

## Intermediate 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	10min ER, 20min SR, 10min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	40min SR
Friday	Rest
Saturday	10min ER, 5 x (2min IR, 2min ER), 10min SR
Sunday	1hr10min LR

### Week 2

Monday	Rest
Tuesday	10min ER, 2 x (5min TR, 2min ER), 10min SR, 10min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	45min SR
Friday	Rest
Saturday	10min ER, 25min HR, 10min ER
Sunday	1hr20min LR

<b>Week 3</b>	
Monday	Rest
Tuesday	40min FR
Wednesday	Rest or cross train. Core & stretching
Thursday	60min SR
Friday	Rest
Saturday	10min ER, 2 x (10min TR, 4min ER), 10min ER
Sunday	1hr30min LR

<b>Week 4</b>	
Monday	Rest
Tuesday	45min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 3x (8min TR, 2min ER) 10min ER
Friday	Rest
Saturday	10min ER, 3 x (10min TR, 3min ER), 10min ER
Sunday	10 miles LR

<b>Week 5</b>	
Monday	Rest
Tuesday	10min ER, 5 x (3min IR, 2min ER), 15min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	50min SR
Friday	Rest
Saturday	10min ER, 25min HR, 10min ER
Sunday	10 miles LR with miles 3-7 at MP

<b>Week 6 – An easier week to help your body recover and adapt to training</b>	
Monday	Rest
Tuesday	25min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 15min SR, 10min ER
Friday	Rest
Saturday	5min ER, 5 x 90sec HR, 5min ER
Sunday	50min LR

<b>Week 7</b>	
Monday	Rest
Tuesday	40min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 2 x (15min TR, 2min ER), 10min ER
Friday	Rest
Saturday	10min ER, 10min TR, 5min ER, 10min SR, 10min ER
Sunday	14 miles LR. Practise H&N

<b>Week 8</b>	
Monday	Rest
Tuesday	10min ER, 15min SR, 10min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	60min SR
Friday	Rest
Saturday	40min FR
Sunday	16 miles LR include 4 miles at MP at start and end. Practise H&N

<b>Week 9</b>	
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	Rest or cross train, Core & stretching
Thursday	60min SR
Friday	Rest
Saturday	10min ER, 20min HR, 10min ER
Sunday	18 miles LR. Practise H&N

<b>Week 10</b>	
Monday	Rest
Tuesday	10min ER, 12 x (2min IR, 1min ER), 10min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	40min ER
Friday	Rest
Saturday	10min ER, 5 x 30sec fast strides, 5min ER
Sunday	Run a Half Marathon

<b>Week 11</b>	
Monday	Rest
Tuesday	40min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	5min ER, 10min SR, 10min TR, 10min SR, 10min ER
Friday	Rest
Saturday	15min ER, 2 x (10min TR, 3min ER), 10min ER
Sunday	20 miles LR. Practise H&N

<b>Week 12</b>	
Monday	Rest
Tuesday	10min ER, 2 x (15min TR, 5min ER), 10min SR
Wednesday	Rest or cross train, Core & stretching
Thursday	40min ER
Friday	Rest
Saturday	10min ER, 5 x 2min IR, 5min ER
Sunday	20 miles LR. Practise H&N

<b>4 weeks to go!</b>	
Monday	Rest
Tuesday	35min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 8 x (3min IR, 2min ER), 10min ER
Friday	Rest
Saturday	Rest
Sunday	22 miles LR. This will be your final long training run. Practise MP and H&N

<b>3 weeks to go!</b>	
Monday	Rest
Tuesday	35 min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 2 x (10min TR, 5min ER), 3 x (4min IR, min ER), 10min ER
Friday	Rest
Saturday	10min ER, 15min TR, 10min ER
Sunday	13 miles LR. Practise MP and H&N

<b>2 weeks to go!</b>	
Monday	Rest
Tuesday	40min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 20min MP, 5 x (2min IR, 2min ER), 10min ER
Friday	Rest
Saturday	35min SR
Sunday	8 miles ER

<b>1 week to go!</b>	
Monday	Rest
Tuesday	40min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	Rest
Friday	10min ER, 5 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.