

Improver's Marathon training plan

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women's
running
MAGAZINE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Core conditioning class, yoga or Pilates	Recovery run: 30 mins	Threshold run: 2 x 10 mins effort with 2-min recovery jog between each effort	30 mins cross training or 30 mins recovery run, plus core conditioning	REST	4 x 5 mins continuous hill reps. 2-min jog recoveries	Long run: 90 mins, relaxed pace
WEEK 2	Core conditioning class, yoga or Pilates	Recovery run: 45 mins	5 x 5 mins at threshold, with 2-min jog recoveries	45-min recovery run or cross training, plus core conditioning	REST	2 x 10 mins continuous hill reps. 2-min jog recoveries	Long run: 105 mins, relaxed pace
WEEK 3	Core conditioning class, yoga or Pilates	Recovery run: 30 mins	45 mins, made of 15 mins easy/15 mins steady/15 mins at threshold	45-min recovery run or cross training, plus core conditioning	REST	4 x 6 mins continuous hill reps. 2-min jog recoveries	Long run: 120 mins, relaxed pace
WEEK 4	Core conditioning class, yoga or Pilates	Recovery run: 40 mins	8 x 3 mins, with 2-min jog recovery. Odd numbers at threshold and even numbers at 10K pace	45-min recovery run or cross training, plus core conditioning	REST	5 x 5 mins at threshold pace on a hilly route, with 2-min jog recoveries. Include hills, naturally	Long-run: 120-135 mins, relaxed pace
WEEK 5	Core conditioning class, yoga or Pilates	Recovery run: 30 mins	REST EASY WEEK	30-min run, made up of 5 mins easy/5 mins at threshold x 3	REST	4 x 6 mins of continuous hills with 90-second recoveries	Easy long run: 60-75 mins plus core conditioning
WEEK 6	Core conditioning class, yoga or Pilates	60 mins, including 3 x 10 mins at threshold, with 2-3 min jog recoveries	Intervals: 5 x 5 mins at 10K pace, with 90-second recoveries	30-min run, made up of 5 mins easy/5 mins at threshold x 3	REST	30-45 min recovery run or cross training	135-min long run with last 45 mins at marathon pace
WEEK 7	Core conditioning class, yoga or Pilates	4 x 6 mins of continuous hills, with 90-second recoveries	30-45-min recovery run or cross training	10 mins at threshold plus 4 x 3 mins at 10K pace plus 10 mins threshold (all with 2-min recoveries)	REST	45 mins – 15 mins easy/15 mins steady/15 mins at threshold, plus core conditioning	Long run: 150 mins, relaxed pace
WEEK 8	Core conditioning class, yoga or Pilates	Recovery run: 45 mins	Threshold run: 5 x 6 mins effort, with 90-second jog recoveries	30-min recovery run plus core conditioning	REST	45-min recovery run	90-105-min long run, with last 45 mins at marathon pace
WEEK 9	Core conditioning class, yoga or Pilates	45-min recovery run	6 x 3 mins. Odd numbers at threshold and even at 10K pace, all with 90-second recoveries	30-45-min recovery run plus easy core conditioning session	REST	25-30 min recovery run	Half marathon at PB pace (marathon pace if still building fitness). Then add 30 mins slow warm-down
WEEK 10	Core conditioning class, yoga or Pilates	45-min recovery run	45-min recovery run or cross training	45-min run, including 4 x 6 mins at threshold with 2-min jog recoveries	REST	45-min recovery run plus core conditioning	165-min long run, with last 45 mins at marathon pace
WEEK 11	Core conditioning class, yoga or Pilates	45-min recovery run	45-min recovery run or cross training	15 mins marathon pace, plus 5 x 3 mins at 10K pace, plus 15 mins marathon pace (with 2-min rec jogs)	REST	45-min recovery run plus core conditioning	180-min long run, with last 60 mins at marathon pace
WEEK 12	Core conditioning class, yoga or Pilates	30-min recovery run	45-min recovery run	75-min run, including 3 x 10 mins at threshold	REST	45-min recovery run plus core conditioning	120-min long run, with last hour including 3 x 15 mins at marathon pace
WEEK 13	Core conditioning class, yoga or Pilates	30-min recovery run	45-min recovery run or cross training	90-min run, with middle 60 at 3 mins threshold/3 mins steady continuous	REST	5 x 5 mins at threshold with 90-sec jog recovery between efforts	60-min long run at easy pace, plus core conditioning
WEEK 14	REST	Recovery run: 30 mins plus core conditioning	40 mins, made up of 5 mins easy/5 mins at marathon pace x 4	25-min recovery run or cross training	REST	15-min jog	MARATHON