

IMPACT

MAGAZINE

12 Week Marathon Plan

IMPACT Training

	MON	TUES	WED	THURS	FRI	SAT	SUN	WEEKLY K
WEEK 1 UP	Rest	Easy 12K	Workout 5 x 6 minutes @Tempo (1 minute recovery)	Rest	Medium 15K	Easy 10K	Long Run 5K E + 5K MP + 1K E + 5K MP + 5K E (21)	70K
WEEK 2 UP	Rest	Easy 12K	Workout 5 x 1000m @10K-5K (2 minutes recovery)	Easy 10K	Easy 12K with 1.5K of 20" fast, 40" easy	Easy 8K	Long Run 24K Easy	80K
WEEK 3 DOWN	Rest	Easy 10K	Workout 3 x 12 minutes @Tempo (2 minutes recovery)	Rest	Easy 8K-12K	Easy 8K	Long Run 26K E or 10K Race	65K
WEEK 4 UP	Rest	Easy 8K	Workout 200-400-600-800-1000- 800-600-400-200 (200m recovery between intervals)	Easy 12K	Easy 8K with 2K of 20" Fast, 40" Easy	Easy 10K	Long Run 5K E + 5k MP + 5K E + 5K MP + 5K E (25)	75K
WEEK 5 UP	Rest	Easy 10K	Workout 20 minutes @Tempo (2 minutes recovery) 5 x 4 minutes @10K (2 minutes recovery)	Easy 8K	Medium 18K	Easy 8K	Long Run 26K with Fartlek (hard segments of 1-5 minutes for middle 15K)	85K
WEEK 6 DOWN	Rest	Easy 12K	Workout 1000-800-600-400-200- 400-600-800-1000. (200m recovery between intervals)	Rest	Easy 10K	Easy 8K	RACE 1/2 Marathon — all out or @MP	65K
WEEK 7 DOWN/UP	Rest	Easy 10K	Workout 40 minutes @ Tempo	Easy 12K	Easy 8K with 3K of 30" Fast, 60" Easy	Easy 8K	Long Run 28K w/ middle 16K alternating 1K HMP + 1K MP	80K
WEEK 8 UP	Rest	Easy 10K	Workout 7 x 1000m @10-5K Pace / (2-3 minutes recovery)	Easy 8K	Easy 18K	Easy 8K	Long Run 32K with 20K MP	90K
WEEK 9 UP	Rest	Easy 12K	Workout 5 x 10 minutes @Tempo	Easy 14K	Easy 10K with 2K of 20" Fast, 40" Easy	Easy 8K	Long Run 3K E 4*(2K MP + 2K T + 2K E) + 3K E (30K)	90K
WEEK 10 TAPER	Rest	Easy 10K	Workout 10 x 600m @5K pace (200m recovery)	Easy 8K	Medium 15K	Easy 6K	Long Run 16K E + 8K MP (24K)	75K
WEEK 11 TAPER	Rest	Easy 10K	Workout 50 minutes @Tempo	Easy 8K	Easy 6K with 1.5K of 20" Fast, 40" Easy	Easy 6K	Long Run 18K E	60K
WEEK 12 RACE WEEK	Rest	Easy 8K	Workout 4 x 5 minutes @Tempo	Rest	Easy 6K	Easy 5K or Rest	Marathon RACE DAY Good luck! 🍀	

TRAINING LEGEND

Tempo (T) = Approximate pace for a 60 minute race. For most, that's somewhere between 1/2 marathon and 10K pace.

Effort: E = Easy; Medium = Medium.

MP = Marathon Pace; HMP = 1/2 Marathon Pace.

For Rest days you can incorporate 45-60 minutes cross training, elliptical or pool run.

For 'Workout' days, include 1.5K - 3K warm-up and cooldown jog.

Wednesday is Track Workout day.