



# Marathon training plans

We recommend basing your training on time rather than distance. No two runs are the same and basing runs on time allows more flexibility; a 10k run on rough terrain in the wind and rain is very different to one run on a flat road course. It's also easier to explore new routes on your run – you can run a simple out and back run based on time wherever you are. Think about time on feet, not hitting arbitrary distance targets.

## How to use this guide

### Strides

Short 20 second relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run 5–6 with a jog/walk back to your starting position after each one.

### Short hills

A steep climb that takes 30–40 seconds to run up. Run these at a fast pace/effort. Walk back to the bottom after each one.

### Long hills

A climb that takes 60–80 sec to run up. More of a grind – run these at steady pace/effort. Slowly jog back to the bottom after each one.

### Fartlek session

A continuous mixed pace run. Fartlek is translated as 'speed play'.

### Strength – core

60 seconds of each of these six exercises in turn = 1 round. See plan for number of rounds. (Video link: [Let's Get Running Core Workout](#))

### Strength – legs

10–15 repetitions of each of these six exercises in turn = 1 round. (If in gym substitute leg press for squats or lunges.) (Video link: [Runners Conditioning Workout](#))

### Run Gear 1 (G1)

Easy conversation pace, if you aren't able to talk, slow down!

### Gear 2 (G2)

Steady, slightly more challenging rhythm. A positive tempo. For intermediates, and advanced runners this will be your Race Pace.

### Gear 3 (G3)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 70% effort.

### Gear 4 (G4)

Breathing is deep but rhythmical – working hard; 75% to 80% effort. For more experienced runners this would be roughly 5k race pace.

### Gear 5 (G5)

Hard running – could say a word or so. Less control over breathing. Probably only maintain this for 5 mins before slowing down significantly. Feel the lactic burn! 85% effort.

### Gear 6 (G6)

Flat out sprinting. Wouldn't be able to speak at all! 10–20 seconds all out effort.

## Beginner

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	25 mins @ G1 + Strides	Rest	30 mins @ G1	Rest	Rest	40 mins @ G1	Rest
2	30 mins @ G1 + Strides	Rest	35 mins @ G1	Rest	Rest	50 mins @ G1	Rest
3	30 mins @ G1 + Strides	Rest	Short hills session (6 reps)	Rest	Strength session – legs	70 mins @ G1	Rest
4	45 mins @ G1	Rest	Long hills session (6 reps)	Rest	Strength session – core	90 mins @ G1	Rest
5	45 mins @ G1	Rest	Interval session: 8 x 2 mins @ G4, 2 mins rest in between each	Rest	Strength session – legs x 2	1 hour 45 mins @ G1	Rest
6	50 mins @ G1	Rest	Interval session: 6 x 3 mins @ G4, 2 mins rest between each	Rest	Strength session – core x 2	Fartlek run: 30 mins @ G1, 20 mins @ G2, 10 mins @ G1, 10 mins @ G2, 10 mins @ G1	Rest
7	50 mins @ G1	Rest	Interval session: 3 x 3 mins 30 run @ G4, (2 mins rest), 2 mins 30 run @ G4, (1 min 30 rest), 1 min run @ G5. Between each round take only 45 secs rest!	Rest	Strength session – legs x 3	2 hours @ G1	Rest
8	Rest	Rest	30 mins @ G1 + Strides	Rest	Rest	<b>5km ParkRun!</b> Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	80 mins run – 50 mins @ G1, 30 mins @ G2
9	55 mins @ G1	Rest	Fartlek: 15 mins @ G1, 5 mins @ G3, 5 mins @ G1, 5 mins @ G3, 5 mins @ G1, 5 mins @ G3, 10 mins @ G1	Optional 30 mins @ G1	Strength session – core x 3	2 hour 15 mins @ G1	Rest
10	50 mins @ G1	Rest	Fartlek: 15 mins @ G1, 15 mins @ G2, 10 mins @ G3, 10 mins @ G1	Optional 40 mins @ G1	Strength session – legs x 3	2 hour 30 mins @ G1	Rest
11	45 mins @ G1	Rest	Fartlek: 20 mins @ G1, 20 mins @ G2, 15 mins @ G3	Optional 40 mins @ G1	Strength session – core x 3	2 hour 50 mins @ G1	Rest
12	50 mins @ G1	Rest	Fartlek: 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Optional 45 mins @ G1	Strength session – legs x 3	90 mins run – 50 mins @ G1, 40 mins @ G2	Rest
13	45 mins @ G1	Rest	10 mins @ G1, 30 mins @ G2 + Strides	Rest	Strength session – core x 3	3 hours 10 mins @ G1	Rest
14	Rest	Interval session: 8 x 2 mins @ G4, 90 secs rest in between each	Rest	10 mins @ G1, 30 mins @ G2 + Strides	Rest	80 mins run – 50 mins @ G1, 30 mins @ G2	Rest
15	45 mins @ G1	Rest	Fartlek: 15 mins @ G1, 5 mins @ G3, 5 mins @ G1, 5 mins @ G3, 5 mins @ G1, 5 mins @ G3, 10 mins @ G1	Rest	Rest	60 mins @ G1	Rest
16	30 mins @ G1 + Strides	Rest	Rest	20 mins @ G1	Rest	Rest	<b>Race day!</b>

