

# MK Marathon Weekend Marathon Experienced Training Plan

wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>1</b>	Run or XT Session: 40-50 mins easy at 2-3/10 effort	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 Session: 45-60 mins easy at 2-3/10 effort	Run Session: 50-60 min easy run at 2-3/10 effort with the final 15 at 6-7/10 if you feel good	Rest	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 2 sets of 10 minutes at 7/10 effort with 90 jog recovery  Cool down: 5-10 min easy run at 2-3/10 effort	1:45 – 2:00 hrs at 3-5/10 effort.
<b>2</b>	Run or XT Session: 40-50 mins easy at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 6 x 4 mins at 8-9/10 with 90-120 secs rest  Cool down: 5-10 min easy run at 2-3/10 effort	Run Session: 45-60 mins easy at 2-3/10 effort	Rest	Run Session: 60 min run as: 20 mins easy at 2-3/10, 20 mins steady at 4-5/10, 20 mins at controlled discomfort 7/10 effort	Run session: 30-40 min easy at 2-3/10 effort	2:00-2:15 hrs at 3-5/10 effort building to run final 30-45 at marathon pace if you feel good
<b>3</b>	Run or XT Session: 40-50 mins easy at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 6 sets of 5 minutes at 7/10 effort with 60-75s jog recovery  Cool down: 5-10 min easy run at 2-3/10 effort	Run Session: 45-60 mins easy at 2-3/10 effort	Rest	Run Session: 70-80 min easy run at 2-3/10 effort with the final 30 at marathon pace	Run session: 40-50 min easy at 2-3/10 effort	2:00 – 2:15 hrs at 3-5/10 effort.

<b>4</b>	Run or XT Session: 40-50 mins easy at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 5 minutes at 6-7/10 effort, then 5 x 4 minutes at 8/10 with 120s rest  Cool down: 5-10 min easy run at 2-3/10 effort	Run Session: 45-60 mins easy at 2-3/10 effort	Run Session: 70-80 min easy run at 2-3/10 effort	Rest	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	Run session: 40-50 min easy at 2-3/10 effort
<b>5</b>	Run or XT Session: 40-50 mins easy at 2-3/10 effort	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 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 30-40 mins goal marathon pace with 5 mins easy recovery
<b>6</b>	Run or XT Session: 30-40 mins easy at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 7 sets of 4 minutes at 8-9/10 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	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
<b>7</b>	Run or XT Session: 40-50 mins easy at 2-3/10 effort	Run Session: 45-60 mins easy at 2-3/10 effort	75-90 minutes with 45-60 minutes run as 15-20 x 3 minutes alternating 7-8/10 with 5-6/10 with no rest	Rest	Run or XT Session: 45-60 mins easy at 2-3/10 effort	Run session: 40-55 min easy at 2-3/10 effort	2:30hrs – 2:50 hrs at 3-5/10 effort.

8	Run or XT Session: 40-50 mins easy at 2-3/10 effort	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: 40-55 min easy at 2-3/10 effort	2:30hrs – 3:00hrs at 3-4/10 effort building to run the final 60-80 mins at goal marathon pace
9	Run or XT Session: 40-50 mins easy at 2-3/10 effort	Run Session: 45-60 mins easy at 2-3/10 effort	75-90 mins 20/16/12/8/4 minutes starting at marathon pace and getting faster with 3-4 minutes steady recovery	Rest	Run or XT Session: 45-60 mins at 2-3/10 effort	120 minutes at 3-4/10 with the final 30 minutes to goal marathon pace	Run session: 40-50 min easy at 2-3/10 effort
10	Run or XT Session: 40-50 mins easy at 2-3/10 effort	Warm up: 10 min easy run at 2-3/10 effort  10-12 x 75s at 8-9/10 with 60s rest, jog for 2-3 minutes then run 20-30 mins at marathon pace  Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 40 mins easy at 2-3/10 effort	75-90 minutes with the final 45 minutes alternating 3 minutes a little slower than marathon pace, 3 minutes a little faster than marathon pace	Rest	Run session: 30-45 min easy at 2-3/10 effort	Run Session: 70 mins at 3-4/10 effort
11	Run or XT Session: 30-40 mins easy at 2-3/10 effort	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. You'll likely be an experienced marathon runner and looking to improve your PB. Very experienced athletes can add easy 'double days' to this plan by adding 30-40 minute very easy runs or XT sessions on days that suit them, always remembering to focus on recovery though.

## **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).

<b>RPE scale</b>	<b>What it might feel like....</b>
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. An effort you can sustain for only short periods before your effort feels unsustainable.