



# Marathon

## Training Plan

In partnership with



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**MACMILLAN**  
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	<b>Run</b> 20–30 mins easy effort	<b>Core</b>	<b>Threshold run</b> 30 mins to include 5 mins of threshold effort with 2 min jog recovery x3	Rest	<b>Run</b> 30 mins easy effort + core	<b>Long Run</b> 45 mins total with 2×20 mins easy effort, 5 min walk
2	Rest	<b>Run</b> 20–30 mins easy effort	<b>Core</b>	<b>Threshold run</b> 30 mins to include 5 mins of threshold effort with 90 sec jog recovery x3	Rest	<b>Run</b> 30 mins easy effort + core	<b>Long Run</b> 60 mins total with 2×25 mins easy effort, 5 min walk
3	Rest	<b>Threshold Run</b> 40 mins to include 5 mins of threshold effort with 2 min jog recovery x3	<b>Core</b>	<b>Continuous hills</b> 40 mins to include 8 mins effort with 2 min jog recovery x2	Rest	<b>Run</b> 30 mins easy effort + core	<b>Long Run</b> 75 mins total with 3×25 mins easy effort, 5 min walk
4	Rest	<b>Run</b> 20 mins easy effort	<b>Core</b>	<b>Progression run</b> 10 min easy effort, 10 min steady effort, 10 mins threshold effort	Rest	<b>Run</b> Park run or self timed 5k	<b>Long Run</b> 45–60 mins with a short walk break after 30 mins
5	Rest	<b>Threshold Run</b> 45 mins to include 5 mins of threshold effort with 2 min jog recovery x4	Core + optional easy cross training 30–40 mins	<b>Continuous hills</b> 45 mins to include 7 mins effort with 2 min jog recovery x3	Rest	<b>Run</b> 30–40 mins easy effort + core	<b>Long run</b> 90 mins total – walk for 5 mins every 20 mins if necessary
6	Rest	<b>Threshold Run</b> 45 mins to include 5 mins of threshold effort with 2 mins jog recovery x5	Core + optional easy cross training 30–40 mins	<b>Continuous hills</b> 50 mins to include 8 mins effort with 2 min jog recovery x3	Rest	<b>Run</b> 30–40 mins easy effort + core	<b>Long run</b> 1 hr 45 mins total – walk for 5 mins every 30 mins if necessary

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	Rest	<b>Threshold run</b> 45 mins to include 10 min of threshold effort with 3 min jog recovery x2	Core + 30–40 mins cross training	<b>Continuous hills</b> 50 mins to include 10 min effort with 2 min jog recovery x3	Rest	<b>Run</b> 40 mins easy effort + core	<b>Long run</b> 2 hrs total. Walk for 5 mins every 30 mins if necessary
8	Rest	<b>Threshold run</b> 50 mins to include 8 mins of threshold effort with 2 min jog recovery x3	Core + 30–40 mins cross training	<b>Run</b> 45 min run aiming to pick up the pace in the final 25 mins	Rest	<b>Run</b> 40 mins easy effort + core	<b>Long run</b> 2 hrs 15 mins total. Walk for 5 mins every 30 mins if necessary
9	Rest	<b>30 min progression run</b> 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Core + 30–40 mins cross training	<b>Run</b> 30–40 mins easy effort	Rest	<b>Run</b> 20 mins easy effort	<b>Half marathon</b> or 2 hrs 30–45 mins run with the last 60 mins at planned marathon pace
10	Rest	<b>Run</b> 30–40 mins easy effort	Core + 30–40 mins cross training	<b>Run</b> Marathon pace practice 60 mins, last 40 mins at target marathon pace	Rest	<b>Run</b> 40–50 mins easy effort + core	<b>Long Run</b> 2 hrs 30 mins total. Walk for 5 mins every 30 mins if necessary
11	Rest	<b>Threshold run</b> 60 mins to include 10 mins of threshold effort with 2 min jog recovery x3	Core + 30–40 mins cross training	<b>Run</b> 60–70 mins easy effort with final 25 mins at threshold effort	Rest	<b>Run</b> 40–50 mins easy effort + core	<b>Long run</b> 2 hrs 45 mins last 60 mins at marathon pace. Walk for 5 mins every 30 mins if necessary
12	Rest	<b>Run</b> 45–60 mins easy effort	Core + 30–40 mins cross training	<b>Threshold run</b> 70 mins to include 6 mins of threshold effort with 90–120 sec jog recovery x6	Rest	<b>Run</b> 40–50 mins easy effort + core	<b>Long run</b> 3–3 hrs 15 mins steady pace with short walk breaks each 30–40 mins if needed

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
13	Rest	6×3 mins with odd numbers at threshold effort and even numbers faster (90 sec jog recovery)	Core + 30–40 mins cross training	<b>Run</b> 70 mins with final 20–30 mins at threshold effort	Rest	<b>Run</b> 40–50 mins easy effort + core	<b>Long run</b> 3 hrs 15 mins – 3 hrs 30 mins easy pace with the last 60–75 mins at planned marathon pace. Short walk breaks each 30–40 mins if needed
14	Rest	8×3 mins with odd numbers at threshold effort and even numbers faster (90 sec jog recovery)	Core + 30–40 mins cross training	<b>Run</b> 75 mins with final 45 mins at planned marathon effort	Rest	<b>Run</b> 40–50 mins easy effort + core	<b>Long run</b> 2 hrs easy pace but pick up to steady pace for final mins
15	Rest	<b>40 min run</b> with 5, 4, 3, 2, 1 mins picking up the pace each time (90 sec jog recovery)	Core	<b>Run</b> 45 mins easy effort	Rest	<b>Run</b> park run or 30 mins steady effort	<b>Run</b> 75 mins easy effort
16	Rest	<b>Threshold run</b> 30 mins to include 5 mins of threshold effort with 3 min jog recovery x3	Rest	<b>Run</b> 25–30 mins easy effort	Rest	<b>Run</b> 25 mins very easy effort	<b>Marathon Race Day. Good luck!</b>