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.
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.

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.

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!

Lucozade 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

<table>
<thead>
<tr>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>20 MIN EASY RUN</td>
<td>30 MIN EASY RUN</td>
<td>REST DAY</td>
<td>40 MIN EASY RUN</td>
<td>REST DAY</td>
<td>60 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td>Easy recipe ideas</td>
<td></td>
<td>Don’t start your fundraising with a donation to yourself – it will show your commitment and encourage others to donate!</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>30 MIN EASY RUN</td>
<td>STEADY RUN 40 MIN</td>
<td>REST DAY</td>
<td>40 MIN EASY RUN</td>
<td>REST DAY</td>
<td>70 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>Continue to establish your routine. Find the time to get out to run.</td>
<td></td>
<td></td>
<td></td>
<td>Get planning!</td>
<td></td>
<td>Try Lucozade Sport into your longer training runs!</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>30 MIN EASY RUN</td>
<td>50 MIN STEADY RUN</td>
<td>REST DAY</td>
<td>35 MIN EASY RUN</td>
<td>REST DAY</td>
<td>80 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>The third week of the plan is important. The steady miles are setting the foundation for the rest of your training.</td>
<td></td>
<td></td>
<td></td>
<td>Listen to this!</td>
<td></td>
<td>Involve colleagues Add your fundraising page link to your email signature to spread the word with your colleagues.</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>35 MIN EASY RUN</td>
<td>60 MIN STEADY RUN</td>
<td>REST DAY</td>
<td>35 MIN EASY RUN</td>
<td>REST DAY</td>
<td>90 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>Build up your longest run to 90 minutes at the weekend. This will be a real confidence booster for the rest of your training.</td>
<td></td>
<td></td>
<td></td>
<td>Share your progress</td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>20 MIN EASY RUN</td>
<td>30 MIN EASY RUN</td>
<td>REST DAY</td>
<td>20 MIN EASY RUN</td>
<td>REST DAY</td>
<td>60 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>A lighter week to enable your body to adapt to the training loads.</td>
<td></td>
<td></td>
<td></td>
<td>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!</td>
<td></td>
<td>Bought a bottle belt yet? How will you carry your nutrition? Remember: Lucozade Sport and Buxton water will be available at regular intervals.</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>40 MIN EASY RUN</td>
<td>44 MIN RUN</td>
<td>REST DAY</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>1 HR 45 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 1 minute fast and 2-minute jog recovery x 8. 10-minute easy run</td>
<td>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.</td>
<td></td>
<td>10-minute easy run, then 5-minute steady and 5-minute tempo x 3. 10-minute easy run</td>
<td>Double your money Check if your employer does ‘matched giving’ – this could double the amount you raise for charity!</td>
<td></td>
<td>Practise fuelling Experiment with different fuelling strategies – what will you consume and when? Practice different strategies and adapt!</td>
</tr>
<tr>
<td>WEEK 7</td>
<td>45 MIN EASY RUN</td>
<td>40 MIN RUN</td>
<td>REST DAY</td>
<td>46 MIN RUN</td>
<td>REST DAY</td>
<td>2 HR 10 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 2-minute tempo run and 2-minute jog recovery x 8. 10-minute easy run</td>
<td>Make sure you show a range of pace during the sessions so you can maximise the fitness benefits.</td>
<td></td>
<td>10-minute easy run, then 8-minute tempo run and 5-minute steady run x 2. 10-minute easy run</td>
<td>Develop good habits For bite-sized advice about building good habits, check out The Habit Coach podcast with Ashdin Doctor.</td>
<td></td>
<td>Consider fancy-dress! Everyone loves fancy-dress, so consider auctioning the choice of your event running gear to the highest donor!</td>
</tr>
<tr>
<td>WEEK 8</td>
<td>50 MIN EASY RUN</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>2 HR 30 MIN RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 90 seconds fast and 90 seconds jog recovery x 10. 10-minute easy run</td>
<td>Ready attack your faster running and embrace the breathlessness.</td>
<td></td>
<td>10-minute easy run, then 12-minute tempo and 3-minute jog recovery x 2. 10-minute easy run</td>
<td>Sponsor a mile Make it easy for people to donate: share your fundraising page and ask them to sponsor you an amount per mile.</td>
<td></td>
<td>Try Lucozade Sport Energy Gels These will be available on the course, so try them in training – while also keeping hydrated!</td>
</tr>
</tbody>
</table>
## TRAINING PLAN