## Intermediate

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Rest	30 mins @ G1 + Strength session – legs x 2	50 mins @ G1
2	45 mins @ G1	Rest	Short hills session (8 reps)	Rest	Rest	30 mins @ G1 + Strength session – core x 2	70 mins @ G1
3	50 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/G5	45 mins @ G1	Rest	Strength session – legs x 3	70 mins run – 40 mins @ G1, 30 mins @ G2
4	50 mins @ G1	Rest	Long hills session (8 reps)	50 mins @ G1	Rest	Strength session – core x 3	90 mins
5	50 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 2 mins rest in between each	Rest	Strength session – core x 3	Fartlek: 20 mins @ G1, 7 mins @ G3, 3 mins @ G1, 7 mins @ G3, 3 mins @ G1, 7 mins @ G3, 10 mins @ G1	1 hour 45 mins @ G1
6	50 mins @ G1	Rest	Interval session: 6 x 4 mins @ G4, 2 mins rest in between each	Rest	Strength session – legs x 3	<b>5km ParkRun!</b> Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	80 mins run – 40 mins @ G1, 40 mins @ G2
7	50 mins @ G1	Rest	Interval session: 3 x (4 mins run @ G4, 2 mins rest, 3 mins run @ G4, 2 mins rest, 1 min run @ G5) Only 45 secs rest between each round!	Rest	Strength session – core x 3	Fartlek: 20 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 10 mins @ G1	2 hours @ G1
8	55 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Rest	<b>5km ParkRun!</b> Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Fartlek: 30 mins @ G1, 30 mins @ G2, 10 mins @ G1, 10 mins @ G3, 10 mins @ G1
9	60 mins @ G1	Rest	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	Strength session – legs x 3	Optional 50 mins @ G1	Interval session: 5 x 5 mins @ G3/G4, 2 mins rest in between each	2 hours 15 mins @ G1
10	60 mins @ G1	Rest	Fartlek: 15 mins @ G1, 5 mins @ G3, 5 mins @ G1, 5 mins @ G3, 5 mins @ G1, 5 mins @ G3, 10 mins @ G1	Strength session – core x 3	10 mins @ G1, 30 mins @ G2 + Strides	Optional 45 mins @ G1	2 hours 30 mins @ G1
11	60 mins @ G1	Rest	5 mins @ G1, 30 mins @ G2, Strides, 10 mins @ G2	Strength session – 1 x legs, 2 x core	Optional 50 mins @ G1	50 mins @ G1	Fartlek: 30 mins @ G1, 30 mins @ G2, 10 mins @ G1, 20 mins @ G3, 15 mins @ G1
12	60 mins @ G1	Rest	Progression: 30 mins @ G1, 20 mins @ G2, 10 mins @ G3	Strength session – 2 x legs, 1 x core	Optional 50 mins @ G1	Interval session: 8 x 3 mins G4, 2 mins rest in between each. Try and stay relaxed!	2 hours 45 mins @ G1
13	60 mins @ G1	Rest	Fartlek: 20 mins @ G1, 10 mins @ G2, 10 mins @ G3, 10 mins @ G2, 10 mins @ G1	Strength session – 2 x legs, 2 x core	40 mins @ G1	Rest	3 hours @ G1
14	Rest	60 mins @ G1	Progression: 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	50 mins @ G1		80 mins run – 40 mins @ G1, 40 mins @ G2
15	45 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/G5	Rest	45 mins @ G1	Rest	60 mins @ G1
16	30 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	20 mins @ G1	Rest	<b>Race day!</b>

