

MARATHON ADVANCED TRAINING PLAN



TERMINOLOGY

STRENGTH & CONDITIONING

Mix of short bursts of effort (intervals) with circuit-style training using bodyweight, weights, or machines. Supports endurance, recovery, and strength.

MOBILITY

Controlled, flowing movements to improve flexibility, range of motion, and reduce injury risk.

STRENGTH

Full-body lifts (squats, deadlifts, presses) and single-leg exercises to build balance, stability, posture, and running efficiency.

EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

STEADY RUNS

Comfortable but harder than easy pace.

TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

PROGRESSION RUNS

Start easy, gradually increase to target race pace.

INTERVALS

High effort, aim for 5K pace.

STRIDES

3 x 20s at 85–90% effort. Improves form and running economy.

WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

WANT TO READ MORE ABOUT THIS PLAN?

SCAN THE QR CODE BELOW



MARATHON: ADVANCED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Easy Run: 4 Miles	Strength & Conditioning	Easy Run: 5 Miles	The Berlin: 6 x 1min effort with 1 minute off between each	Rest	Long Run: 8 Miles	Rest
WEEK 02	Easy Run: 5 Miles	Strength & Conditioning	Easy Run: 5 Miles	Los Angeles: 5 x 2min efforts with 90 seconds recovery	Rest	Long Run: 10 Miles	Rest
WEEK 03	Easy Run: 5 Miles	Strength & Conditioning	Rest	The Albufeira: 1 x 4min, 2 x 3min, 4 x 2min	Rest	Steady Run: 5min Easy, 3 Miles @ Steady, 5min Easy	Long Run: 12 Miles
WEEK 04	Easy Run: 6 Miles	Strength & Conditioning	Rest	The Kuala Lumpur: 5 x 4min with 2 minutes recovery	Rest	The Gothenburg: 20min Fartlek	Long Run: 14 Miles
WEEK 05	Easy Run: 6 Miles	Strength & Conditioning	Rest	Tempo Run: 2 x 10min	Rest	Steady Run: 5min Easy, 4 Miles @ Steady, 5min Easy	Long Run: 12 Miles
WEEK 06	Easy Run: 6 Miles	Strength & Conditioning	Rest	The Split: 5 x 5min	Rest	Easy Run: 5 Miles	Long Run: 5 Miles Easy, 3 Miles @ Target, 5 Miles Easy
WEEK 07	Easy Run: 6 Miles	Strength & Conditioning	Rest	Tempo Run: 3 x 8min	Rest	The Auckland: 25min Fartlek	Long Run: 15 Miles
WEEK 08	Easy Run: 6 Miles	Strength & Conditioning	Rest	Tempo Run: 4 x 6min	Rest	Steady Run: 5min Easy, 5 Miles @ Steady, 5min Easy	Long Run: 17 Miles

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 09	Easy Run: 6 Miles	Strength & Conditioning	Rest	Tempo Run: 60min (20min @ Tempo)	Rest	Steady Run: 5min Easy, 5 Miles @ Steady, 5min Easy	Long Run: 13 Miles
WEEK 10	Easy Run: 6 Miles	Strength & Conditioning	Rest	The London: 8 x 2:30min with 1 min recovery	Rest	Easy Run: 5 Miles	Long Run: 5 Miles Easy, 5 Miles @ Target, 5 Miles Easy
WEEK 11	Easy Run: 6 Miles	Strength & Conditioning	Rest	Tempo Run: 4 x 8min	Rest	The Stockholm: 30min Fartlek	Long Run: 17 Miles
WEEK 12	Easy Run: 7 Miles	Strength & Conditioning	Rest	The Budapest: 12 x 2.5min with 1 min recovery	Rest	Steady Run: 5min Easy, 5 Miles @ Steady, 5min Easy	Long Run: 18 Miles
WEEK 13	Easy Run: 5 Miles	Strength & Conditioning	Rest	Tempo Run: 65min (25min @ Tempo)	Rest	Easy Run: 5 Miles	Long Run: 15 Miles
WEEK 14	Easy Run: 7 Miles	Strength & Conditioning	Rest	The St Moritz: 10 x 1min (Hills) with 2 minute jog or walk recoveries	Rest	Steady Run: 5min Easy, 6 Miles @ Steady, 5min Easy	Long Run: 18 Miles
WEEK 15	Easy Run: 7 Miles	Strength & Conditioning	Rest	Tempo Run: 6 x 6min	Rest	Easy Run: 5 Miles	Long Run: 20 Miles
WEEK 16	Easy Run: 6 Miles	Strength & Conditioning	Rest	The Rio: 10 x 4min with 1 min recovery	Rest	Easy Run: 5 Miles	Long Run: 3 Miles Easy, 10 Miles @ Target, 3 Miles Easy

MARATHON: ADVANCED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 17	Easy Run: 4 Miles	Strength & Conditioning	Rest	Progression Run: 15min Blocks	Rest	Easy Run: 5 Miles	Long Run: 20 Miles
WEEK 18	Easy Run: 4 Miles	Strength & Conditioning	Rest	The Gothenburg: 20min Fartlek	Rest	Easy Run: 4 Miles	Long Run: 10 Miles Easy, 2 Miles @ Target, 1 Mile Easy
WEEK 19	Easy Run: 3 Miles (+ Strides)	Strength & Conditioning	Rest	Taper Run: 1.5 Miles Easy, 1 Mile @ Target, 1.5 Miles Easy	Rest	Easy Run: 3 Miles (+ Strides)	Long Run: 10 Miles
WEEK 20	Easy Run: 3 Miles (+ Strides)	Strength & Conditioning	Rest	Easy Run: 30min (+ Strides)	Rest	Easy Run: 20mins (+ Strides)	Race Day