

# MARATHON TRAINING PLAN – EXPERIENCED



HAMPSHIRE AND  
ISLE OF WIGHT  
AIR AMBULANCE



This advanced marathon plan is designed to get you ready to race your marathon and is designed for those looking to progress their current marathon PB and particularly those looking to run 3 hours 15-30 minutes or faster, keeping it all in balance.

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to overleaf. Most of us think about the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to your body and respect its need to rest in order to improve.



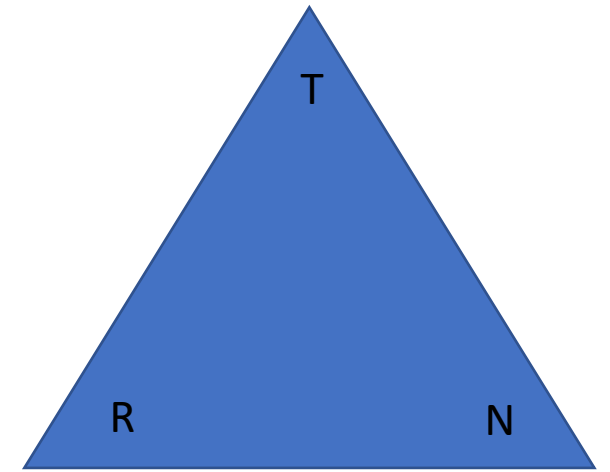
running  
withus

COACHING &  
CONSULTANCY  
runningwithus.com

# MARATHON TRAINING PLAN – EXPERIENCED

This plan.

This advanced marathon plan is designed to get you ready to race your marathon and is designed for those looking to progress their current marathon PB and particularly those looking to run 3 hours 15-30 minutes or faster.



Rest. Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Nutrition. You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep you immune system, blood and bones strong

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: 45 PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE EASY RUN	REST	CONTINUOUS HILLS 6 MINS OF EFFORT WITH 90 SEC JOG REC X4 45 MINS TOTAL	LONG RUN 80-90 MINS CONVERSATIONAL PACE
2	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: 45 PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE EASY RUN	REST	CONTINUOUS HILLS 8 MINS OF EFFORT WITH 2 MIN JOG REC X3 45 MINS TOTAL	LONG RUN 90 MINS CONVERSATIONAL PACE
3	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN INCLUDING 6 MINS AT THRESHOLD (60 SEC JOG REC) X5	30 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	45 MINUTE RUN WITH THE FINAL 25 MINUTES PICK UP TOWARDS HM PACE	REST	CONTINUOUS HILLS 8 MINS OF EFFORT WITH 90 SEC JOG REC X3 45 MINS TOTAL	LONG RUN 100 MINS EASY PACE ON UNDULATING ROUTE
4	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN 45-60 MINS INCLUDING 10 MINS AT THRESHOLD (90 SEC JOG REC) X3	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	45-60 MINUTE EASY RUN	REST	PARK RUN OR SELF TIMED 5K	LONG RUN 80 MINS EASY PACE
5	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN 60 MINS INCLUDING 12 MINS AT THRESHOLD (2 MIN JOG REC) X3	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	REST	CONTINUOUS HILLS 10 MINS OF EFFORT WITH 90 SEC JOG REC X3 45 MINS TOTAL	LONG RUN 1HR 45 MINS EASY PACE ON UNDULATING ROUTE
6	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN 45-60 MINS CONTAINING 25 MINUTES THRESHOLD BUILT IN	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	MIXED MP SESSION 12 MINS MP + 6X2 MINS AT 5-10K EFFORT + 12 MINS MP ALL WITH A 2 MIN JOG REC (TARGET MP)	REST	CONTINUOUS HILLS 6 MINS OF EFFORT WITH 75 SEC JOG REC X6 50 MINS TOTAL	LONG RUN 2 HRS IF YOU FEEL GOOD THEN THE LAST 20-30 MINS AT MP MAKE THE FIRST 90 MINS 1 MIN PER MILE SLOWER THAN MP

