



# MARATHON

## Advanced Plan



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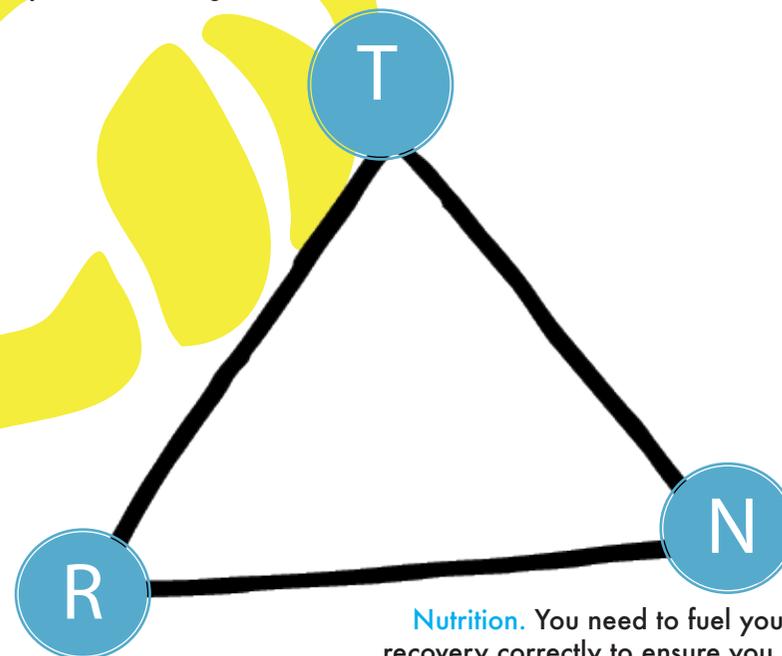
### This plan.

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.

### 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 the right. 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.

**Training.** Your running, cross training and conditioning sessions contained within this plan need to progress over the weeks and get more specific to the distance for which you are training.



**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 your immune system, blood and bones strong.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Recovery run, 30-40 mins + core	AM: easy run 30 mins PM: Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold	Easy run 45 mins or 45 mins aerobic cross training + core	Easy run, 60 mins	Rest	Continuous hills – run 4 sets of 6 mins effort with 90s jogged recovery + core	Long run, 80-90 mins. All relaxed and conversational
2.	Recovery run, 30-40 mins + core	AM: easy run 30 mins PM: Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold	Easy run 45 mins or 45 mins aerobic cross training + core	Easy run, 60 mins	Rest	Continuous hills, 3 x (8 mins effort / 120s jog) + core	Long run, 90 mins. All relaxed and conversational
3.	Recovery run, 30-40 mins + core	AM: Easy run 30 mins PM: Threshold run, 5 x (6 mins threshold / 1 min jog)	Recovery run, 30 mins or 30 mins aerobic cross training + Core	45 minutes with the final 25 minutes pick up towards half marathon effort	Rest	Continuous hills, 45 mins total. 3 x (8 mins effort / 90s jog) + core	Long run, 100 mins easy throughout and consider mixing up the terrain
4.	Recovery run, 30-40 mins + core	AM: Easy run 30 mins PM: Threshold run, 45-60 mins total. 3 x (10 mins threshold / 90s jog)	Easy run 45 mins total or 45 mins aerobic cross training + core	Easy run 45-60 minutes	Rest	Parkrun or 10 minutes easy / 20 minutes threshold / 10 minutes easy	Long run, 80 mins

