Run 10

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9 **Mileage** **56**	8 Miles Easy 8	1.5M Warm Up 5 x 1km @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down 8	Rest or Cross-Train	1M Warm Up 8 Mile Tempo @ Goal MP 1M Cool Down 10	7 Miles Easy 7	8 Miles Easy 8	15 Mile Long Run 15
Week 10 **Mileage** **50**	6 Miles Easy 6	1.5M Warm Up 6 x 800m @ 5k-10k Pace w. 400m jog rest 1.5M Cool Down 8	Rest or Cross-Train	1M Warm Up 8 Mile Tempo @ Goal MP 1M Cool Down 10	6 Miles Easy 6	10 Miles Easy 10	10 Mile Long Run 10
Week 11 **Mileage** **59.5**	8 Miles Easy 8	1.5M Warm Up 6 x Mile @ MP - 10s w. 400m jog rest 1.5M Cool Down 10.5	Rest or Cross-Train	1M Warm Up 8 Mile Tempo @ Goal MP 1M Cool Down 10	7 Miles Easy 7	8 Miles Easy 8	16 Mile Long Run 16
Week 12 **Mileage** **54**	6 Miles Easy 6	1.5M Warm Up 4 x 1.5 Miles @ MP - 10s w. 800m jog rest 1.5M Cool Down 11	Rest or Cross-Train	1M Warm Up 9 Mile Tempo @ Goal MP 1M Cool Down 11	6 Miles Easy 6	10 Miles Easy 10	10 Mile Long Run 10

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13 **Mileage** **60.5**	8 Miles Easy 8	1.5M Warm Up 3 x 2 Miles @ MP – 10s w. 800m jog rest 1.5M Cool Down 10.5	Rest or Cross-Train	1M Warm Up 9 Mile Tempo @ Goal MP 1M Cool Down 11	7 Miles Easy 7	8 Miles Easy 8	16 Mile Long Run 16
Week 14 **Mileage** **53**	6 Miles Easy 6	1.5M Warm Up 2 x 3 Miles @ MP – 10s w. 1 Mile jog rest 1.5M Cool Down 10	Rest or Cross-Train	1M Warm Up 9 Mile Tempo @ Goal MP 1M Cool Down 11	6 Miles Easy 6	10 Miles Easy 10	10 Mile Long Run 10
Week 15 **Mileage** **61.5**	8 Miles Easy 8	1.5M Warm Up 3 x 2 Miles @ MP – 10s w. 800m jog rest 1.5M Cool Down 10.5	Rest or Cross-Train	1M Warm Up 10 Mile Tempo @ Goal MP 1M Cool Down 12	7 Miles Easy 7	8 Miles Easy 8	16 Mile Long Run 16
Week 16 **Mileage** **55**	6 Miles Easy 6	1.5M Warm Up 4 x 1.5 Miles @ MP – 10s w. 800m jog rest 1.5M Cool Down 11	Rest or Cross-Train	1M Warm Up 10 Mile Tempo @ Goal MP 1M Cool Down 12	6 Miles Easy 6	10 Miles Easy 10	10 Mile Long Run 10

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 17 **Mileage** **53.5**	8 Miles Easy 8	1.5M Warm Up 6 x Mile @ MP – 10s w. 400m jog rest 1.5M Cool Down 10.5	Rest or Cross-Train	1M Warm Up 10 Mile Tempo @ Goal MP 1M Cool Down 12	7 Miles Easy 7	8 Miles Easy 8	8 Miles Easy 8
Week 18 **Mileage** **52.2**	6 Miles Easy 6	5 Miles Easy 5	Rest	6 Miles Easy 6	6 Miles Easy 6	3 Miles Easy 3	Race Day! 26.2

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Marathon Training Plan Key

Rest or Cross Train: Can be a rest day (no running), or a cross training day. Cross training can include strength training, flexibility, yoga, or any aerobic activity. These may include elliptical, cycling, swimming, etc.

Paces:

To help you with your training paces I suggest you use our Training Pace Calculator. This will help you find all your appropriate training paces.

Some quick definitions:

M: miles

M: meters

MP: Marathon Pace (Your goal pace)

MP-10s: Marathon Pace minus 10 seconds/mile. For example if you see 4x1.5M @ MP-10 that means 4 times 1.5 miles at your goal marathon pace, minus 10 seconds per mile. If your goal marathon pace is 8:00/mile then your goal pace for this workout would be 7:50 per mile.

Resources: To help you out, we have a number of resources to help you.

Hanson's Coaching Services is a great site to access all of our blogs and podcasts. It's also your first step if you are looking for individualized coaching or a custom training plan.

The Hansons Marathon Method is your best place to start! If you want to dive in more to the training philosophy and methodology. You can purchase from me, but is also available on sites like Amazon, Barnes and Noble, and other book retailers (electronic versions, too).

Facebook Group: The Hansons Marathon Method Community is a FREE close group (just ask for permission) where thousands of members are using or have used the programs to train with. A great opportunity to reach out to fellow runners using the same training plan.

Hansons Coaching Resource Links

[Training Pace Calculator](#)

[Hansons Coaching Services](#)

[The Book: Hansons Marathon Method](#)

[The Hansons Marathon Method Facebook Community](#)

HansonsCoachingServices.com