

MK Marathon Weekend Marathon Improver Training Plan

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 5 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 40-50 mins easy at 2-3/10 effort</p>	Rest	<p>Run Session: 45-60 min easy run at 2-3/10 effort</p>	<p>Run Session: 30 min run as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort</p>	<p>1:40 – 1:50 hrs at 3-5/10 effort.</p>
2	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 6-8 x 2 mins at 8-9/10 with 90 secs rest</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 40-50 mins easy at 2-3/10 effort</p>	Rest	<p>Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort</p>	<p>Run session: 30-40 min easy at 2-3/10 effort</p>	<p>1:45 – 2:00 hrs at 3-5/10 effort building to run final 30 at marathon pace if you feel good</p>
3	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 2 sets of 10 minutes at 7/10 effort with 90 jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 45-60 mins easy at 2-3/10 effort</p>	Rest	<p>Run Session: 45-60 min easy run at 2-3/10 effort with the final 10 at 6-7/10 if you feel good</p>	<p>Run session: 40-50 min easy at 2-3/10 effort</p>	<p>2:00 – 2:15 hrs at 3-5/10 effort.</p>
4	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 5 minutes at 6-7/10 effort, then 5 x 4 minutes at 8/10 with 120s rest</p>	<p>Run or XT Session: 45-60 mins easy at 2-3/10 effort</p>	<p>Run Session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 30-40-50 min easy at 2-3/10 effort</p>	<p>2:10 – 2:25 hrs at 2-4/10 but to include 3 x 15 mins at goal marathon pace in the final hour with a 5 min easy recovery</p>

		Cool down: 5-10 min easy run at 2-3/10 effort					
5	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 8 minutes at 7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 45-60 mins easy at 2-3/10 effort	Rest	Run Session: 45 min as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort	Run Session: 40-50 min easy run at 2-3/10 effort	2:20 – 2:45 hrs at 3-4/10 effort but the final 65 mins run as 2 x 30 mins goal marathon pace with 5 mins easy recovery
6	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 6-8 x 3 mins running numbers 1, 3, 5, 7 at 6-7/10, numbers 2, 4, 6, 8 at 8-9/10 with 90 secs rest Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 30-45 mins easy at 2-3/10 effort	Run Session: 30-45 min easy run at 2-3/10 effort	Rest	10km time trial	Run Session: 90-100 minutes at 2-4/10 effort include short brisk walk breaks as needed
7	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 10 minutes at 7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 45-60 mins easy at 2-3/10 effort	Rest	60-75 minutes with 45 minutes run as 15 x 3 minutes alternating 7-8/10 with 5-6/10 with no rest	Run session: 40-50 min easy at 2-3/10 effort	2:40hrs – 2:50 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
8	Rest	Warm up: 10 min easy run at 2-3/10 effort 10-12 x 60s at 8-9/10 with 60s rest, jog for 2-3 minutes then run 20 mins at marathon pace Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 45-60 mins at 2-3/10 effort	Rest	60-75 mins starting at 2-3/10 and building to run the final 20 mins @ 7/10 effort or all steady if tired	Run session: 40-50 min easy at 2-3/10 effort	2:45hrs – 3:00hrs at 3-4/10 effort building to run the final 60-75 mins at goal marathon pace

9	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 12 minutes, 10 minutes, 8 minutes at 7-8/10 effort with 90s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Run or XT Session: 45-60 mins easy at 2-3/10 effort	Rest	75 minutes with 45-60 minutes run as 15-20 x 3 minutes alternating 7-8/10 with 5-6/10 with no rest	Run session: 40-50 min easy at 2-3/10 effort	120 minutes at 3-4/10 if you feel good pick up the pace in the final 30 minutes to goal marathon pace
10	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>10-12 x 75s at 8-9/10 with 60s rest, jog for 2-3 minutes then run 20-30 mins at marathon pace</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Run or XT Session: 40 mins easy at 2-3/10 effort	Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort	Rest	Run session: 30-45 min easy at 2-3/10 effort	Run Session: 70 mins at 3-4/10 effort
11	Rest	Run Session: 40 mins at 2-3/10 building to 4-5/10 if you feel good	Run or XT Session: 20-30 mins easy at 2-3/10 effort	Run Session: 20-30 mins at 2-3/10	Rest	Run session: 15 mins easy jog at 2-3/10	MK Marathon, have a great race!

The plan

This plan is aimed at runners who are looking to improve on a previous marathon time and are already confident to run for 90-105 minutes at an easy pace. If it's your first marathon you may be previously completed several 10km-half marathon races and should be able to train 5 times a week.

Completing the plan

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as 'XT'. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 6/10 effort on back to back days. It's fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical checkup with a professional before undertaking any running training plan.

Guiding your effort

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

RPE scale	What it might feel like....
0	You're still in bed...
1	Brisk walking for some, very easy jogging for others. Able to fully chat away with no effort.
2-3	Easy running, able to hold conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You'll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.