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	Recovery run, 30-40 mins + core	AM: Easy 30 min run PM: Threshold run, 60 mins total including 3 x 12 mins @ threshold with a 2 min jog rec.	Easy run 60 mins or aerobic cross training + core	Progression run, 60 mins total. 20 mins easy, 20 mins steady, 20 mins threshold	Rest	Continuous hills, 45 mins total. 3 x (10 mins effort / 90s jog + core)	Long run 1 hour 45 minutes easy.
6.	Recovery run, 30-40 mins + core	AM: Easy 30 min run PM: Threshold run with 45-60 mins running containing 25 mins @ threshold effort built in.	Easy run 60 mins or aerobic cross training + core	Mixed pace session - 12 mins @ MP + 6 x 2 mins @ 5-10k effort + 12 mins @ MP. All with a 2 min jog rec. (MP = marathon target pace)	Rest	Continuous hill session to contain 6 x 6 mins with a 75- sec jog recovery + core	Long run of 2 hours. If you feel good run the last 20-30 @ target MP. Make the first 90 1 min per mile slower than MP!
7.	Recovery run, 30-40 mins + core	AM: Easy 30 min run PM: 1 hour progression run starting at a steady effort and progressing to threshold effort by the finish	Easy run 60 mins or aerobic cross training + core	Mixed pace session - 15 mins MP + 5 x 3 mins @ 10k effort + 15 mins @ MP. All with a 2 min jog rec	Rest	Continuous hills session with 60 mins to include 3 x 12 mins of continuous hills with 2 min recovery + core	Long run - 2 hours 15-30 mins all easy
8.	Recovery run, 30-40 mins + core	AM: Easy 30 min run PM: 45 mins to include 5 x 5 mins @ threshold off 1 min jog rec + conditioning work	Easy run 45 mins or aerobic cross training + core	Progression run - 45 mins as 15 easy, 15 steady, 15 threshold	Rest	30 min recovery run	Half marathon race + 30 min easy jog afterwards OR 2 hours with the last 60 @ target MP.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Recovery run, 30-40 mins + core	AM: Easy run 30 mins PM: 30-45 min recovery run	60 mins easy-steady running + core	90 mins with final 45 mins to inc 3 x 10 mins @ threshold effort with 2 min jog recovery	Rest	40-50 minute easy run	Long run - 2 hours 30 mins with last 45 @ MP.
10.	Recovery run, 30-40 mins + core	AM: Easy run 30-40 mins PM: Mixed pace session 8 x 800m (or 3 mins) with odd numbers at threshold effort, even faster at 5km pace from 75-90s recovery.	60 mins easy pace + core	90 mins with final 60 minutes as 3 minutes threshold / 3 minutes steady continuously - no rest	Rest	40-60 minute steady run + core	2 hours 45 mins easy
11.	Recovery run, 30-40 mins + core	M: Easy run 30 mins PM: 6 mins threshold + 2 x (6 x 400m or 75 secs) @ 5k pace. Take 2-3 mins between threshold and 400's then just 1 min jog rec between each 400.	60 mins easy pace + core + core.	90 minutes with 3 x 15 minutes. First at MP, 2nd and 3rd faster from 3 min recovery	Rest	40-50 mins easy run + core	Ideally half marathon run at marathon goal pace with 20-30 minutes easy before and after
12.	Easy run, 45 mins + core	AM: easy run 40 mins PM: 45 mins running to include 5 x 6 mins threshold to turn the legs over again. Take a 2 min jog rec between each effort	60 mins easy-steady effort + core	60 minute progression run with 20 easy, 20 steady and 20 @ threshold building	Rest	45 mins relaxed running	Key long run - 35km progression run (10km easy, 10km MP, 5km easy, 5km faster than MP, 2km fast, 3km easy)

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Easy run, 45 mins + core	AM: Easy run 40 mins PM: 8 x 800m at 5km pace from 90s recovery.	Easy run, 60 mins or 60 mins aerobic cross training + core	90 minutes with the final 30 mins @ threshold effort	Rest	45 mins relaxed running + core	3 hours - 3 hours 15 mins with final 60 minutes at MP
14.	Easy run, 45 mins + core	AM: Easy run 30-40 mins PM: 6 mins threshold + 3 x (4 x 400m or 90 secs) @ 5k pace. Take 2-3 mins between threshold and 400's then just 1 min jog rec between each 400.	Easy run, 45-60 mins or 45-60 mins aerobic cross training + core	90 mins with final 30-40 mins @ MP	Rest	Threshold run, 45mins total. 6 x (3 mins threshold / 3 mins steady) + core	Long run, 1hr 45 mins - 2hrs with with the final 30 mins @ MP
15.	Recovery run, 30-40 mins + core	AM: Easy 30 min recovery run PM: 5 x 400m (or 90 secs) @ 5km effort (60s rec) + 2km @ threshold + 5 x 400m (or 90s) @ 5km effort (45s rec) - 2 min rest between sets	Easy run, 30-45 mins or 30-45mins aerobic cross training + core..	Progression run of 15/15/15 with middle 15 @ MP	Rest	Parkrun or 30 minute steady run + core.	Easy run, 75 mins total
16.	Recovery run, 30-40 mins + core	30-40 mins to include 3 x 5 mins @ MP with a 2-3 min jog rec)	30 min recovery run + core	30 min recovery run	Rest	25 minute super easy	Marathon Race Day - Good Luck!!!

## Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

## Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running economy and aerobic capacity .

## Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races from 5km – marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build to 75% of WHR as you start to practice periods of marathon or race pace running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

## Continuous Hills (CH)

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5-10% gradient for 45-90 seconds at a 'threshold effort'. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of MHR and be able to utter just a few words.

## Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

## Marathon Pace (MP)

Understanding the pace and effort you intend on running your marathon at is very important. Pace judgment and patience on the big day will be crucial to running your best marathon. Marathon pace practice allows your body and mind to get used to what will be required on race day, and it builds endurance quickly.

## Warming Up/Warm down (WU)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement.

## Cross-Training & core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training. More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.

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