



RUNNING TO POWER HEART RESEARCH

Advanced marathon training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy run + 30 mins S&C body/core exercises + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins cross training (focus on upper body and core exercises) + stretch	60 mins run: 10 mins easy, 20 mins steady, 20 mins at Threshold effort, 10 mins easy + stretch	Rest	10 mins warm up, 2 x 10 mins Kenyan Hills (count uphill running time only) with 2 mins jog recovery between efforts, 10 mins cool down + stretch	105 mins easy effort long run, off road if possible + stretch
2	40 mins easy run + full stretch	10 mins warm up, 3 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	30 mins easy effort run + 30 mins core/body exercises + stretch	60 mins run: 20 mins easy, 20 mins steady effort, 20 mins at Threshold effort + cool down + stretch	Rest	10 mins warm up, 3 x 8 mins Kenyan Hills (count uphill running time only) with 2 mins jog recovery between efforts, 10 mins cool down + stretch	105 mins easy effort long run, off road if possible + stretch
3	30-45 mins easy run + full stretch	10 mins warm up, 3 x 12 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	60 mins Cross Training (focus on core/body exercises) + stretch	45 mins steady effort undulating run + stretch	Rest	15 mins warm up, 10 mins at Threshold effort, 90 secs jog recovery, 5 x 1K at 10K effort with 90 secs jog recovery between efforts, 10 mins at Threshold effort, 10 mins cool down + stretch	120 mins easy effort long run, off road if possible + stretch

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	30 mins easy run + full stretch	15 mins warm up, 30 mins at Threshold effort, 15 mins cool down + stretch	45 mins core/upper body exercises + stretch	15 mins warm up, 2 sets: 3 x 1K at 10K effort with 90 secs jog recovery between efforts/3 mins jog recovery between sets, 15 mins cool down + stretch	Rest	10 mins warm up, 3 x 8 mins Kenyan Hills (count uphill running time only) with 2 mins jog recovery between efforts, 10 mins cool down + stretch	135 mins easy effort long run, off road if possible + stretch
5	40 mins easy run + full stretch	45 mins easy effort run + stretch	15 mins warm up, 10 mins at Threshold effort, 90 secs jog recovery, 5 x 1K at 10K effort with 90 secs jog recovery between efforts, 10 mins at Threshold effort, 15 mins cool down + stretch	30 mins body/core exercises + stretch	Rest	40 mins easy effort run + stretch	90 mins easy effort long run with last 30 mins at Half Marathon effort + stretch
6	Rest & stretch	15 mins warm up, 5 x 1K mins at 90% effort with 75 secs jog recovery between efforts, 15 mins cool down	40 mins easy effort run + stretch	45 mins run: 15 mins easy, 15 mins at Threshold effort, 15 mins easy + stretch	Rest	20 mins easy effort run + stretch	Half Marathon race OR Time Trial

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	30 mins easy run + full stretch	40 mins easy effort run + stretch	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins Cross Training + stretch	15 mins warm up, 5 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins at Threshold effort, 15 mins cool down + stretch	Rest	150 mins easy effort long run (try to pick up the effort in the second half if feeling OK) + stretch
8	40 mins easy effort run + full stretch	15 mins warm up, 25 mins at Threshold effort, 15 mins cool down + stretch	30 mins easy run + 30 mins Cross Training + stretch	15 mins warm up, 10 mins at Threshold effort, 90 secs jog recovery, 5 x 1K at 10K effort with 90 secs jog recovery between efforts, 10 mins at Threshold effort, 15 mins cool down + stretch	Rest	40 mins easy run + stretch	150 mins easy/steady effort long run with last 75 mins at Marathon effort + stretch
9	30 mins easy run + full stretch	50 mins easy effort run + stretch	15 mins warm up, 25 mins at Threshold effort, 15 mins cool down + stretch	45 mins Cross Training + stretch	15 mins warm up, 6 x 5 mins at 10K effort with 60 secs jog recovery between efforts, 15 mins cool down + stretch	Rest	90 mins easy effort long run + stretch

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10	30 mins easy run + full stretch	45 mins easy effort run + stretch	15 mins warm up, 6 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	45 mins easy run + 30 mins core/body exercises + stretch	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog rec between efforts, 10 mins cool down + stretch	Rest	180 mins easy effort long run with last 90 mins at Marathon effort + stretch
11	30 mins easy run + full stretch	45 mins easy effort run + stretch	15 mins warm up, 6 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	45 mins easy run + 30 mins core/body exercises + stretch	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog rec between efforts, 10 mins cool down + stretch	Rest	180 mins long run with last 90 mins at target Marathon Pace + stretch
12	40 mins easy run + full stretch	15 mins warm up, 10 mins at Threshold effort, 90 secs jog recovery, 6 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	40 mins cross training (focus on upper body & core exercises) + stretch	50 mins run: 15 mins easy, 20 mins at Threshold effort, 15 mins easy + stretch	Rest	30 mins easy effort run + stretch	120 mins long run with last 60 mins at target Marathon Pace + stretch

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13	Rest	30 mins easy run + stretch	50 mins run: 15 mins easy, 20 mins at Threshold effort, 15 mins easy + stretch	45 mins Cross Training (focus on upper body and core exercises) + stretch	15 mins warm up, 5 x 1K at 10K effort with 2 mins jog recovery between efforts, 15 mins cool down + stretch	Rest	70 mins long run with middle 50 mins at target Marathon Pace + stretch
14	Rest	40 mins run inc 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts + stretch	Rest	30 mins easy effort run + stretch	Rest	20 mins easy effort run including 5 x 20 secs strides + stretch	MARATHON RACE DAY

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