



IMPROVER'S TRAINING PLAN

How to use this plan

This 16-week training plan is for runners who may have already completed a marathon and are looking to improve on a previous performance, with a few tweaks and challenges if you want to test yourself, or if you feel like pushing on a bit if your training is going really well.

The plan assumes you will run four times a week 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.



NEW FOR 2024!

We've added tips on how to boost your motivation, nail your nutrition, fundraise like a pro and celebrate successes big and small! The plan also features easy recipes and podcast ideas to help you make the most of your rest days. Enjoy!

Getting your nutrition strategy right

Considering your nutrition strategy is a key component of completing a marathon. As your training runs become longer, you'll start to rely more on carbohydrate to fuel your run. Since our bodies can only store a finite amount of carbohydrate, it's really important we consume it during the event to keep our energy stores topped up and prevent us from 'hitting the wall'.

Lucozade Sport is the perfect marathon partner to support you throughout your training for the TCS London Marathon and the event itself. It provides carbohydrates and electrolytes to enhance your hydration and help maintain your performance during prolonged endurance exercise – exactly what you need to run a marathon.

Consider training with a bottle belt

Please consider using a [London Marathon Events \(LME\) bottle belt](#) to help you perform at your best as you train for the TCS London Marathon.

The bottle belts are part of LME's long-term commitment to reduce its impact on the environment – and they also give you the freedom to hydrate whenever and wherever you wish!

On Event Day, you won't need to stop as often at busy Drinks Stations, helping you have a smooth event experience, while reducing the amount of waste produced in the process.

How to hit your fundraising target

If you're fundraising as part of your TCS London Marathon challenge, we've included tips throughout this plan to help you hit your target.

Now's the perfect time to get your [official fundraising page](#) set up. Pick your cause, add a profile picture and the story of why you're fundraising for your charity, and get sharing!

You can also get a QR code from your [official fundraising page](#) and print it – and details of who you're running for – on flyers and business cards. Hand them out wherever you go to inspire some random acts of kindness. You could even put it on a badge on your running kit!

We know fundraising can sometimes feel daunting, but your family, friends and colleagues are sure to step up and support you as you take on this amazing goal. Research shows a whopping 86 per cent of people almost always donate when they get a request to support a charity event, so don't be worried about asking!

Once you've set up an official fundraising page, your supporters will also be able to donate to you via the Official App, powered by TCS, on Marathon Day.

Coopah x TCS London Marathon training plans

If you'd like to follow a training plan that's more personalised to you, why not check out our official training app, Coopah?

The experts at Coopah have created training plans that are fully personalised for you and only you, helping you reach your PB goals. Coopah's training plans update as you sync your activities from your fitness tracker or directly on the app – and if you need a bit more help along the way, there's 24/7 access to a real-life Coopah coach. Scan the QR code below to find out more.



TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20 MIN EASY RUN	30 MIN EASY RUN	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.	40 MIN EASY RUN	REST DAY Easy recipe ideas Check out BBC Good Food for Marathon Meal Plans , plus quick, easy and healthy recipes to support your training.	60 MIN EASY RUN	REST DAY Donate to yourself Kick start your fundraising with a donation to yourself – it will show your commitment and encourage others to donate!
WEEK 2	30 MIN EASY RUN	STEADY RUN 40 MIN	REST DAY Continue to establish your routine. Find the time to get out to run.	40 MIN EASY RUN	REST DAY Get planning! Put together a plan of all the fundraising ideas you want to try and when you are going to do them.	70 MIN EASY RUN	REST DAY Try Lucozade Sport Now's the perfect time to start incorporating Lucozade Sport into your longer training runs!
WEEK 3	30 MIN EASY RUN	50 MIN STEADY RUN	REST DAY The third week of the plan is important. The steady miles are setting the foundation for the rest of your training.	35 MIN EASY RUN	REST DAY Listen to this! Dr Rangan Chatterjee's Feel Better, Live More podcast is packed with tips to improve the way you eat, sleep, move, and more.	80 MIN EASY RUN	REST DAY Involve colleagues Add your fundraising page link to your email signature to spread the word with your colleagues.
WEEK 4	35 MIN EASY RUN	60 MIN STEADY RUN	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.	35 MIN EASY RUN	REST DAY Share your progress Post an update and photo from your weekend long run on your fundraising page and share it on social media and via email.	90 MIN EASY RUN	REST DAY Sipping on Lucozade Sport little and often during your training will help to keep your fuel stores topped up and also to help keep you hydrated.
WEEK 5	20 MIN EASY RUN	30 MIN EASY RUN	REST DAY A lighter week to enable your body to adapt to the training loads.	20 MIN EASY RUN	REST DAY Post a payday push! It's the end of the long month of January, which means it's payday – a great time to share your fundraising page!	60 MIN EASY RUN	REST DAY Bought a bottle belt yet? How will you carry your nutrition? Remember: Lucozade Sport and Buxton water will be available at regular intervals.
WEEK 6	40 MIN EASY RUN	44 MIN RUN 10-minute easy run, then 1 minute fast and 2-minute jog recovery x 8, 10-minute easy run	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.	50 MIN RUN 10-minute easy run, then 5-minute steady and 5-minute tempo x 3, 10-minute easy run	REST DAY Double your money Check if your employer does 'matched giving' – this could double the amount you raise for charity!	1 HR 45 MIN EASY RUN or distance goal of 10 miles	REST DAY Practise fuelling Experiment with different fuelling strategies – what will you consume and when? Practice different strategies and adapt!
WEEK 7	45 MIN EASY RUN	40 MIN RUN 10-minute easy run, then 2-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run	REST DAY Make sure you show a range of pace during the sessions so you can maximise the fitness benefits.	46 MIN RUN 10-minute easy run, then 8-minute tempo run and 5-minute steady run x 2, 10-minute easy run	REST DAY Develop good habits For bite-sized advice about building good habits, check out The Habit Coach podcast with Ashlin Doctor .	2 HR 10 MIN EASY RUN or distance goal of 12 miles	REST DAY Consider fancy-dress! Everyone loves fancy-dress, so consider auctioning the choice of your event running gear to the highest donor!
WEEK 8	50 MIN EASY RUN	50 MIN RUN 10-minute easy run, then 90 seconds fast and 90 seconds jog recovery x 10, 10-minute easy run	REST DAY Really attack your faster running and embrace the breathlessness	50 MIN RUN 10-minute easy run, then 12-minute tempo and 3-minute jog recovery x 2, 10-minute easy run	REST DAY Sponsor a mile Make it easy for people to donate: share your fundraising page and ask them to sponsor you an amount per mile.	2 HR 30 MIN RUN or distance goal of 14 miles	REST DAY Try Lucozade Sport Energy Gels These will be available on the course, so try them in training – while also keeping hydrated!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	50 MIN EASY RUN	56 MIN RUN 10-minute easy run, then 4-minute tempo run and 2-minute jog recovery x 6, 10-minute easy run	REST DAY A consistent week where you should start to feel the benefits of the training that is behind you and feel more confident looking forward.	40 MIN RUN 10-minute easy run, 20-minute tempo run, 10-minute easy run	REST DAY Marathon Talk The Marathon Talk podcast is co-hosted by Martin Yelling, who wrote this plan! Hear the latest news and views from the Abbott World Marathon Majors.	2 HR 45 MIN EASY RUN or distance goal of 16 miles	REST DAY Training tunes Let people choose your training playlist in exchange for a donation per song.
WEEK 10	50 MIN EASY RUN	45 MIN RUN 10-minute easy run, then 3-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run	REST DAY Enter a half marathon to familiarise yourself with Event Day routines, such as pre-run nutrition, clothing and hydration strategies.	30 MIN EASY RUN	REST DAY Office fundraising day Try being the coffee/breakfast delivery person, or ask for donations for making teas and coffees all week.	1 HR 30 MIN EASY RUN or race a half marathon	REST DAY Sip little and often After an intense period of exercise, aim to consume approximately 150 per cent of the total volume of sweat you lose in the hours after the event.
WEEK 11	30 MIN EASY RUN	60 MIN STEADY RUN	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.	50 MIN RUN 10-minute easy run, 30 minutes at target marathon pace, 10-minute easy run	REST DAY Organise a quiz night Host a quiz night and charge people an entry fee to add to your fundraising total. You could hold a raffle at the same time too!	2 HR 40 MIN STEADY RUN or distance goal of 16 miles	REST DAY Auction each mile Auction the naming rights for each mile, then stitch the donor's name on your running shirt for the big day!
WEEK 12	50 MIN EASY RUN	50 MIN RUN 5-minute easy run, 40 minutes at target marathon pace, 5-minute easy run	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!	35 MIN EASY RUN	REST DAY Have a bake sale! With Easter just around the corner, this weekend is a great time to sell some tasty treats for the long Easter weekend.	3 HR RUN 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	REST DAY Find your Power Hour Tune into the Power Hour with Adrienne Herbert to find out what you could achieve if you dedicated one hour each day to improving your life.
WEEK 13	50 MIN EASY RUN	55 MIN RUN 10-minute easy run, then 5-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run	REST DAY This week you will do your longest run. Use this as a dress rehearsal for Event Day – eat your pre-run breakfast, wear the clothes you intend to run in and practise your hydration and fuelling strategies.	60 MIN RUN 5-minute easy run, 35 minutes at target marathon pace, 5-minute easy run, 5-minute tempo run, 10-minute easy run	REST DAY Be inspired Check out A Runner's Life podcast with Marcus Brown , as he and his guests tackle the topics around training that impact our daily lives.	3 HR 30 MIN 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!	REST DAY Another payday push! It's the end of the month, just before Easter, so share your fundraising page and push for payday donations!
WEEK 14	40 MIN EASY RUN	40 MIN RUN 10-minute easy run, then one minute fast and one-minute jog x 10, 10-minute easy run	REST DAY The long run will taper from here, but you will still need to maintain your paced runs during the week.	50 MIN RUN 10-minute easy run, 10-minute steady run, 10 minutes at target marathon pace, 10 minutes faster, 10-minute easy run	REST DAY Fuel your taper Begin to increase the proportion of carbohydrate in your diet but not overall calories! Stay well hydrated.	90 MIN EASY RUN	REST DAY
WEEK 15	30 MIN EASY RUN	41 MIN RUN 10-minute easy run, then 1-minute fast and 1-minute jog recovery x 5, 3-minute jog, 8 minutes at target marathon pace, 10-minute easy run	REST DAY Towards the end of this week your legs should find their spring again.	30 MIN RUN 5-minute easy run, 20 minutes at target marathon pace, 5-minute easy run	REST DAY Film night How about a change of pace with a relaxed film night at home? Charge your friends a small entrance fee to come along to add to your total.	60 MIN EASY RUN	REST DAY Download the App Your supporters can track you AND donate to you on the day as long as you're raising money on the official online fundraising platform.
WEEK 16	20 MIN EASY RUN	REST DAY Use any spare time to relax and put your feet up. Come Event Day, do not get too excited, set off at your planned pace and stick to it.	32 MIN RUN 10-minute easy run, 12 minutes at target marathon pace, 10-minute easy run	REST DAY Visit the Running Show Make sure you collect your bib from the TCS London Marathon Running Show by 17:30 on Saturday 20 April.	10 MIN EASY JOG	REST DAY	MARATHON DAY You are ready. Good luck!