



EXPERIENCED TRAINING PLAN

Experienced Training Plan

This programme has been specially put together by fitness experts, nutritionists and other marathon experts to provide experienced runners with a training schedule that begins in June and builds up over three months leading up to Race Day!

Different Types of Training Run

Speed Play: Training involves changing the speed at which you run throughout your training session.

Super Slow: Really, really slow, so slow it hardly seems worth putting your kit on.

Easy Jog: No pressure, just loosening up or a recovery run.

Slow: Still a slow pace but a little faster than an 'easy jog'.

Comfortable: You can chat easily to your training partner and keep the pace consistent.

Steady: Even-paced run where you can chat in short sentences.

Brisk: Slightly breathless, not easy to hold any conversation with your training partner.

Hard: You certainly know you're working, conversation is definitely out.

W/U Warm up.

W/D Warm down.



WEEK 1

MONDAY

Speed Play, ideally off-road

TUESDAY

Rest

WEDNESDAY

60 mins easy

THURSDAY

Rest

FRIDAY

80 mins steady pace

SATURDAY

45 mins steady run

SUNDAY

Rest

WEEK 2

MONDAY

3 x 8-10 mins hard with W/U and W/D

TUESDAY

Rest

WEDNESDAY

50 Mins Easy Jog

THURSDAY

Rest

FRIDAY

40 Mins Easy Jog

SATURDAY

Rest/Jog

SUNDAY

1.25 Hour Easy Jog



WEEK 3

MONDAY

Rest

TUESDAY

60 mins steady

WEDNESDAY

35 mins easy

THURSDAY

Rest

FRIDAY

100-110 mins taken very easy

SATURDAY

30 mins easy

SUNDAY

Rest

WEEK 4

MONDAY

3 x 8-10 mins hard with W/U and W/D

TUESDAY

35 mins jog

WEDNESDAY

50 mins steady

THURSDAY

Rest

FRIDAY

50 mins fast pace

SATURDAY

Rest

SUNDAY

35 mins easy



WEEK 5

MONDAY

60 mins off-road Speed Play session

TUESDAY

Rest

WEDNESDAY

45 mins easy

THURSDAY

Rest

FRIDAY

120 mins slow

SATURDAY

25 mins recovery jog

SUNDAY

45 mins steady

WEEK 6

MONDAY

3 min hard bursts & 3 Mins Easy Jog

TUESDAY

Rest

WEDNESDAY

60 mins comfortable pace

THURSDAY

Rest

FRIDAY

120-130 mins slow

SATURDAY

24 mins jog

SUNDAY

45 mins steady



WEEK 7	
MONDAY	60 mins Speed Play
TUESDAY	Rest
WEDNESDAY	50 mins steady
THURSDAY	25 mins easy jog
FRIDAY	90 mins good pace
SATURDAY	25 mins very easy
SUNDAY	45 mins steady

WEEK 8	
MONDAY	4 x 8-10 mins hard, 2.5 mins recovery
TUESDAY	45 mins easy
WEDNESDAY	70 mins at race pace
THURSDAY	Rest
FRIDAY	145 mins good pace
SATURDAY	Rest
SUNDAY	45 mins steady



WEEK 9

MONDAY

4 x 8-10 mins hard, 2.5 mins recovery

TUESDAY

45 mins easy

WEDNESDAY

70 mins at race pace

THURSDAY

Rest

FRIDAY

145 mins good pace

SATURDAY

Rest

SUNDAY

45 mins easy

WEEK 10

MONDAY

Rest

TUESDAY

75 mins off-road Speed Play

WEDNESDAY

45 mins easy

THURSDAY

Rest

FRIDAY

160 mins taken easy

SATURDAY

25 mins jog recovery

SUNDAY

45 mins steady



WEEK 11

MONDAY	2 x 15 mins hard, 4 mins recovery
TUESDAY	45 mins steady
WEDNESDAY	25 mins easy jog
THURSDAY	Rest
FRIDAY	180 mins slow
SATURDAY	Rest
SUNDAY	50 mins steady

WEEK 12

MONDAY	50 mins relaxed Speed Play
TUESDAY	45 mins steady
WEDNESDAY	25 mins easy jog
THURSDAY	20 mins easy jog
FRIDAY	10k race
SATURDAY	Rest
SUNDAY	45 mins steady



WEEK 13

MONDAY	4 x 15 mins hard, 2.5 mins recovery
TUESDAY	35 mins slow
WEDNESDAY	50 mins steady
THURSDAY	Rest
FRIDAY	200 mins slow
SATURDAY	25 mins easy recovery
SUNDAY	45 mins steady

WEEK 14

MONDAY	60 mins easy Speed Play
TUESDAY	35 mins jog
WEDNESDAY	45 mins at marathon race pace
THURSDAY	Rest
FRIDAY	130 mins steady
SATURDAY	Rest
SUNDAY	50 mins steady



WEEK 15

MONDAY	35 mins brisk pace + warm-up
TUESDAY	45 mins steady
WEDNESDAY	Rest
THURSDAY	25 mins easy
FRIDAY	50 mins steady
SATURDAY	5 mins easy off-road
SUNDAY	Easy 25 min jog or rest

WEEK 16

MONDAY	30 mins very easy
TUESDAY	Rest or 25 mins easy
WEDNESDAY	Rest
THURSDAY	15 mins very, very easy jog
FRIDAY	Rest
SATURDAY	5 mins easy off-road
SUNDAY	Warm-up, 10 mins at race pace