## MARATHON TRAINING PLAN – EXPERIENCED

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN  Pm: 60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	MIXED PACXE SESSION 15 MINS MP + 5X3 MINS AT 10K EFFORT + 15 MINS MP ALL WITH A 2 MIN JOG	REST	CONTINUOUS HILLS 12 MINS OF EFFORT WITH 2 MIN JOG REC X3 45-60 MINS TOTAL	LONG RUN 2HR 15 MINS – 2HR 30 MINS EASY PACE
8	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN  Pm: THRESHOLD RUN 45 MINS TO INCLUDE 5 MINS AT THRESHOLD (60 SEC JOG REC) X5	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	45 MINUTES PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	30 MINUTE EASY RUN	HALF MARATHON RACE PLUS 30 MIN EASY JOG AFTER OR 2 HOURS WITH LAST 60 MINS AT MP
9	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN  Pm: 30-45 MINUTE EASY RUN	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINS WITH FINAL 45 MINS TO INCLUDE 3X10 MINS THRESHOLD EFFORT WITH A 2MIN JOG REC	REST	40-45 MINUTE EASY RUN	LONG RUN 2HRS 30 MINS WITH LAST 45 MINS AT MP
10	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 30-40 MINUTE EASY RUN  PM: MIXED PACE SESSION 8X800M (OR 3MINS) WITH ODD NUMBERS AT THREHOLD EVEN NUMBERS AT 5KM PACE (75-90 SEC JOG REC)	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINS WITH FINAL 60 MINS TO INCLUDE 3 MINS STEADY 3 MINS THRESHOLD RUN CONTINUOUSLY NO REST	REST	40-60 MINUTES EASY RUN PLUS CORE	LONG RUN 2 HOURS 45 MINS EASY
11	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 30 MINUTE EASY RUN  PM: THRESHOLD RUN INCLUDING 6 MINS THRESHOLD + 2 X (6X400M OR 75 SECS) @ 5K PACE 2-3 MINS BETWEEN THRESHOLD AND 400S AND 60 SEC JOG REC BETWEEN EACH 400	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINS WITH 3X15 MINS – FIRST 15 MINS AT MP 2 <sup>ND</sup> AND 3 <sup>RD</sup> 15 MINS FASTER AND FASTER FROM A 3 MIN JOG REC	REST	40-50 MINUTES EASY RUN PLUS CORE	IDEALLY HALF MARATHON RUN AT MARATHON GOAL PACE WITH 20-30 MINUTES EASY BEFORE AND AFTER
12	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 40 MINUTE EASY RUN  PM: THRESHOLD RUN 45 MINS TO INCLUDE 6 MINS THRESHOLD (2 MIN JOG REC) X5	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	REST	45 MINUTES EASY RUN PLUS CORE	KEY LONG RUN – 35KM PROGRESSION RUN 10KM EASY 10KM MP 5KM EASY 5KM FASTER THAN MP 2KM FAST 3KM EASY



Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	45 MINUTE RECOVERY RUN PLUS CORE	AM: 40 MINUTE EASY RUN  PM: 8X800 AT 5KM PACE (90 SEC JOG REC)	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINUTE RUN WITH FINAL 30 MINS AT THRESHOLD EFFORT	REST	45 MINUTES EASY RUN	3-3:15 HOURS WITH FINAL 60 MINS AT MP
14	45 MINUTE RECOVERY RUN PLUS CORE	AM: 30-40 MINUTES EASY RUN  PM: 6 MINS THRESHOLD + 3X (4X400M OR 90 SECS) 5K PACE (2-3 MINS BETWEEN THRESHOLD AND 400S AND 60 SEC JOG REC BETWEEN EACH 400)	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	90 MINUTES WITH FINAL 30-40 MINUTES AT MP	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 3 MINS AT THRESHOLD 3 MINS STEADY X6	LONG RUN 1 HR 45 MINS – 2 HRS WITH FINAL 30 MINS AT MP
15	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 30- MINUTES EASY RUN  PM: 5X400M (OR 90 SECS) AT 5KM EFFORT (60 SEC JOG REC) PLUS 2KM AT THRESHOLD + 5X400M (OR 90 SECONDS) AT 5KM EFFORT (45 SEC) 2 MIN REST BETWEEN SETS	30-45 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	45 MINUTE PROGRESSION RUN 15 MINS EASY 15 MINS STEADY 15 MINS THRESHOLD	REST	PARK RUN OR 30 MIN STEADY RUN	75 MINUTE EASY RUN
16	30 MINUTE RECOVERY RUN PLUS CORE	30-40 MIN RUN TO INCLUDE 5X5 MINS AT MP WITH A 2-3 MIN JOG REC	30 MINUTE EASY RUN	30 MINUTE EASY RUN	REST	25 MINUTE VERY EASY RUN	MARATHON RACE DAY! GOOD LUCK!

## MARATHON TRAINING PLAN – EXPERIENCED

# MARATHON TRAINING PLAN – EXPERIENCED

- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
  - Try to stretch every day for at least 10 minutes.
  - Always eat within 20–30 minutes of finishing a run.
- Always train at the specified efforts; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.



HAMPSHIRE AND  
ISLE OF WIGHT  
AIR AMBULANCE



CONTACT US!  
@RUNNINGWITHUS  
INFO@RUNNINGWITHUS.COM

running  
withus  COACHING &  
CONSULTANCY  
runningwithus.com