

Advanced 16 Week Training Plan

The following training programmes cover a period of 16 weeks. Before embarking on one of these marathon training plans you should have done four to eight weeks of steady running so that you have a foundation of fitness to build on. Each programme is designed to cater for different levels and abilities so it's important that you choose the right plan for you. A training schedule needs to be challenging but not so that you feel out of your depth.

Key:

ER	Easy Run
SR	Steady Run
TR	Threshold Run
HR	Hill Run
FR	Fartlek Run
IR	Interval Run
LR	Long Run
MP	Marathon Pace
HMP	Half Marathon Pace
H&N	Hydration & Nutrition

Week 1

Monday	Rest
Tuesday	40min SR
Wednesday	50min SR
Thursday	10min ER, 3 x (5min TR, 2.5min ER) 10min SR
Friday	Rest or cross train. Core & stretching
Saturday	15min ER, 10minTR, 5min ER, 10min HR, 15min ER
Sunday	1hr15min LR

Week 2

Monday	Rest
Tuesday	45min ER
Wednesday	60min ER
Thursday	10min ER, 10min TR, 5min ER, 10min SR, 5min ER
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 30min HR, 10min SR
Sunday	1hr30min LR

Week 3	
Monday	Rest
Tuesday	15min ER, 4 x (5min TR, 3min ER), 15min SR
Wednesday	40min ER
Thursday	50min FR
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 2 x (15min TR, 5min ER), 10min SR
Sunday	1hr45min LR

Week 4	
Monday	Rest
Tuesday	10min ER, 8 x 3min IR, 10min ER
Wednesday	45min SR
Thursday	50min FR
Friday	Rest or cross train. Core & stretching
Saturday	15min ER, 20min TR, 5min ER, 5 x 2min HR, 10min ER
Sunday	2hr LR

Week 5	
Monday	Rest
Tuesday	10min ER, 2 x (2min IR, 1min ER, 3min IR, 90sec ER, 4min IR, 2min, ER, 5min IR, 2.5min ER), 10min ER
Wednesday	45min SR
Thursday	10min ER, 25min TR, 10min ER
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 5 x 30secs IR, 10min ER
Sunday	12 miles LR with 4 miles MP at end

Week 6 – An easier week to help your body recover and adapt to training	
Monday	Rest
Tuesday	30min ER 25min ER
Wednesday	Rest
Thursday	15min ER, 15min SR, 15min ER
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 5 x 2min HR, 10min ER
Sunday	60min LR 50min LR

Week 7	
Monday	Rest
Tuesday	10min ER, 10min TR, 5min ER, (5 x 3min IR, 90sec ER), 10min ER
Wednesday	45min SR
Thursday	15min ER, 30min TR, 10min ER
Friday	Rest or cross train. Core & stretching
Saturday	10min ER 3x (12min TR, 3min ER), 10min ER
Sunday	14 miles LR with 4 miles MP in the middle. Practise H&N

Week 8	
Monday	Rest
Tuesday	10min ER, 6 x (4min IR, 2min ER), 10min ER
Wednesday	55min SR
Thursday	10min ER, 20min TR, 10min ER
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 4 x 5min HR, 10min SR
Sunday	16 miles LR as 2 x (4 miles MP, 4 miles slower than MP). Practise H&N

Week 9	
Monday	Rest
Tuesday	10min ER, 10min TR, 5 x (3min IR, 1min ER), 10min ER
Wednesday	60min SR
Thursday	15min ER, 12min TR, 2min ER, 2 x (6min TR, 90sec ER), 4 x 90sec HR, 10min ER
Friday	Rest
Saturday	30min FR
Sunday	18 miles LR. Practise H&N

Week 10	
Monday	Rest
Tuesday	10min ER, 12min TR, 5min ER, 6 x (3min IR, 1min ER), 15min ER
Wednesday	45min SR
Thursday	30min ER
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 5 x 30sec strides, 10min ER
Sunday	Run a Half Marathon

Week 11

Monday	Rest
Tuesday	10min ER, 3 x (10min TR, 2min ER), 5min ER, 5 x 1min IR, 10min ER
Wednesday	60min SR
Thursday	45min FR
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 4 x (5min TR, 2min ER), 5 x 30sec fast strides, 10min ER
Sunday	20 miles LR. Practise H&N

Week 12

Monday	Rest
Tuesday	10min ER, 15min TR, 5 x (3min IR, 2min ER), 10min ER in SR
Wednesday	60min ER
Thursday	45min SR
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 10min HR, 10min ER
Sunday	20 miles LR. Practise H&N

4 weeks to go!

Monday	Rest
Tuesday	30min SR
Wednesday	50min ER
Thursday	10min ER, 3 x (10min TR, 3min ER), 10min ER
Friday	Rest or cross train. Core & stretching Rest
Saturday	10min ER, 4 x 30 sec fast strides, 5min ER.
Sunday	22 miles LR. This will be your final long training run. Practise MP and H&N

3 weeks to go!

Monday	Rest
Tuesday	35 min ER
Wednesday	10min ER, 4 x (7min TR, 2min ER), 10min ER
Thursday	45min SR
Friday	Rest or cross train. Core & stretching
Saturday	3 miles SR, 2 miles TR, 3 miles SR
Sunday	13 miles LR. Practise MP and H&N

2 weeks to go!	
Monday	Rest
Tuesday	10min ER, 15min TR, 10min ER
Wednesday	30min SR
Thursday	40min ER
Friday	Rest or cross train. Core & stretching
Saturday	10min ER, 2 x (5min IR, 2.5min ER), 10min SR
Sunday	2 miles ER, 4 miles HMP, 2 miles ER

1 week to go!	
Monday	Rest
Tuesday	30min ER 40min ER
Wednesday	Rest
Thursday	20min ER Rest
Friday	10min ER, 4 x 30 seconds fast strides, 10min ER
Saturday	Rest
Sunday	Race day! Remember to stretch and warm down with a 15 min walk. Eat and drink well.