

Advanced Marathon Training Plan



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THE MARATHON TRAINING PLAN

ADVANCED

Kent Surrey Sussex



Air Ambulance
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Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Gentle 5M Jog	45 Min Fartlek	4 mile easy jog	10x400 intervals	X train / 5mile jog	Rest	Easy 8M
2	Gentle 4-5M Jog	45 Min Fartlek	5 mile easy jog	40min cross train	10x400m intervals	Rest	Brisk 8M
3	Cross train / Rest	60min Hill Session	Rest or 4M easy	8 Mile easy Jog	45 min Fartlek	Rest	8M Jog w quick bursts
4	Gentle 30min jog	5 mile fartlek - hard	Rest or 5M easy	4x500 4x 400	45min Cross Train	Rest	10km (6M) fast
5	Cross train / Rest	45 Min Fartlek hard	Rest or 5M easy	45 min Hill session	4M easy	Rest	10-12miles quickly
6	Cross train / Rest	30 min Hill sprints	Rest or 5M easy	8M 1M fast 1M slow	5 Miles Easy	Rest	10M Brisk run
7	5 mile jog with bursts	60min Fartlek	Rest or 4M easy	6M Tempo Run	5M easy or 1hr XT	Rest	Half Marathon - Quickly
8	Rest or easy 5M jog	45min Fartlek	Rest or 5M easy	5 mile jog with sprints	1:30hr Cross train	Rest	14M Gently

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9	Rest or easy 4M jog	1Hr min Hill Session	Rest or 5M easy	8M 1M fast 1M slow	Rest or cross train	Rest	15 M Run - Mara Pace
10	Rest or easy 4M jog	60 min Fartlek	Rest or 5M easy	12x400m 3min rest	4M slow or cross train	Rest	16-17M steady run
11	Rest or easy 4M jog	6-8 mile tempo run	Rest	8M 1M fast 1M slow	Rest or cross train	Rest	18M Jog. Don't Overkill.
12	Rest or easy 4M jog	Cross train / 6M	Rest	1M fst 1M Slow - 8M	Rest or cross train	Rest	18-19M Marathon Pace.
13	Rest or easy 4M jog	8M fartlek 2min fast 6min slow	Rest	cross train or 6M	Rest	Rest	20-22M Marathon Pace
14	Rest	6mile easy jog	Rest	12x400m intervals	Rest	Rest	18-19M steady run
15	Rest or easy 4M jog	6-8 miles at race pace	Rest	cross train or 6M	Rest	Rest	10M - Marathon Pace
16	Gentle 3M or rest	Gentle 5m Stride out	Rest	Gentle 3M / Rest	Rest	Rest	RACE DAY

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Key points on how to use the advanced timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word. Everyone is different and adapts to running at a different rate. Therefore, if you find the going tough then its fine to reduce the distance a bit.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

Training diary

- Use the following pages to scribble down any notes you wish about your training. This might include information such as:
- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

TRAINING DIARY

DATE	DISTANCE RUN	NOTES