ADVANCED TRAINING PLANS

WEEK 1

MONDAY	REST DAY
TUESDAY	30 MINUTES STEADY RUN
WEDNESDAY	45 MINUTES EASY RUN
THURSDAY	10-minute easy run, 2 x (5-minute tempo run, 2-minute easy run), 10-minute easy run
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	14-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute hill run, 15-minute easy run
SUNDAY	1 HOUR 15 MINUTES LONG RUN

Advanced training plan

If you're an experienced runner and have completed a marathon before, this is the training guide for you. The plan assumes you will run five times a week. On rest days, you might also supplement your training with cross training or strength work.

Different types of training run

EASY RUNS
During an easy run, you should feel relaxed. You should be breathing comfortably and capable of holding a conversation throughout the run.

STEADY RUNS
These are the bread and butter of your training - the 'miles in the bank'. Steady runs build the base that is the foundation for the rest of your training. Conversations are still possible at this pace but only in shorter sentences.

TEMPO RUNS
Running at tempo pace is great for improving your running economy. It's a sustained cruise pace that requires concentration. You will find these runs slightly uncomfortable as you try to run faster but they are worth it.

LONG RUNS
These are a real focus of the plan. They should be used to develop strength and endurance but also to practice your target marathon pace and control. Long runs are shown in both time and distance.

INTERVAL RUNS
These involve high-intensity periods of faster running interspersed with periods of recovery or rest. Having rest between bouts of harder running means you can maintain the quality and pace of the effort.

FARTLEK
The word 'Fartlek' comes from the Swedish meaning 'speed play' and Fartlek training is just that – rather than running a set distance in a set time, you 'play' with different running paces and distances until you feel you've completed the workout.

HILL RUNS
Running uphill will work your muscles in a different way to flat road running, so to avoid injury you need to let your body adjust. Your legs will feel more tired than usual after hill running, so allow them time to recover before your next session.

WEEK 2

MONDAY	REST DAY
TUESDAY	40 MINUTES STEADY RUN
WEDNESDAY	50 MINUTES STEADY RUN
THURSDAY	10-minute easy run, 3 x (5-minute tempo run, 2.5-minute easy run), 10-minute steady run
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	15-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute hill run, 15-minute easy run
SUNDAY	1 HOUR 15 MINUTES LONG RUN

WEEK 3

MONDAY	REST DAY
TUESDAY	40 MINUTES EASY RUN
WEDNESDAY	60 MINUTES STEADY RUN
THURSDAY	10-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute steady run, 5-minute easy run
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 30-minute hill run, 10-minute steady run
SUNDAY	1 HOUR 30 MINUTES LONG RUN

WEEK 4

MONDAY	REST DAY
TUESDAY	15-minute easy run, 4 x (5-minute tempo run, 3-minute easy run), 15-minute steady run
WEDNESDAY	40 MINUTES EASY RUN
THURSDAY	50 MINUTES FARTLEK
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 2 x (15-minute tempo run, 5-minute easy run), 10-minute steady run
SUNDAY	1 HOUR 45 MINUTES LONG RUN

WEEK 5

MONDAY	REST DAY
TUESDAY	10-minute easy run, 8 x 3-minute interval run, 10-minute easy run
WEDNESDAY	45 MINUTES STEADY RUN
THURSDAY	50 MINUTES FARTLEK
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	15-minute easy run, 20-minute tempo run, 5-minute easy run, 5 x 2-minute hill run, 10-min easy run
SUNDAY	2 HOURS LONG RUN

WEEK 6

MONDAY	REST DAY
TUESDAY	10-minute easy run, 2 x (2-minute interval run, 1-minute easy run, 3-minute interval run, 90-second easy run, 4-minute interval run, 2-minute easy run, 5-minute interval run, 2.5-minute easy run), 10-minute easy run
WEDNESDAY	45 MINUTES STEADY RUN
THURSDAY	10-minute easy run, 25-minute tempo run, 10-minute easy run
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 5 x 30-second interval run, 10-minute easy run
SUNDAY	RUN 12 MILES - 12 miles long run with 4 miles marathon pace at the end

WEEK 7

MONDAY	REST DAY
TUESDAY	30 MINUTES EASY RUN
WEDNESDAY	REST DAY
THURSDAY	15-minute easy run, 15-minute steady run, 15-minute easy run
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 5 x 2-minute hill run, 10-minute easy run
SUNDAY	1 HOUR LONG RUN

WEEK 8

MONDAY	REST DAY
TUESDAY	10-minute easy run, 10-minute tempo run, 5-minute easy run, 5 x (3-minute interval run, 90-second easy run), 10-minute easy run
WEDNESDAY	45 MINUTES STEADY RUN
THURSDAY	15-minute easy run, 30-minute tempo run, 10-minute easy run
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 3 x (12-minute tempo run, 3-minute easy run), 10-minute easy run
SUNDAY	RUN 14 MILES - 14 miles long run with 4 miles marathon pace in the middle. Practise health and nutrition

