

# Marathon Training Plan

16 Weeks – By Jon Brown

**IMPACT**  
MAGAZINE

WEEK: KM	DAY 1	DAY 2 – PACE	DAY 3 – HILLY	DAY 4	DAY 5 – PACE	DAY 6	DAY 7 – SPECIFIC
Week 1: 55K	Rest	10K @ marathon	15K @ steady/hilly	Rest	10K @ marathon	Rest	20K ST
Week 2: 55K	Rest	10K @ marathon	15K @ steady/hilly	Rest	10K @ marathon	Rest	20K MX
Week 3: 60K	Rest	10K @ marathon	15K @ steady/hilly	Rest	10K @ marathon	Rest	25K ST
Week 4: 50K	Rest	10K @ marathon	10K @ marathon	Rest	10K @ marathon	Rest	20K MX
Week 5: 60K	Rest	12K @ marathon	12K @ steady/hilly	Rest	12K @ marathon	Rest	24K PR
Week 6: 65K	Rest	12K @ marathon	16K @ steady/hilly	Rest	12K @ marathon	Rest	25K MX
Week 7: 65K	Rest	10K @ marathon	15K @ steady/hilly	Rest	8K @ marathon	Rest	32K ST
Week 8: 50K	Rest	10K @ marathon	10K @ marathon	Rest	10K @ marathon	Rest	20K MX
Week 9: 65K	Rest	10K @ marathon	15K @ steady/hilly	Rest	8K @ marathon	Rest	32K PR
Week 10: 65K	Rest	10K @ marathon	15K @ steady/hilly	Rest	10K @ marathon	Rest	30K MX
Week 11: 65K	Rest	10K @ marathon	10K @ steady/hilly	Rest	10K @ marathon	Rest	35K ST
Week 12: 50K	Rest	10K @ marathon	10K @ marathon	Rest	10K @ marathon	Rest	20K MX
Week 13: 65K	Rest	10K @ marathon	15K @ steady/hilly	Rest	8K @ marathon	Rest	32K PR
Week 14: 60K	Rest	10K @ marathon	15K @ steady/hilly	Rest	10K @ marathon	Rest	25K MX
Week 15: 50K	Rest	10K @ marathon	16K @ steady/hilly	Rest	8K @ marathon	Rest	16K PR
Week 16: 65K	Rest	10K @ marathon	8K @ marathon	Rest	5K @ marathon	Rest	<b>MARATHON RACE DAY</b>

## LEGEND

**ST** = Steady run = marathon pace + 30 seconds/K; **MX** = Mixed pace run [5K Easy, 4K @ goal marathon pace & 1K @Steady]

**PR** = Progression run [first quarter of run @Steady, second quarter @Marathon + 15 seconds/K, last half of run @Marathon]

## Turn Your Marathon Training Into An **Ultra**

To modify this program for racing distances over 50K it would be necessary to adapt Day 7 to be specific to the goal race. Aim to progress Day 7 training day so you are covering 60 per cent of the race distance/time on this day either in 1 or 2 training sessions

at similar speed and on similar terrain you will race on.

For example, one way to achieve 60 per cent, or 60K, in preparation for a 100K race would be to do a 40K trail run as the first training session in the morning followed by

either a 20K run or fast hike in the afternoon. Aim to progress to these big 60 per cent training days from Week 8 onwards every other week, with middle weeks being 40 per cent of the race distance/time in a single run. **M**