



IMPROVER'S TRAINING PLAN

Improver's training plan

This training plan is for runners who may have already completed a marathon and are looking to improve on a previous performance. The plan assumes you will run four times a week at the start of your training and that you've done plenty of running in the past. The days of the week shown are not fixed and only proposed, so you can complete your sessions at the times that suit you best.

Different types of training run

EASY RUNS (less than 60 per cent maximum effort)

During an easy run, you should feel relaxed. You should be breathing comfortably and capable of holding a conversation throughout the run. If you're a new runner nothing may feel easy at first – slow down, walk if necessary and control your effort.

STEADY RUNS (60-70 per cent maximum effort)

These are the bread and butter of your training – the 'miles in the bank'. Steady runs build the base that is the foundation for the rest of your training. Conversations are still possible at this pace but only in shorter sentences.

TEMPO RUNS (70-80 per cent maximum effort)

Running at tempo pace is great for improving your running economy. It's a sustained cruise pace that requires concentration. You will find these runs slightly uncomfortable as you try to run faster, but they are worth it.

LONG RUNS

These are a real focus of the plan. They should be used to develop strength and endurance but also to practise your target marathon pace and control. Long runs are shown in both time and distance.

WEEK 1

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| MONDAY | REST DAY - The next four weeks are about building a base of easy running – building time on your feet. This will form the basis from which to introduce more marathon-specific training |
| TUESDAY | 20 MINUTES EASY RUN |
| WEDNESDAY | 30 MINUTES EASY RUN |
| THURSDAY | REST DAY |
| FRIDAY | 40 MINUTES EASY RUN |
| SATURDAY | REST DAY |
| SUNDAY | 60 MINUTES EASY RUN |

WEEK 3

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| MONDAY | REST DAY - The third week of the plan is important. The steady miles are setting the foundation for the rest of your training |
| TUESDAY | 30 MINUTES EASY RUN |
| WEDNESDAY | 50 MINUTES STEADY RUN |
| THURSDAY | REST DAY |
| FRIDAY | 35 MINUTES EASY RUN |
| SATURDAY | REST DAY |
| SUNDAY | 80 MINUTES EASY RUN |

WEEK 2

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| MONDAY | REST DAY - Continue to establish your routine. Find the time to get out to run |
| TUESDAY | 30 MINUTES EASY RUN |
| WEDNESDAY | 40 MINUTES STEADY RUN |
| THURSDAY | REST DAY |
| FRIDAY | 40 MINUTES EASY RUN |
| SATURDAY | REST DAY |
| SUNDAY | 70 MINUTES EASY RUN |

WEEK 4

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| MONDAY | REST DAY - Build up your longest run to 90 minutes at the weekend. This will be a real confidence booster for the rest of your training |
| TUESDAY | 35 MINUTES EASY RUN |
| WEDNESDAY | 60 MINUTES STEADY RUN |
| THURSDAY | REST DAY |
| FRIDAY | 35 MINUTES EASY RUN |
| SATURDAY | REST DAY |
| SUNDAY | 90 MINUTES EASY RUN |

WEEK 5

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| MONDAY | REST DAY - A lighter week to enable your body to adapt to the training loads |
| TUESDAY | 20 MINUTES EASY RUN |
| WEDNESDAY | 30 MINUTES STEADY RUN |
| THURSDAY | REST DAY |
| FRIDAY | 20 MINUTES EASY RUN |
| SATURDAY | REST DAY |
| SUNDAY | 60 MINUTES EASY RUN |

WEEK 7

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| MONDAY | REST DAY - Make sure you show a range of pace during the sessions so you can maximise the fitness benefits |
| TUESDAY | 45 MINUTES EASY RUN |
| WEDNESDAY | RUN 40 MINUTES - 10-minute easy run, (2 min tempo run, 2 min jog recovery) x 5, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | RUN 46 MINUTES - 10-minute easy run, (8 min tempo run, 5 min steady run) x 2, 10-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 2 HOURS 10 MINUTES EASY RUN, or distance goal of 12 miles |

WEEK 6

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| MONDAY | REST DAY - This week you'll introduce more intensity to boost fitness and build pace endurance. Run to feel and listen to your body to judge intensity |
| TUESDAY | 40 MINUTES EASY RUN |
| WEDNESDAY | RUN 44 MINUTES - 10-minute easy run, (60 secs fast, 2 min jog recovery) x 8, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | RUN 50 MINUTES - 10-minute easy run, (5 min steady, 5 min tempo) x 3, 10-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 1 HOUR 45 MINUTES EASY RUN, or distance goal of 10 miles |

WEEK 8

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| MONDAY | REST DAY - Really attack your faster running and embrace the breathlessness |
| TUESDAY | 50 MINUTES EASY RUN |
| WEDNESDAY | RUN 50 MINUTES - 10-minute easy run, (90 secs fast, 90 secs jog recovery) x 10, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | RUN 50 MINUTES - 10-minute easy run, (12 min tempo, with 3 min jog recovery) x 2, 10-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 2 HOURS 30 MINUTES EASY RUN, or distance goal of 14 miles |