WEEK 9

MONDAY	REST DAY
TUESDAY	10-minute easy run, 6 x (4-minute interval run, 2-minute easy run), 10-minute easy run
WEDNESDAY	55 MINUTES STEADY RUN
THURSDAY	Rest or cross train. Core and stretching
FRIDAY	RUN 40 MINUTES - 10-minute easy run, 20-minute tempo run, 10-minute easy run
SATURDAY	10-minute easy run, 4 x 5-minute hill run, 10-minute steady run
SUNDAY	RUN 16 MILES - 16 miles long run as 2 x (4 miles marathon pace, 4 miles slower than marathon pace). Practise health and nutrition

WEEK 10

MONDAY	REST DAY
TUESDAY	10-minute easy run, 10-minute tempo run, 5 x (3-minute interval run, 1-minute easy run), 10-minute easy run
WEDNESDAY	60 MINUTES STEADY RUN
THURSDAY	15-minute easy run, 12-minute tempo run, 2-minute easy run, 2 x (6-minute tempo run, 90-second easy run), 4 x 90-second hill run, 10-minute easy run
FRIDAY	REST DAY
SATURDAY	30 MINUTES FARTLEK
SUNDAY	RUN 18 MILES - 18 miles long run. Practise health and nutrition

WEEK 11

MONDAY	REST DAY
TUESDAY	10-minute easy run, 12-minute tempo run, 5-minute easy run, 6 x (3-minute interval run, 1-minute easy run), 15-minute easy run
WEDNESDAY	45 MINUTES STEADY RUN
THURSDAY	30 MINUTES EASY RUN
FRIDAY	REST DAY
SATURDAY	10-minute easy run, 5 x 30-second strides, 10-minute easy run
SUNDAY	Run a half marathon

WEEK 12

MONDAY	REST DAY
TUESDAY	10-minute easy run, 3 x (10-minute tempo run, 2-minute easy run), 5-minute easy run, 5 x 1-minute interval run, 10-minute easy run
WEDNESDAY	60 MINUTES STEADY RUN
THURSDAY	45 MINUTES FARTLEK
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 4 x (5-minute tempo run, 2-minute easy run), 5 x 30-second fast strides, 10-minute easy run
SUNDAY	RUN 20 MILES - 20 miles long run. Practise health and nutrition

WEEK 13

MONDAY	REST DAY
TUESDAY	10-minute easy run, 15-minute tempo run, 5 x (3-minute interval run, 2-minute easy run), 10-minute easy run
WEDNESDAY	60 MINUTES EASY RUN
THURSDAY	45 MINUTES STEADY RUN
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 10-minute hill run, 10-minute easy run
SUNDAY	RUN 20 MILES - 20 miles long run. Practise health and nutrition

WEEK 14

MONDAY	REST DAY
TUESDAY	30 MINUTES STEADY RUN
WEDNESDAY	50 MINUTES EASY RUN
THURSDAY	10-minute easy run, 3 x (10-minute tempo run, 3-minute easy run), 10-minute easy run
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 4 x 30-second fast strides, 5-minute easy run
SUNDAY	RUN 22 MILES - This will be your final long training run. Practise marathon pace and health and nutrition

WEEK 15

MONDAY	REST DAY
TUESDAY	35 MINUTES STEADY RUN
WEDNESDAY	10-minute easy run, 4 x (7-minute tempo run, 2-minute easy run), 10-minute easy run
THURSDAY	45 MINUTES STEADY RUN
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	3 miles steady run, 2 miles tempo run, 3 miles steady run
SUNDAY	RUN 13 MILES - Practise marathon pace and health and nutrition

WEEK 16

MONDAY	REST DAY
TUESDAY	10-minute easy run, 15-minute tempo run, 10-minute easy run
WEDNESDAY	30 MINUTES STEADY RUN
THURSDAY	40 MINUTES EASY RUN
FRIDAY	Rest or cross train. Core and stretching
SATURDAY	10-minute easy run, 2 x (5-minute interval run, 2.5-minute easy run), 10-minute steady run
SUNDAY	RUN 8 MILES - 2 miles easy run, 4 miles half marathon pace, 2 miles easy run

WEEK 17

MONDAY	REST DAY
TUESDAY	30 MINUTES EASY RUN
WEDNESDAY	REST DAY
THURSDAY	20 MINUTES EASY RUN
FRIDAY	10-minute easy run, 4 x 30-second fast, 10-minute easy run
SATURDAY	REST DAY
SUNDAY	RACE DAY – Remember to stretch and warm down afterwards with a 15-minute walk. Eat and drink well. Good luck!