





















































Running training plan: Marathon-Advanced

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy run + 30 mins S&C body/core exercises  	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	45 mins Cross-Training (focus on upper body and core exercises)  	60 mins run: 10 mins easy, 20 mins steady, 20 mins at Threshold effort, 10 mins easy  	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  	105 mins easy effort long run, off road if possible  
2	40 mins easy effort run  	10 mins warm up, 3 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	30 mins easy effort run + 30 mins core/body exercises  	60 mins run: 20 mins easy, 20 mins steady effort, 20 mins at Threshold effort + cool down  	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  	105 mins easy effort long run, off road if possible  
3	30-45 mins easy run  	10 mins warm up, 3 x 12 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	60 mins Cross-Training (focus on core/body exercises)  	45 mins steady effort undulating run  	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 	120 mins easy effort long run, off road if possible  
4	30 mins easy effort run  	15 mins warm up, 30 mins at Threshold effort, 15 mins cool down  	45 mins core/upper body exercises  	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 	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  	135 mins easy effort long run, off road if possible  

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Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	40 mins easy effort run  	45 mins easy effort run  	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 	30 mins body/core exercises  	Rest 	40 mins easy effort run  	90 mins easy effort long run with last 30 mins at Half Marathon effort  
6	Rest 	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  	45 mins run: 15 mins easy, 15 mins at Threshold effort, 15 mins easy  	Rest 	20 mins easy effort run  	Half Marathon race OR Time Trial 
7	30 mins easy effort run  	40 mins easy effort run  	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	45 mins Cross-Training  	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 	Rest 	150 mins easy effort long run (try to pick up the effort in the second half if feeling OK)  
8	40 mins easy effort run  	15 mins warm up, 25 mins at Threshold effort, 15 mins cool down  	30 mins easy run + 30 mins Cross-Training  	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 	Rest 	40 mins easy effort run  	150 mins easy effort long run (try to pick up the effort in the second half if feeling OK)  

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	30 mins easy effort run  	50 mins easy effort run  	15 mins warm up, 25 mins at Threshold effort, 15 mins cool down  	45 mins Cross-Training  	15 mins warm up, 6 x 5 mins at 10K effort with 60 secs jog recovery between efforts, 15 mins cool down  	Rest 	90 mins easy effort long run  
10	30 mins easy effort run  	45 mins easy effort run  	15 mins warm up, 6 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down 	45 mins easy run + 30 mins core/body exercises  	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog rec between efforts, 10 mins cool down  	Rest 	180 mins easy effort long run with last 90 mins at Marathon effort  
11	30 mins easy effort run  	45 mins easy effort run  	15 mins warm up, 6 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down 	45 mins easy run + 30 mins core/body exercises  	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog rec between efforts, 10 mins cool down  	Rest 	180 mins long run with last 90 mins at target Marathon Pace  
12	40 mins easy effort run  	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 	40 mins cross training (focus on upper body & core exercises)  	50 mins run: 15 mins easy, 20 mins at Threshold effort, 15 mins easy  	Rest 	30 mins easy effort run  	120 mins long run with last 60 mins at target Marathon Pace  

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Running training plan: Marathon-Advanced

Easy

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Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest 	30 mins easy effort run  	50 mins run: 15 mins easy, 20 mins at Threshold effort, 15 mins easy  	45 mins Cross-Training (focus on upper body and core exercises)  	15 mins warm up, 10 mins at 10k effort, with 2 mins jog recovery between efforts, 15 mins cool down  	Rest 	70 mins long run with middle 50 mins at target Marathon Pace  
14	Rest 	40 mins run inc 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts  	Rest 	30 mins easy effort run  	Rest 	20 mins easy effort run including 5 x 20 secs strides  	Marathon Event!