



# TRAINING PLAN

Marathon Training Plan - Advanced



running  
us

COACHING &  
CONSULTANCY  
[runningwithus.com](http://runningwithus.com)

# THE MARATHON

## ADVANCED

THIS TRAINING PLAN, PUT TOGETHER BY OUR COACHING PARTNERS RUNNINGWITHUS, IS DESIGNED TO GET YOU TO THE START LINE OF THE MARATHON FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

### THE RIGHT PLAN FOR ME?

This 16 week advanced runner's plan is designed for those who are experienced, have completed marathons before and have a performance goal targeting 3:15 or less. We encourage you to complement the running outline with core conditioning and cross training as outlined in our Running Guide.

### WHY TRAIN IN THIS WAY?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal half marathon pace.

### WHAT IF I AM NOT THERE YET?

This training plan assumes you are able to run for 45-60 minutes continuously at an easy pace. Really focus on holding back your effort on your easy runs - many beginner runners try to run them a little too hard. You can always mix the sessions in the plan with cross training. Our 'improvers' plan might be for you if you feel this is too much of a step up or you can drop the 'double' days by removing the first easy run.

### IS THIS EVERYTHING I NEED TO KNOW?

No - this plan is supported by our *Running Guides*, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

# THE MARATHON

## ADVANCED

### WHAT DO ALL THE TERMS MEAN?

All of the training schedules involve a broad variety of training sessions and intensities. We have a full glossary of the different terms you will see in this guide, such as 'threshold running' and 'progression runs', in our guide called 'The Training'

### WHAT IF I MISS A SESSION, PICK UP A NIGGLE OR GET SICK?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a half marathon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you. Take care not to run back-to-back 'hard' days – so try to avoid running a threshold session followed the next day by a hill session, for example.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, check out our cross-training tips in the Running Guide ... don't just add more running unless you are ready.

### NOTES

Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts.

Check out our *Running Guide* for our top core exercises and stretches. Remember to stretch well after every run.

# THE MARATHON

## ADVANCED

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

# THE MARATHON

## ADVANCED

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.

# THE MARATHON

## ADVANCED

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)

# THE MARATHON

## ADVANCED

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 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!!!

# THE MARATHON

## ADVANCED

- Important note: please do a 15-minute warm-up and cool-down before threshold, continuous hills or interval sessions.
- If you're feeling OK, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions above.
- 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 paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.