

# 20-WEEK MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	15 min easy, 8-10 x 1 min at RPE 9, 1 min recovery, 15 min easy	Cross train or strength	45 min easy	60 min easy + 6 strides	Rest	15 km easy
2	Rest	15 min easy, 6-8 x 1 min uphill at RPE 5-6, downhill at MP, rest 30 sec, 15 min easy	Cross train or strength	45 min easy	60 min easy + 6 strides	Rest	18 km easy
3	Rest	15 min easy, 2 x 2 km at HMP, 3 min recovery, 15 min easy	Cross train or strength	45 min easy	60 min easy + 6 strides	Rest	20 km easy
4	Rest	60 min easy + 6 strides	Cross train or strength	45 min easy	60 min easy + 6 strides	Rest	15 km easy
5	Rest	15 min easy, 4 x 1 km at 10 km pace, 2 min recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy	Rest	8 km easy, 6 km MP, 4 km easy
6	Rest	15 min easy, 2-3 x (3 x 1 min uphill at RPE 6, easy downhill, 3 x 15 sec uphill at RPE 10, easy downhill), 15 min easy	Cross train or strength	60 min easy	60 min easy + 6 strides	Rest	22 km easy
7	Rest	15 min easy, 2 x 2 km at HMP, 3 min recovery, 2 x 1 km at 10 km pace, 90 sec recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy + 6 strides	Rest	25 km easy
8	Rest	60 min easy + 6 strides	Cross train or strength	60 min easy	60 min easy + 6 strides	Rest	18 km easy
9	30 min easy	15 min easy, 5 x 1 km at 10 km pace, 2 min recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy	Rest	10 km easy, 8 km MP, 4 km easy
10	30 min easy	15 min easy, 6 x 300 m uphill at 7-8 RPE, 30 sec rest, MP downhill, 15 min easy	Cross train or strength	60 min easy	60 min easy + 6 strides	Rest	27 km easy
11	30 min easy	15 min easy, 5 x 1.6 km at HMP, 3 min recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy + 6-8 strides	Rest	30 km easy
12	Rest	60 min easy + 6 strides	Cross train or strength	60 min easy	60 min easy + 6 strides	Rest	22 km easy
13	45 min easy	15 min easy, 15 min at HMP, 3 min recovery, 5 x 1 min at RPE 9, 90 sec recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy + 6-8 strides	Rest	8 km easy, 2 x 5 km MP, 1 km recovery, 6 km easy
14	45 min easy	15 min easy, 4 x 1.6 km at HMP, 2 min recovery, 2 x 1 km at 10 km pace, 90 sec recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy + 6-8 strides	Rest	32 km easy
15	Rest	60 min easy + 6 strides	Cross train or strength	60 min easy	60 min easy + 6 strides	Rest	24 km easy
16	45 min easy	15 min easy, 10 x 500 m at 10 km pace, 90 sec recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy + 6-8 strides	Rest	5 km easy 8 x (1 km, 1 km) alt MP, 20 sec slower, 5 km easy
17	45 min easy	15 min easy, 3 x (3 x 20 s uphill at RPE 9, 60 sec jog downhill, 10 min at MP, 2 min recovery), 15 min easy	Cross train or strength	60 min easy	60 min easy + 6-8 strides	Rest	34-36 km easy
18	30 min easy	15 min easy, 10-12 x 1 min at RPE 9, 1 min recovery, 15 min easy	Cross train or strength	60 min easy	Rest	20 km aerobic	10 km easy, 10 km MP, 2 km easy
19	30 min easy	15 min easy, 8 x 2 min at 10 km pace, 90 sec recovery, 15 min easy	Cross train or strength	60 min easy	60 min easy + 6 strides	Rest	18 km easy
20	Rest	15 min easy, 20 min at MP, 15 min easy	60 min easy + 6 strides	Rest	30 min easy + 4-5 strides	20 min easy	<b>RACE</b> 🏁