ADVANCED TRAINING PLAN

How to use this plan

This 16-week training plan is for experienced runners who have completed a marathon before. The plan assumes you will run five times a week. On rest days, you might also supplement your training with cross training or strength work.

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.

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, playlists to try 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.

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.

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!

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.

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.

INTERVAL RUNS

These involve high-intensity periods of faster running interspersed with periods of recovery or rest. Having rest between bouts of harder running means you can maintain the quality and pace of the effort.

FARTLEK

The word ‘Fartlek’ comes from the Swedish meaning ‘speed play’ and Fartlek training is just that – rather than running a set distance in a set time, you ‘play’ with different running paces and distances until you feel you’ve completed the workout.

HILL RUNS

Running uphill will work your muscles in a different way to flat road running, so to avoid injury you need to let your body adjust. Your legs will feel more tired than usual after hill running, so allow them time to recover before your next session.
## TRAINING PLAN

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
<th>WEEK 6</th>
<th>WEEK 7</th>
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<tbody>
<tr>
<td>MONDAY</td>
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<tr>
<td>WEEK 1</td>
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<tr>
<td>40 MIN STEADY RUN</td>
<td>50 MIN STEADY RUN</td>
<td>43 MIN RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>55 MIN RUN</td>
<td>1 HR 15 MIN LONG RUN</td>
<td>REST DAY</td>
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<tr>
<td>40 MIN EASY RUN</td>
<td>60 MIN STEADY RUN</td>
<td>40 MIN RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>50 MIN RUN</td>
<td>1 HR 30 MIN LONG RUN</td>
<td>REST DAY</td>
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<tr>
<td>62 MIN RUN</td>
<td>40 MIN EASY RUN</td>
<td>50 MIN FARTLEK</td>
<td>REST OR CROSS TRAIN</td>
<td>60 MIN RUN</td>
<td>1 HR 45 MIN LONG RUN</td>
<td>REST DAY</td>
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<tr>
<td>44 MIN RUN</td>
<td>45 MIN STEADY RUN</td>
<td>50 MIN FARTLEK RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>55 MIN RUN</td>
<td>2 HR LONG RUN</td>
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<tr>
<td>60 MIN RUN</td>
<td>45 MIN STEADY RUN</td>
<td>45 MIN RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>23 MIN RUN</td>
<td>12 MILE RUN</td>
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<tr>
<td>30 MIN EASY RUN</td>
<td>REST DAY</td>
<td>45 MIN RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>40 MIN RUN</td>
<td>1 HR LONG RUN</td>
<td>REST DAY</td>
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</tr>
<tr>
<td>58 MIN RUN</td>
<td>45 MIN STEADY RUN</td>
<td>55 MIN RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>65 MIN RUN</td>
<td>14 MILE RUN</td>
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<tr>
<td>56 MIN RUN</td>
<td>55 MIN STEADY RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>Sponsor a mile</td>
<td>40 MIN RUN</td>
<td>16 MILE RUN</td>
<td>REST DAY</td>
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</tbody>
</table>

### Training Plan

#### Week 1
- **Monday**: 40 min steady run
- **Tuesday**: 50 min steady run
- **Wednesday**: 43 min run (10 min easy run, then 5 min tempo run and 230 min easy run x 3, 10 min steady run)
- **Thursday**: Rest or cross training
- **Friday**: 55 min run (15 min easy run, 10 min tempo run, 5 min easy run, 10 min hill run, 15 min easy run)
- **Saturday**: 1 hr 15 min long run
- **Sunday**: Rest day

#### Week 2
- **Monday**: 40 min easy run
- **Tuesday**: 60 min steady run
- **Wednesday**: 40 min run (10 min easy run, 10 min tempo run, 5 min easy run, 10 min steady run, 5 min easy run)
- **Thursday**: Rest or cross training (Easy recipe ideas)
- **Friday**: 50 min run (10 min easy run, 30 min easy run, 10 min steady run)
- **Saturday**: 1 hr 30 min long run
- **Sunday**: Rest day

#### Week 3
- **Monday**: 62 min run (15 min easy run, 5 min tempo run and 3 min easy run x 4, 15 min steady run)
- **Tuesday**: 40 min easy run
- **Wednesday**: 50 min fartlek
- **Thursday**: Rest or cross training (Core and stretching Listen to this!)
- **Friday**: 60 min run (10 min easy run, then 15 min tempo run and 5 min easy run x 2, 10 min steady run)
- **Saturday**: 1 hr 45 min long run
- **Sunday**: Rest day

