

# Advanced Marathon Training Plan



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3-4 miles Steady	Rest	4-5 miles Steady	Rest	4-5 miles tempo	Rest	4-5 miles Steady
2	Rest	Rest	4 Miles Steady	45 min Easy / Cross Train	5-6 miles tempo	Rest	5-6 miles Steady
3	Rest	Rest	5-6 Mile fartlek	45 min Easy / Cross Train	5-6 miles tempo	Rest	6-7 miles Steady
4	Easy 3 miles / rest	Rest	5-6 Mile fartlek	45 min Easy / Cross Train	6-7 miles tempo	Rest	8-9 mile Steady
5	Easy 3 miles / rest	Rest	4 x 1 mile intervals - 6 mins rest between ints intervals	60 min Easy / Cross Train	5 miles steady	Rest	10-11 miles steady
6	Easy 3 miles / rest	Rest	4 x 1 mile intervals - 5 mins rest between ints intervals	60 min Easy / Cross Train	7-8 miles tempo	Rest	11-12 miles Steady
7	Rest	Rest	6-7 Mile fartlek	60 min Easy / Cross Train	8 miles tempo	Rest	13-14 miles Steady
8	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 6 mins rest between ints intervals	Rest	Rest / 45 min-Cross train	Rest	14-15 miles Steady

- **Fartlek** - A run with alternating speeds    **Tempo** - A "Comfortably hard" run

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	3-4 miles Steady / rest	Rest	5 x 1 mile - 6 mins rest between ints intervals	80 min Easy / Cross Train	7 mile tempo	Rest	16-17 miles Steady
10	3-4 mile Steady/ rest	Rest	5 x 1 mile - 5 mins rest between ints intervals	80 min Easy / Cross Train	8 miles tempo	Rest	12-13 miles Steady
11	Rest	Rest	4-5 Mile fartlek	Rest	4-5 miles steady	Rest	16-18 miles Steady
12	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 5 mins rest between ints	90 min Easy / Cross Train	8 miles tempo	Rest	18-20 mile Steady
13	Easy 3 miles / rest	Rest	5 x 1 mile intervals 4 mins rest between ints	90 min Easy / Cross Train	8 mile tempo	Rest	19-21 miles steady
14	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 4 mins rest between ints	90 min Easy / Cross Train	8 miles tempo	Rest	14-16 miles Steady
15	Easy 3 miles / Rest	Rest	4 x 1 mile - 4 mins rest between ints intervals	60 min Cross Train	4-5 miles tempo	Rest	8-10 miles Steady
16	Easy 3 miles / rest	Rest	4-5 miles steady	Rest	3-4 miler easy	Rest	RACE DAY

- **Fartlek** - A run with alternating speeds    **Tempo** - A "Comfortably hard" run

## Key points on how to use the advanced timetable

- *Remember that it is just a guide, you do not necessarily have to follow it word for word.*
- *Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.*
- *Don't be afraid of looking at the Intermediate schedule and incorporate some sessions if you feel that this plan is a little too intense and you're struggling to recover inbetween training sessions. We all respond differently to training, so if it's too hard - ease off!*
- *Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.*

## Training diary

*Use the following pages to scribble down any notes you wish about your training. This might include information such as:*

- *The route you took.*
- *The distance and time of the run.*
- *How you felt during the run.*
- *Average Heart Rate (if you have a Heart Rate Monitor)*

DATE	DISTANCE RUN	NOTES