<table>
<thead>
<tr>
<th>MO Nd</th>
<th>Tu esday</th>
<th>W ednesday</th>
<th>Th ursday</th>
<th>F riday</th>
<th>S aturday</th>
<th>Su nday</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 9</td>
<td>50 MIN EASY RUN</td>
<td>56 MIN RUN</td>
<td>REST DAY</td>
<td>40 MIN RUN</td>
<td>REST DAY</td>
<td>2 HR 45 MIN EASY RUN or distance goal of 16 miles</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 4-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run</td>
<td>10-minute easy run</td>
<td>A consistent week where you should start to feel the benefits of the training that is behind you and feel more confident looking forward</td>
<td>10-minute easy run, 20-minute tempo run, 10-minute easy run</td>
<td>Marathon Talk</td>
<td>1 HR 30 MIN EASY RUN or race a half marathon</td>
</tr>
<tr>
<td></td>
<td>50 MIN EASY RUN</td>
<td>5 MIN STEADY RUN</td>
<td>REST DAY</td>
<td>30 MIN EASY RUN</td>
<td>Office fundraising day</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>30 MIN EASY RUN</td>
<td>REST DAY</td>
<td>Enter a half marathon to familiarise yourself with Event Day routines, such as pre-run nutrition, clothing and hydration strategies</td>
<td>10-minute easy run</td>
<td>Try being the coffee/breakfast delivery person, or ask for donations for making teas and coffees all week</td>
<td>1 HR 30 MIN EASY RUN or distance goal of 16 miles</td>
</tr>
<tr>
<td>WEEK 10</td>
<td>50 MIN EASY RUN</td>
<td>60 MIN STEADY RUN</td>
<td>REST DAY</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>2 HR 40 MIN STEADY RUN or distance goal of 16 miles</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 3-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run</td>
<td>REST DAY</td>
<td>Recover from your half marathon. Continue to explore what your marathon pace feels like. Start to dial it in and feel more confident.</td>
<td>10-minute easy run</td>
<td>Organise a quiz night</td>
<td>2 HR 40 MIN STEADY RUN or distance goal of 16 miles</td>
</tr>
<tr>
<td></td>
<td>50 MIN EASY RUN</td>
<td>5 MIN EASY RUN</td>
<td>REST DAY</td>
<td>35 MIN EASY RUN</td>
<td>Have a bake sale!</td>
<td>REST DAY</td>
</tr>
<tr>
<td>WEEK 11</td>
<td>60 MIN STEADY RUN</td>
<td>REST DAY</td>
<td>Build up the long run and focus on your target marathon pace, hydration and fueling. Plan these things in advance but don’t panic if they don’t go to plan!</td>
<td>5-minute easy run, 35 minutes at target marathon pace, 5-minute tempo run, 10-minute easy run</td>
<td>With Easter just around the corner, this weekend is a great time to sell some tasty treats for the long Easter weekend.</td>
<td>1 HR 30 MIN EASY RUN or distance goal of 16 miles</td>
</tr>
<tr>
<td></td>
<td>5 MIN STEADY RUN</td>
<td>REST DAY</td>
<td>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 fueling strategies.</td>
<td>60 MIN RUN</td>
<td>Be inspired</td>
<td>REST DAY</td>
</tr>
<tr>
<td>WEEK 12</td>
<td>50 MIN EASY RUN</td>
<td>5 MIN EASY RUN</td>
<td>REST DAY</td>
<td>60 MIN EASY RUN</td>
<td>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.</td>
<td>3 HR 30 MIN EASY RUN or distance goal of 20 to 22 miles. Include 8 miles in the middle at target marathon pace</td>
</tr>
<tr>
<td></td>
<td>5-minute easy run, 40 minutes at target marathon pace, 5-minute easy run</td>
<td>REST DAY</td>
<td>10-minute easy run, then 5-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run</td>
<td>5-minute easy run, 35 minutes at target marathon pace, 5-minute tempo run, 10-minute easy run</td>
<td>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</td>
<td>3 HR 30 MIN EASY RUN or distance goal of 16 miles</td>
</tr>
<tr>
<td>WEEK 13</td>
<td>50 MIN EASY RUN</td>
<td>55 MIN RUN</td>
<td>REST DAY</td>
<td>60 MIN RUN</td>
<td>Be inspired</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 5-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run</td>
<td>REST DAY</td>
<td>This week you should find their spring again.</td>
<td>5-minute easy run, 35 minutes at target marathon pace, 5-minute tempo run, 10-minute easy run</td>
<td>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.</td>
<td>3 HR 30 MIN EASY RUN or distance goal of 16 miles</td>
</tr>
<tr>
<td>WEEK 14</td>
<td>40 MIN RUN</td>
<td>40 MIN RUN</td>
<td>REST DAY</td>
<td>50 MIN RUN</td>
<td>Fuel your taper</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then one minute fast and one-minute jog x 10, 10-minute easy run</td>
<td>REST DAY</td>
<td>The long run will taper from here, but you will still need to maintain your paced runs during the week.</td>
<td>10-minute easy run, 10-minute steady run, 10 minutes at target marathon pace, 10 minutes faster, 10-minute easy run</td>
<td>Begin to increase the proportion of carbohydrate in your diet but not overall calories! Stay well hydrated.</td>
<td>90 MIN EASY RUN</td>
</tr>
<tr>
<td>WEEK 15</td>
<td>30 MIN EASY RUN</td>
<td>41 MIN RUN</td>
<td>REST DAY</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>90 MIN EASY RUN</td>
</tr>
<tr>
<td></td>
<td>30 MIN EASY RUN</td>
<td>REST DAY</td>
<td>Towards the end of this week your legs should find their spring again.</td>
<td>10-minute easy run, 12 minutes at target marathon pace, 10-minute easy run</td>
<td>Film night</td>
<td>REST DAY</td>
</tr>
<tr>
<td>WEEK 16</td>
<td>20 MIN EASY RUN</td>
<td>32 MIN RUN</td>
<td>REST DAY</td>
<td>30 MIN RUN</td>
<td>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.</td>
<td>60 MIN EASY RUN</td>
</tr>
<tr>
<td></td>
<td>REST DAY</td>
<td>Visit the Running Show</td>
<td>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.</td>
<td>10-minute easy run, 12 minutes at target marathon pace, 10-minute easy run</td>
<td>Make sure you collect your bib from the TCS London Marathon Running Show by 19:30 on Saturday 20 April.</td>
<td>10 MIN EASY JOG</td>
</tr>
</tbody>
</table>