#### Week 4
- **Monday**: 44 min run (10 min easy run, 3 min interval run x 6, 10 min easy run)
- **Tuesday**: 45 min steady run
- **Wednesday**: 50 min fartlek run
- **Thursday**: Rest or cross training (Share your progress)
- **Friday**: 55 min run (10 min easy run, 20 min tempo run, 5 min easy run, 2 min hill run x 5, 10 min easy run)
- **Saturday**: 2 hr long run
- **Sunday**: Rest day

#### Week 5
- **Monday**: 60 min run (10 min easy run, 2 x (2 min interval run, 1 min easy run), 3 min interval run, 80 sec easy run, 4 min interval run, 2 min easy run, 5 min interval run, 2.5 min easy run), 10 min easy run
- **Tuesday**: 45 min steady run
- **Wednesday**: 45 min run (10 min easy run, 25 min tempo run, 10 min easy run)
- **Thursday**: Rest or cross training (Core and stretching Post a payday push!)
- **Friday**: 23 min run (10 min easy run, 30 sec interval run x 5, 10 min easy run)
- **Saturday**: 12 mile run (12 miles long run with 4 miles at marathon pace at the end)
- **Sunday**: Rest day

#### Week 6
- **Monday**: 30 min easy run
- **Tuesday**: Rest day
- **Wednesday**: 45 min run (15 min easy run, 15 min steady run, 15 min easy run)
- **Thursday**: Rest or cross training (Core and stretching Double your money)
- **Friday**: 40 min run (15 min easy run, 2 min hill run x 5, 15 min easy run)
- **Saturday**: 1 hr long run
- **Sunday**: Rest day

#### Week 7
- **Monday**: 58 min run (10 min easy run, 10 min tempo run, 5 min easy run, then 3 min interval run and 90 sec easy run x 5, 10 min easy run)
- **Tuesday**: 45 min steady run
- **Wednesday**: 55 min run (15 min easy run, 30 min tempo run, 10 min easy run)
- **Thursday**: Rest or cross training (Core and stretching Develop good habits)
- **Friday**: 65 min run (10 min easy run, then 12 min tempo run and 3 min easy run x 3, 10 min easy run)
- **Saturday**: 14 mile run (14 miles long run with 4 miles at marathon pace in the middle, Practise health and nutrition)
- **Sunday**: Rest day

#### Week 8
- **Monday**: 56 min run (10 min easy run, then 4 min interval run and 2 min easy run x 6, 10 min easy run)
- **Tuesday**: 55 min steady run
- **Wednesday**: Rest or cross training (Sponsor a mile)
- **Thursday**: 40 min run (10 min easy run, 20 min tempo run, 10 min easy run)
- **Friday**: 40 min run (10 min easy run, 5 min hill run x 4, 10 min steady run)
- **Saturday**: 16 mile run (4 miles marathon pace, 4 miles slower than marathon pace x 2, Practise health and nutrition)
- **Sunday**: Rest day

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### More Information

- **Donate to yourself**: Kick start your fundraising with a donation to yourself – it will show your commitment and encourage others to donate!
- **Try Lucozade Sport**: Now’s the perfect time to start incorporating Lucozade Sport into your longer training runs!
- **Incorporate practical tips**: Try outruns, hill runs or intervals to build up your stamina and speed.
- **Share your progress**: Share your fundraising page and ask people to sponsor you.
- **Sponsor a mile**: Share your fundraising page and ask people to sponsor you.
- **Share your progress**: Share your fundraising page and ask people to sponsor you.
- **Double your money**: Double your money today by checking if your employer does ‘matched giving’ – this could double the amount you raise!
- **The Habit Coach podcast**: Building good habits, check out The Habit Coach podcast.
- **Develop good habits**: Building good habits, check out The Habit Coach podcast.
- **Core and stretching**: Core and stretching (Listen to this!)
- **Energy Gels**: These will be available on the course, so try them in training – while also keeping hydrated!
## TRAINING PLAN

### WEEK 9

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>50 MIN RUN</td>
<td>60 MIN STEADY RUN</td>
<td>60 MIN RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>30 MIN FARTLEK RUN</td>
<td>18 MILE RUN</td>
<td>REST DAY</td>
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<tr>
<td>10-minute tempo run, then 3-minute interval run and 1-minute easy run</td>
<td>12-minute tempo run, 2-minute easy run, 2 x (6-minute tempo run, 90-second easy run), 4 x 90-second hill run, 10-min easy run</td>
<td>Core and stretching</td>
<td>10-minute easy run, 30–second strides x 5, 10–minute easy run</td>
<td>Run a Half Marathon</td>
<td>Training tunes</td>
<td>Let people choose your training playlist in exchange for a donation per song.</td>
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### WEEK 10

