



# RUNNING TO POWER HEART RESEARCH

# Intermediate marathon training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Yoga or Pilates or full stretch	45 mins steady effort run + stretch	10 mins warm up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	30 mins cross training + stretch	Rest	10 mins warm up, 4 x 5 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down + stretch	105 mins easy effort long run + stretch
2	Yoga or Pilates or full stretch	10 mins warm up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins cross training + stretch	45 mins easy effort run + stretch	Rest	10 mins warm up, 2 x 10 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down + stretch	120 mins easy effort long run + stretch
3	Yoga or Pilates or full stretch	10 mins warm up, 6 x 5 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	45 mins steady effort undulating run + stretch	Rest	10 mins warm up, 3 x 10 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down + stretch	135 mins easy effort long run + stretch

**FIGHT FOR EVERY HEARTBEAT**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest	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	45 mins steady effort undulating run + stretch	Rest	10 mins warm up, 3 x 10 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down + stretch	150 mins easy effort long run + stretch
5	Yoga or Pilates or full stretch	45 mins easy effort run + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	40 mins easy effort run + 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	Yoga or Pilates or full stretch	15 mins warm up, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	30 mins easy effort run + stretch	40 mins run: 15 mins easy, 10 mins at Threshold effort, 15 mins easy + stretch	40 mins cross training + stretch	25 mins easy effort run + stretch	<b>Half Marathon race OR Time Trial</b>
7	Yoga or Pilates or full stretch	45 mins core/body exercises + stretch	45 mins easy effort run + stretch	10 mins warm up, 3 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	30 mins easy effort run + stretch	165 mins easy effort long run + stretch

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<b>8</b>	30 mins easy effort run + 30 mins core/body exercises + stretch	10 mins warm up, 3 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins Cross Training + stretch	30 mins easy effort run + stretch	15 mins warm up, x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	Rest	180 mins easy effort long run with last 60 mins at Marathon effort + stretch
<b>9</b>	Yoga or Pilates or full stretch	45 mins easy effort run + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest OR 45 mins cross training + stretch	15 mins warm up, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	30 mins easy effort run + stretch	90 mins easy effort long run + stretch
<b>10</b>	Yoga or Pilates or full stretch	45 mins easy effort run + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest OR 45 mins cross training + stretch	15 mins warm up, mins at 90% effort with 90 secs recovery between efforts, 15 mins cool down	30 mins easy effort run + stretch	180 mins easy effort long run with last 90 mins at Marathon effort + stretch
<b>11</b>	Rest	15 mins warm up, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	45 mins cross training + stretch	50 mins run: 15 mins easy, 20 mins at Threshold effort, 15 mins easy + stretch	Rest	30 mins easy effort run + stretch	150 mins long run with last 75 mins at target Marathon Pace + stretch

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<b>12</b>	Yoga or Pilates or full stretch	45 mins easy effort run + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins cross training + stretch	Rest	40 mins easy effort run + stretch	120 mins long run with last 60 mins at target Marathon Pace + stretch
<b>13</b>	Rest	10 mins warm up, 6 x 5 mins at Threshold effort with 60 secs jog rec between efforts, 10 mins cool down + stretch	45 mins cross training + stretch	45 mins steady effort run + stretch	Rest	30 mins easy effort run + stretch	70 mins long run with middle 50 mins at target Marathon Pace + stretch
<b>14</b>	Rest	10 mins warm up, 3 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	20 mins easy effort run + stretch	Rest	20 mins easy effort run + stretch	<b>MARATHON RACE DAY</b>

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