

16-WEEK MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	40 min easy	Drills, 4 strides, 5 x (3 min hard @ 5-10 km effort, 2 min easy) 15 min warm-up and cool down	30 min easy	Rest or cross train	30 min easy + 2 x 100 m strides	14 km long run at easy pace
2	Rest	45 min easy	Drills, 4 strides, 8 x (2 min hard @ 5-10 km effort, 2 min easy) 15 min warm-up and cool down	35 min easy	Rest or cross train	35 min easy + 3 x 100 m strides	16 km long run at easy pace
3	Rest	50 min easy	Drills, 4 strides, 5 x 1 km @ 5km race effort with 2 min easy between, 15 min warm-up and cool down	40 min easy	Rest or cross train	40 min easy + 4 x 100 m strides	18 km long run at easy pace
4	Rest	45 min easy	Drills, 4 strides, 2 x 10 min @ 10 km race effort with 2 min easy between, finish with 4 x 1 min fast - 1 min easy, 15 min warm-up and cool down	30 min easy	Rest or cross train	30 min easy + 4 x 100 m strides	20 km long run, 5 km easy 5 x (1km MP - 1 km easy) 5 km easy
5	Rest	50 min easy	Drills, 4 strides, 12 min, 8 min @ 10 km effort 6 min @ 5 km effort 2 min whatever you have left with 2 min easy between all, 15 min warm-up and cool down	40 min easy	Rest or cross train	40 min easy + 5 x 100 m strides	22 km long run, 5 km easy 4 x (2 km MP - 1 km easy) 5 km easy
6	Rest	55 min easy	Drills, 4 strides, 4 x 2 km @ 10 km effort with 2 min easy between, 15 min warm-up and cool down	45 min easy	Rest or cross train	45 min easy + 5 x 100 m strides	21 km long run, 5 km easy 5 x (1 km at HMP - 1 km easy) 6 km easy
7	Rest	60 min easy	Drills, 4 strides, 5 sets: 3 min hard, 1 min easy, 1 min hard, 2 min easy, 15 min warm-up and cool down	50 min easy	Rest or cross train	50 min easy + 5 x 100 m strides	23 km long run at easy pace
8	Rest	50 min easy	Drills, 4 strides, 10 min @ HMP 5 min a bit faster, 4 min a bit faster, 3 min faster, 2 min faster, 1 min fastest with 2 min easy between all, 15 min warm-up and cool down	40 min easy	Rest or cross train	40 min easy + 5 x 100 m strides	26 km long run, HM time trial or race, 3 km warm-up, HM, 2 km cool down
9	Rest	60 min easy	50 min easy	45 min easy	Rest or cross train	45 min easy + 6 x 100 m strides	29 km long run at easy pace
10	Rest	65 min easy	Drills, 4 strides, 2 x 15 min @ HMP with 5 min easy between, 4 x 1 min fast with 90 sec rest, 15 min warm-up and cool down	50 min easy	Rest or cross train	50 min easy + 6 x 100 m strides	25 km long run, 5 km warm-up 3 x (4 km at MP - 1 km easy) 5 km cool down
11	Rest	60 min easy	Drills, 4 strides, 8 x 4 min @ 10 km pace with 2 min easy between, 6 x 2 min a bit faster with 1 min rest 15 min warm-up and cool down	45 min easy	Rest or cross train	45 min easy + 6 x 100 m strides	27 km progression long run, 5 km chunks starting at easy run pace, increasing effort every 5 km so that 20 - 25 km is at MP and 25 - 27 km just quicker than MP
12	Rest	50 min easy	Drills, 4 strides, 5 min, 7 min, 10 min, 7 min, 5 min all @ 10 km effort with 2 min easy between all 15 min warm-up and cool down	45 min easy	Rest or cross train	45 min easy + 5 x 100 m strides	30 km long run, 5 km warm-up 2 x (9 km ramp - 3 km easy - 3 km MP - 3 km just quicker than MP - 1 km easy) 5 km easy cool down
13	Rest	60 min easy	Drills, 4 strides, 6 x 1 km @ 5 km effort with 2 min easy between, 15 min warm-up and cool down	45 min easy	Rest or cross train	45 min easy + 5 x 100 m strides	28 km Long Run 4 km warm-up 5 x (2 km MP - 1 km surge to slightly quicker than MP - 1 km easy) 4 km easy cool down
14	Rest	50 min easy	Drills, 4 strides, 20 min between 10 km - HMP 4 min rest 6 x 1 min fast with 90 sec rest, 15 min warm-up and cool down	40 min easy	Rest or cross train	40 min easy + 4 x 100 m strides	22 km long run at easy pace
15	Rest	40 min easy	Drills, 4 strides, 3 x 7 min @ 10 km effort with 2 min easy between, 6 x 45 sec fast with 90 sec rest 15 min warm-up and cool down	30 min easy	Rest or cross train	30 min easy + 4 x 100 m strides	16 km long run, 5 km easy, 6 km MP, 5 km easy
16	Rest	30-40 min easy	Drills, 4 strides, 10 min @ MP 3 min faster 2 min fast and strong 2 min rest between all, 15 min warm-up and cool down	20-30 min easy	Rest or cross train	20 min easy 10 min, 4 strides with walk back rest, 10 min	RACE DAY 🏁