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<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td>66 MIN RUN</td>
<td>45 MIN STEADY RUN</td>
<td>30 MIN EASY RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>23 MIN RUN</td>
<td>20 MILE RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td>12-minute tempo run, 5-minute easy run, 6 x (3-minute interval run, 1-minute easy run) 10-minute easy run</td>
<td>10-minute easy run, 30-second strides x 5, 10-minute easy run</td>
<td>Core and stretching</td>
<td>10-minute easy run, 30–second strides x 5, 10-minute easy run</td>
<td>Run a Half Marathon</td>
<td>Sip little and often</td>
<td>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.</td>
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### WEEK 11

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<tr>
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<tr>
<td>66 MIN RUN</td>
<td>60 MIN STEADY RUN</td>
<td>45 MIN FARTLEK RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>51 MIN RUN</td>
<td>20 MILE RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td>10-minute easy run, 3 x (10-minute tempo run, 2-minute easy run), 5-minute easy run, 1-minute interval run x 5, 10-minute easy run</td>
<td>Core and stretching</td>
<td>Organise a quiz night</td>
<td>10-minute easy run, 4 x (5-minute tempo run, 2-minute easy run) 30–second fast strides x 5, 10-minute easy run</td>
<td>20 miles long run. Practise health and nutrition</td>
<td>Auction each mile</td>
<td>Auction the nominations for each mile, then stitch the donor's name on your running shirt for the big day!</td>
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### WEEK 12

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<tr>
<th>MONDAY</th>
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<tr>
<td>60 MIN RUN</td>
<td>60 MIN EASY RUN</td>
<td>45 MIN STEADY RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>30 MIN RUN</td>
<td>20 MILE RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td>10-minute easy run, 15-minute tempo run, 5 x (3-minute interval run, 2-minute easy run), 10-minute easy run</td>
<td>10-minute easy run, 15-minute hill run, 10-minute easy run</td>
<td>Core and stretching</td>
<td>10-minute easy run, 10-minute easy run</td>
<td>Find your Power Hour</td>
<td>Find your Power Hour</td>
<td>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.</td>
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### WEEK 13

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>30 MIN STEADY RUN</td>
<td>50 MIN EASY RUN</td>
<td>59 MIN RUN</td>
<td>REST OR CROSS TRAIN</td>
<td>17 MIN RUN</td>
<td>22 MILE RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td>10-minute easy run, 3 x (10-minute tempo run, 3-minute easy run), 10-minute easy run</td>
<td>10-minute easy run, 3 x (10-minute tempo run, 3-minute easy run), 10-minute easy run</td>
<td>Core and stretching</td>
<td>10-minute easy run, 30–second fast strides x 4, 5-minute easy run</td>
<td>This will be your final long training run. Practise marathon pace and health and nutrition</td>
<td>Another payday push!</td>
<td>It's the end of the month, just before Easter, so share your fundraising page and push for payday donations!</td>
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### WEEK 14

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<td>REST OR CROSS TRAIN</td>
<td>7 MILE RUN</td>
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<td>REST DAY</td>
</tr>
<tr>
<td>10-minute easy run, 4 x (7-minute tempo run, 2-minute easy run), 10-minute easy run</td>
<td>10-minute easy run, 3-minute easy run, 10-minute easy run</td>
<td>Core and stretching</td>
<td>3-mile steady run, 1-mile tempo run, 3-mile steady run</td>
<td>Practise marathon pace and health and nutrition</td>
<td>Really attack your faster running and embrace the breathlessness</td>
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### WEEK 15

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<thead>
<tr>
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<td>REST OR CROSS TRAIN</td>
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<tr>
<td>10-minute easy run, 15-minute tempo run, 10-minute easy run</td>
<td>10-minute easy run, 2 x (5-minute interval run, 2.5-minute easy run), 10-minute steady run</td>
<td>Core and stretching</td>
<td>10-minute easy run, 2 x (5-minute tempo run, 2.5-minute easy run), 10-minute steady run</td>
<td>2 miles easy run, 4 miles half marathon pace, 2 miles easy run</td>
<td>Film night</td>
<td>Have a change of pace with a relaxed film night. Charge your friends a small fee to come along to add to your total.</td>
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### WEEK 16

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<tr>
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<tbody>
<tr>
<td>30 MIN EASY RUN</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>MARATHON DAY</td>
</tr>
<tr>
<td>20 MIN EASY RUN</td>
<td>Download the Official App so your supporters can track you and donate to you as long as you're raising money on the official online fundraising platform.</td>
<td>Visit the Running Show</td>
<td>Make sure you collect your bib from the TCS London Marathon Running Show by 17:30 on Saturday 20 April.</td>
<td></td>
<td></td>
<td>Remember to stretch and warm down afterwards with a 15-minute walk. Eat and drink well. Good luck!</td>
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