WEEK 9

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| MONDAY | REST DAY – A consistent week where you should start to feel the benefits of the training that is behind you and more confident looking forward |
| TUESDAY | 50 MINUTES EASY RUN |
| WEDNESDAY | RUN 56 MINUTES – 10-minute easy run, (4 min tempo run, 2 min jog recovery) x 6, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | RUN 40 MINUTES – 10-minute easy run, 20-minute tempo run, 10-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 2 HOURS 45 MINUTES EASY RUN, or distance goal of 16 miles |

WEEK 11

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| MONDAY | REST DAY – Recover from your half marathon. Continue to explore what your marathon pace feels like. Start to dial it in and feel more confident |
| TUESDAY | 30 MINUTES EASY RUN |
| WEDNESDAY | 60 MINUTES STEADY RUN |
| THURSDAY | REST DAY |
| FRIDAY | RUN 50 MINUTES – 10-minute easy run, 30 minutes at target marathon pace, 10-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 2 HOURS 45 MINUTES STEADY RUN, or distance goal of 16 miles |

WEEK 10

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| MONDAY | REST DAY – Enter a half marathon to familiarise yourself with race day routines, such as pre-race nutrition, race clothing and hydration strategies |
| TUESDAY | 50 MINUTES EASY RUN |
| WEDNESDAY | RUN 45 MINUTES – 10-minute easy run, (3 min tempo run, 2 min jog recovery) x 5, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | 30 MINUTES EASY RUN |
| SATURDAY | REST DAY |
| SUNDAY | 1 HOUR 30 MINUTES EASY RUN, or race a half marathon |

WEEK 12

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| MONDAY | REST DAY – Build up the long run and focus on your target marathon pace, hydration and fuelling. Plan these things in advance but don't panic if they don't go to plan! |
| TUESDAY | 50 MINUTES EASY RUN |
| WEDNESDAY | RUN 50 MINUTES – 5-minute easy run, 40 minutes at target marathon pace, 5-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | 35 MINUTES EASY RUN |
| SATURDAY | REST DAY |
| SUNDAY | RUN 3 HOURS – 1 hour easy, 1 hour steady, 1 hour easy, or distance goal of 18 miles. Include 6 miles in the middle at target marathon pace |

WEEK 13

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| MONDAY | REST DAY - This week you will do your longest run. Use this as a dress rehearsal for Race Day - eat your pre-race breakfast, wear the clothes you intend to race in and practise your hydration and fuelling strategies |
| TUESDAY | 50 MINUTES EASY RUN |
| WEDNESDAY | RUN 55 MINUTES - 10-minute easy run, (5 min tempo run, 2 min jog recovery) x 5, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | RUN 60 MINUTES - 5-minute easy run, 35 minutes at target marathon pace, 5-minute easy run, 5-minute tempo run, 10-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 3 HOURS 30 MINUTES EASY RUN, or distance goal of 20 to 22 miles. Include a section, perhaps the final 8 miles, at target marathon pace. This is your longest run! |

WEEK 15

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| MONDAY | REST DAY - Towards the end of this week your legs should find their spring again |
| TUESDAY | 30 MINUTES EASY RUN |
| WEDNESDAY | RUN 41 MINUTES - 10-minute easy run, (60 secs fast, 60 secs jog recovery) x 5, 3-minute jog, 8 minutes at target marathon pace, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | RUN 30 MINUTES - 5-minute easy run, 20 minutes at target marathon pace, 5-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 60 MINUTES EASY RUN |

WEEK 14

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| MONDAY | REST DAY - The long run will taper from here, but you will still need to maintain your paced runs during the week |
| TUESDAY | 40 MINUTES EASY RUN |
| WEDNESDAY | RUN 40 MINUTES - 10-minute easy run, (60 secs fast, 60 secs jog) x 10, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | RUN 50 MINUTES - 10-minute easy run, 10-minute steady run, 10 minutes at target marathon pace, 10 minutes faster, 10-minute easy run |
| SATURDAY | REST DAY |
| SUNDAY | 90 MINUTES EASY RUN |

WEEK 16

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| MONDAY | REST DAY - Use any spare time to relax and put your feet up. Come Race Day, do not get too excited, set off at your race pace and stick to your plan |
| TUESDAY | 20 MINUTES EASY RUN |
| WEDNESDAY | RUN 32 MINUTES - 10-minute easy run, 12 minutes at target marathon pace, 10-minute easy run |
| THURSDAY | REST DAY |
| FRIDAY | 10 MINUTES EASY JOG |
| SATURDAY | REST DAY |
| SUNDAY | RACE DAY - You are ready. Good luck! |