## Advanced

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	50 mins @ G1	Rest	35 mins @ G1 + Strides	Rest	50 mins @ G1	Strength session – legs x 2	70 mins @ G1
2	50 mins @ G1	Rest	Short hills session (10 reps)	Rest	Fartlek: 20 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 10 mins @ G1	Strength session – core x 2	75 mins run – 45 mins @ G1, 30 mins @ G2
3	Fartlek: 25 mins @ G1, 5 mins @ G2, 3 mins @ G1, 5 mins @ G3, 3 mins @ G1, 5 mins @ G3, 10 mins @ G1	Rest	50 mins @ G1	Rest	Strength session – legs x 3	Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G5	80 mins @ G1
4	10 mins @ G1, 30 mins @ G2, Strides	Rest	Long hills session (8 reps)	Rest	Strength session – core x 3	50 mins @ G1	80 mins run – 50 mins @ G1, 30 mins @ G2
5	60 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 90 secs rest in between each	Rest	Strength session – legs x 3	50 mins @ G1	1 hour 40 mins @ G1
6	60 mins @ G1	Rest	Interval session: 3 x (4 mins run @ G3, 2 mins rest, 3 mins run @ G3, 1 min 30 rest, 1 min run @ G4) Then take only 45 secs rest between each round!	Rest	10 mins @ G1, 30 mins @ G2, Strides	45 mins @ G1 + Strength session – core x 3	Fartlek: 30 mins @ G1, 30 mins @ G2, 10 mins @ G1, 10 mins @ G3, 10 mins @ G1
7	60 mins @ G1	Rest	Interval session: 10 mins @ G3, 3 mins rest, 5 x 1 min @ G4 with 1 min rest between, 3 min rest, 10 mins @ G3	Rest	Optional 45 mins @ G1 + Strength session – legs x 1, core x 2	50 mins @ G1	2 hours @ G1
8	65 mins @ G1	Rest	Interval session: 5 x 5 mins @ G4, 2 mins rest in between each	Strength session – legs x 2, core x 1		<b>5km ParkRun!</b> Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Fartlek: 20 mins @ G1, 30 mins @ G2, 10 mins @ G1, 20 mins @ G3, 10 mins @ G1
9	70 mins @ G1	Rest	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	45 mins @ G1 + Strength session – legs x 2, core x 2		50 mins @ G1	2 hours 15 mins @ G1
10	65 mins @ G1	Rest	Progression: 20 mins @ G1, 15 mins @ G2, 15 mins @ G3	45 mins @ G1 + Strength session – legs x 2, core x 2		50 mins @ G1	Fartlek: 30 mins @ G1, 30 mins @ G2, 10 mins @ G3, 20 mins @ G2, 10 mins @ G3, 5 mins @ G1
11	65 mins @ G1	Rest	Fartlek: 10 mins @ G1, 30 mins @ G2, Strides, 10 mins @ G2	50 mins @ G1	Strength session – legs x 2, core x 2	Interval session: 8 x 2 mins @ G4, 90 sec rest in between each. Focus on running smooth and relaxed	2 hours 30 @ G1

12	60 mins @ G1	Rest	Fartlek: 20 mins @ G1, 10 mins @ G2, 10 mins @ G3, 10 mins @ G2, 10 mins @ G1	50 mins @ G1	Strength session – legs x 2, core x 2	50 mins @ G1	Fartlek run: 50 mins @ G1, 30 mins @ G2, 20 mins @ G3, 10 mins @ G1
13	60 mins @ G1	Rest	Progression: 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Optional 40 mins @ G1	Strength session – legs x 2, core x 2	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	2 hours 45 mins @ G1
14	50 mins @ G1	Rest	Interval session: 5 x 5 mins @ G4, 2 mins rest in between each	Rest	Fartlek: 10 mins @ G1, 25 mins @ G3, 10 mins @ G1	Rest	90 mins run – 60 mins @ G1, 30 mins @ G2
15	40 mins @ G1	Rest	Fartlek: 10 mins @ G1, 30 mins @ G3, 10 mins @ G1	Rest	45 mins @ G1	Rest	80 mins @ G1
16	30 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	20 mins @ G1	Rest	<b>Race day!</b>



**Good luck!**

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