MARATHON TRAINING PLAN – IMPROVER

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 you body and respect its need to rest in order to improve.


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This plan.

This improver marathon plan is designed to get you ready to run run a marathon and improve on a recent marathon performance or step up from 10km and half marathon races to your first full marathon. It can be used to cover a race of paces from 3 hours right through to 4.5 hours and assumes you are ready to run for 75-90 minutes continuously before you start..

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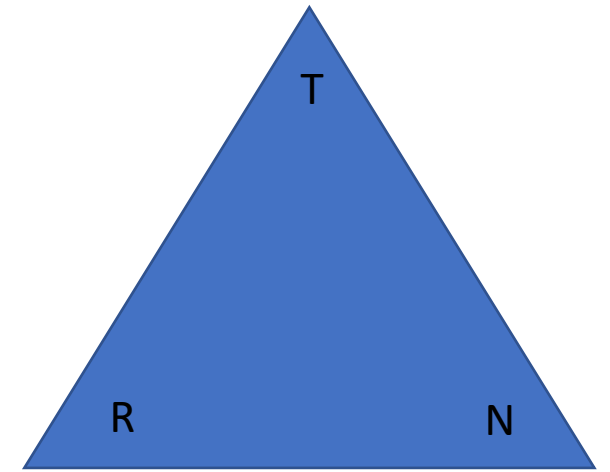
Rest. Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

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	REST	30 MINUTE PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10MINS THRESHOLD	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	30 MINUTE EASY / STEADY RUN	REST	CONTINUOUS HILLS 5 MINS OF EFFORT WITH 2 MIN JOG REC X2 45 MINS TOTAL	LONG RUN 75-90 MINS CONVERSATIONAL PACE
2	REST	30 MINUTE PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10MINS THRESHOLD	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	30-40 MINUTE EASY / STEADY RUN	REST	CONTINUOUS HILLS 7 MINS OF EFFORT WITH 2 MIN JOG REC X3 45 MINS TOTAL	LONG RUN 90 MINS CONVERSATIONAL PACE
3	REST	45 MINUTE PROGRESSION RUN 15 MINS EASY 15 MINS STEADY 15MINS THRESHOLD	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	40 MINUTE EASY / STEADY RUN	REST	CONTINUOUS HILLS 10 MINS OF EFFORT WITH 2 MIN JOG REC X2 45 MINS TOTAL	LONG RUN 90-100 MINS EASY PACE ON UNDULATING ROUTE
4	REST	30-40 MINUTES EASY RUN	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	30 MINUTE EASY / STEADY RUN	REST	PARK RUN OR SELF TIMED 5K	LONG RUN 75-90 MINS EASY PACE
5	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X4	30-40 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	40 MINUTE OUT AT BACK RUN – RUN OUT STEADY FOR 20 MINS AND AIM TO GET BACK 2-3 MINS FASTER	REST	CONTINUOUS HILLS 6 MINS OF EFFORT WITH 90 SEC JOG REC X4 45 MINS TOTAL	LONG RUN 1HR 45 MINS EASY PACE ON UNDULATING ROUTE
6	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 90 SEC JOG REC X5	40 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	40 MINUTE OUT AT BACK RUN – RUN OUT STEADY FOR 20 MINS AND AIM TO GET BACK 2-3 MINS FASTER	REST	CONTINUOUS HILLS 8 MINS OF EFFORT WITH 90 SEC JOG REC X3 50 MINS TOTAL	LONG RUN 1HR 50 MINS – 2HRS EASY PACE ON UNDULATING ROUTE

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7	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 75 SEC JOG REC X5	40-50 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	45 MINUTE RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	CONTINUOUS HILLS 10 MINS OF EFFORT WITH 90 SEC JOG REC X3 45-69 MINS TOTAL	LONG RUN 2HR – 2HR 15 MINS EASY PACE
8	REST	THRESHOLD RUN 50 MINUTES TO INCLUDE 6 MINS OF THRESHOLD WITH 90 SEC JOG REC X5	40-50 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	REST	PARK RUN OR SELF TIMED TIME TRIAL 5KM	LONG RUN 2HR 15-30 MINS MINS EASY PACE
9	REST	45 MINUTE RUN WITH 3X6 MINUTES AT HALF MARATHON PACE (2-3 MINUTE JOG REC)	30 MINUTE EASY RUN	30 MINUTE PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10MINS HALF MARATHON PACE	REST	20-30 MINUTE EASY RUN	HALF MARATHON AT PB PACE PLUS 15-20 MINS EASY COOL DOWN – OR 2HR LONG RUN WITH THE LAST 60 MINS AT PLANNED MARATHON PACE
10	REST	45 MINUTES EASY RUN	40-50 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	THRESHOLD RUN 75 MINUTES TO INCLUDE 6 MINS OF THRESHOLD WITH 3 MIN JOG REC X4 IN FINAL 30 MINS	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2 HR 45 MINS WITH 3X20 MINS AT MP WITH 5 MIN JOG REC
11	REST	6X3 MINUTES ALTERNATING ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS AT 5KM PACE WITH 90 SEC JOG REC	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	75 MINUTE RUN WITH FINAL 30 MINUTES AT THRESHOLD	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2 HR 30-45 MINS WITH LAST 45 MINS AT MP
12	REST	8X3 MINUTES ALTERNATING ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS AT 5KM PACE WITH 90 SEC JOG REC	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	RUN 80 MINUTES TO INCLUDE 15 MINS OF MP WITH 2-3 MIN JOG REC X3	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 3 HR – 3 HR 15 MINS WITH LAST 60 MINS AT MP

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13	REST	10X3 MINUTES ALTERNATING ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS AT 5KM PACE WITH 90 SEC JOG REC	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	RUN 80-90 MINUTES TO INCLUDE 15 MINS OF MP WITH 2-3 MIN JOG REC X3	REST	45 MINUTE PROGRESSION RUN 15 MINS EASY 15 MINS STEADY 15	LONG RUN 2 HR 45 MINS WITH LAST 45 MINS AT MP
14	REST	5 MINS THRESHOLD + 2X5X90 SECONDS AT 5KM EFFORT (60 SECONDS BETWEEN EFFORTS AND 120 SECONDS BETWEEN SETS)	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	REST	5 MINS THRESHOLD + 10X90 SECONDS AT 5KM EFFORT (60 SECONDS BETWEEN EFFORTS)	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	REST	30 MINUTE EASY RUN INCLUDING 3X5 MINS THRESHOLD WITH 3 MIN JOG RECOVERY	30 MINUTE EASY RUN	25-30 MINUTE EASY RUN	REST	25 MINUTE VERY EASY RUN	MARATHON RACE DAY! GOOD LUCK!

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- 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.

CONTACT US!
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