**MONDAY**

- **WEEK 9**
  - 50 MIN EASY RUN
  - 56 MIN RUN
- **WEEK 10**
  - 50 MIN EASY RUN
  - 45 MIN RUN
- **WEEK 11**
  - 30 MIN EASY RUN
  - 60 MIN STEADY RUN
- **WEEK 12**
  - 50 MIN EASY RUN
  - 50 MIN RUN
- **WEEK 13**
  - 50 MIN EASY RUN
  - 55 MIN RUN
- **WEEK 14**
  - 40 MIN RUN
  - 40 MIN RUN
- **WEEK 15**
  - 30 MIN EASY RUN
  - 41 MIN RUN
- **WEEK 16**
  - 20 MIN EASY RUN

**TUESDAY**

- **WEEK 9**
  - 50 MIN EASY RUN
  - 56 MIN RUN
- **WEEK 10**
  - 50 MIN EASY RUN
  - 45 MIN RUN
- **WEEK 11**
  - 30 MIN EASY RUN
  - 60 MIN STEADY RUN
- **WEEK 12**
  - 50 MIN EASY RUN
  - 50 MIN RUN
- **WEEK 13**
  - 50 MIN EASY RUN
  - 55 MIN RUN
- **WEEK 14**
  - 40 MIN RUN
  - 40 MIN RUN
- **WEEK 15**
  - 30 MIN EASY RUN
  - 41 MIN RUN
- **WEEK 16**
  - REST DAY

**WEDNESDAY**

- **WEEK 9**
  - REST DAY
  - 40 MIN RUN
- **WEEK 10**
  - REST DAY
  - 30 MIN EASY RUN
- **WEEK 11**
  - REST DAY
  - 50 MIN RUN
- **WEEK 12**
  - REST DAY
  - 35 MIN EASY RUN
- **WEEK 13**
  - REST DAY
  - 60 MIN RUN
- **WEEK 14**
  - REST DAY
  - 50 MIN RUN
- **WEEK 15**
  - REST DAY
  - 30 MIN RUN
- **WEEK 16**
  - REST DAY

**THURSDAY**

- **WEEK 9**
  - 40 MIN RUN
  - REST DAY
- **WEEK 10**
  - REST DAY
  - 30 MIN EASY RUN
- **WEEK 11**
  - REST DAY
  - 50 MIN RUN
- **WEEK 12**
  - REST DAY
  - 35 MIN EASY RUN
- **WEEK 13**
  - REST DAY
  - 60 MIN RUN
- **WEEK 14**
  - REST DAY
  - 50 MIN RUN
- **WEEK 15**
  - REST DAY
  - 30 MIN RUN
- **WEEK 16**
  - REST DAY

**FRIDAY**

- **WEEK 9**
  - 40 MIN RUN
  - REST DAY
- **WEEK 10**
  - REST DAY
  - 30 MIN EASY RUN
- **WEEK 11**
  - REST DAY
  - 50 MIN RUN
- **WEEK 12**
  - REST DAY
  - 35 MIN EASY RUN
- **WEEK 13**
  - REST DAY
  - 60 MIN RUN
- **WEEK 14**
  - REST DAY
  - 50 MIN RUN
- **WEEK 15**
  - REST DAY
  - 30 MIN RUN
- **WEEK 16**
  - REST DAY

**SATURDAY**

- **WEEK 9**
  - 2 HR 45 MIN EASY RUN or distance goal of 16 miles
  - REST DAY

**SUNDAY**

- **WEEK 9**
  - Training tunes
- **WEEK 10**
  - Sip little and often
- **WEEK 11**
  - REST DAY
- **WEEK 12**
  - 1 HR 30 MIN EASY RUN or distance goal of 16 miles
- **WEEK 13**
  - REST DAY
- **WEEK 14**
  - 2 HR 40 MIN STEADY RUN or distance goal of 16 miles
- **WEEK 15**
  - REST DAY
- **WEEK 16**
  - REST DAY