



















































Running training plan: Marathon-Intermediate

Easy
Moderate
Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Yoga or Pilates 	45 mins steady effort run  	10 mins warm up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	30 mins Cross-Training  	Rest 	10 mins warm up, 4 x 5 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down  	105 mins easy effort long run  
2	Yoga or Pilates 	10 mins warm up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	45 mins Cross-Training  	45 mins easy effort run  	Rest 	10 mins warm up, 2 x 10 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down  	120 mins easy effort long run  
3	Yoga or Pilates 	10 mins warm up, 6 x 5 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  	45 mins steady effort undulating run  	Rest 	10 mins warm up, 2 x 10 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down  	135 mins easy effort long run  
4	Rest 	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  	45 mins steady effort undulating run  	Rest 	10 mins warm up, 2 x 10 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down  	150 mins easy effort long run  

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Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Yoga or Pilates 	45 mins easy effort run  	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	40 mins easy effort run + 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	Yoga or Pilates 	15 mins warm up, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down  	30 mins easy effort run  	40 mins run: 15 mins easy, 10 mins at Threshold effort, 15 mins easy  	45 mins Cross-Training  	25 mins easy effort run  	Half Marathon race OR Time Trial 
7	Yoga or Pilates 	45 mins core/body exercises  	45 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  	Rest 	30 mins easy effort run  	165 mins easy effort long run  
8	30 mins easy effort run + 30 mins core/body exercises  	10 mins warm up, 3 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	45 mins Cross-Training  	30 mins easy effort run  	15 mins warm up, 6 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down  	Rest 	180 mins easy effort long run with last 60 mins at Marathon effort  

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Easy
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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Yoga or Pilates 	45 mins easy effort run  	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	Rest OR 45 mins Cross-Training  	15 mins warm up, 6 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down  	30 mins easy effort run  	90 mins easy effort long run  
10	Yoga or Pilates 	45 mins easy effort run  	10 mins warm up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	Rest OR 45 mins Cross-Training  	15 mins warm up, 5 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down  	30 mins easy effort run  	180 mins easy effort long run with last 90 mins at Marathon effort  
11	Rest 	15 mins warm up, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down  	45 mins Cross-Training  	50 mins run: 15 mins easy, 20 mins at Threshold effort, 15 mins easy  	Rest 	30 mins easy effort run  	150 mins long run with last 75 mins at target Marathon Pace  
12	Yoga or Pilates 	45 mins easy effort run  	10 mins warm up, 4 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	45 mins Cross-training  	Rest 	40 mins easy effort run  	120 mins long run with last 60 mins at target Marathon Pace  

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest 	10 mins warm up, 6 x 5 mins at Threshold effort with 60 secs jog rec between efforts, 10 mins cool down  55 	45 mins Cross-Training  45 	45 mins steady effort run  45 	Rest 	30 mins easy effort run  30 	70 mins long run with middle 50 mins at target Marathon Pace  70 
14	Rest 	10 mins warm up, 3 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  40 	Rest 	20 mins easy effort run  20 	Rest 	20 mins easy effort run  20 	Marathon Event!