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.

How to use this plan

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.

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.

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.
## TRAINING PLAN

<table>
<thead>
<tr>
<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><strong>WEEK 1</strong></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>
</tr>
<tr>
<td>20 MIN EASY RUN</td>
<td>30 MIN EASY RUN</td>
<td>REST DAY</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>40 MIN EASY RUN</td>
<td>REST DAY</td>
<td>60 MIN EASY RUN</td>
</tr>
<tr>
<td><strong>WEEK 2</strong></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>
</tr>
<tr>
<td>30 MIN EASY RUN</td>
<td>STEADY RUN 40 MIN</td>
<td>REST DAY</td>
<td>Continue to establish your routine. Find the time to get out to run.</td>
<td>40 MIN EASY RUN</td>
<td>REST DAY</td>
<td>70 MIN EASY RUN</td>
</tr>
<tr>
<td><strong>WEEK 3</strong></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>
</tr>
<tr>
<td>30 MIN EASY RUN</td>
<td>50 MIN STEADY RUN</td>
<td>REST DAY</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>35 MIN EASY RUN</td>
<td>REST DAY</td>
<td>80 MIN EASY RUN</td>
</tr>
<tr>
<td><strong>WEEK 4</strong></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>
</tr>
<tr>
<td>35 MIN EASY RUN</td>
<td>60 MIN STEADY RUN</td>
<td>REST DAY</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>35 MIN EASY RUN</td>
<td>REST DAY</td>
<td>90 MIN EASY RUN</td>
</tr>
<tr>
<td><strong>WEEK 5</strong></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>
</tr>
<tr>
<td>20 MIN EASY RUN</td>
<td>30 MIN EASY RUN</td>
<td>REST DAY</td>
<td>A lighter week to enable your body to adapt to the training loads.</td>
<td>20 MIN EASY RUN</td>
<td>REST DAY</td>
<td>60 MIN EASY RUN</td>
</tr>
<tr>
<td><strong>WEEK 6</strong></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>
</tr>
<tr>
<td>40 MIN EASY RUN</td>
<td>44 MIN RUN</td>
<td>REST DAY</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>50 MIN RUN</td>
<td>REST DAY</td>
<td>1 HR 45 MIN EASY RUN</td>
</tr>
<tr>
<td>40 MIN EASY RUN</td>
<td>44 MIN RUN</td>
<td>REST DAY</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>50 MIN RUN</td>
<td>REST DAY</td>
<td>1 HR 45 MIN EASY RUN</td>
</tr>
<tr>
<td><strong>WEEK 7</strong></td>
<td>45 MIN EASY RUN</td>
<td>46 MIN RUN</td>
<td>REST DAY</td>
<td>46 MIN RUN</td>
<td>REST DAY</td>
<td>2 HR 10 MIN EASY RUN</td>
</tr>
<tr>
<td>45 MIN EASY RUN</td>
<td>46 MIN RUN</td>
<td>REST DAY</td>
<td>Make sure you show a range of pace during the sessions so you can maximise the fitness benefits.</td>
<td>46 MIN RUN</td>
<td>REST DAY</td>
<td>2 HR 10 MIN EASY RUN</td>
</tr>
<tr>
<td><strong>WEEK 8</strong></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>
</tr>
<tr>
<td>50 MIN EASY RUN</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>Really attack your faster running and embrace the breathlessness</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>2 HR 30 MIN RUN</td>
</tr>
</tbody>
</table>

### WEEKEND LOADS

**WEEK 1**
- Easy run
- Jog recovery
- Distance run

**WEEK 2**
- Steady run
- 40 min
- Tempo run
- 2 min

**WEEK 3**
- Steady run
- 50 min
- Tempo run
- 3 min

**WEEK 4**
- Steady run
- 60 min
- Tempo run
- 5 min

**WEEK 5**
- Steady run
- 30 min
- Tempo run
- 8 min

**WEEK 6**
- Steady run
- 40 min
- Tempo run
- 5 min

**WEEK 7**
- Steady run
- 45 min
- Tempo run
- 6 min

**WEEK 8**
- Steady run
- 50 min
- Tempo run
- 7 min

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### MILEAGE

- 20 min EASY RUN
- 30 min EASY RUN
- 40 min EASY RUN
- 50 min EASY RUN
- 60 min EASY RUN
- 35 min EASY RUN
- 45 min EASY RUN
- 50 min EASY RUN
- 60 min EASY RUN
- 90 min EASY RUN

### WOD (WORKOUT OF THE DAY)

- 20 MIN EASY RUN
- 30 MIN EASY RUN
- REST DAY
- 40 MIN EASY RUN
- REST DAY
- 40 MIN EASY RUN
- REST DAY
- 50 MIN EASY RUN
- REST DAY
- 60 MIN EASY RUN

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### TRAINING TIPS

- **EASY RUN:**
  - Jog recovery
  - Distance run

- **STEADY RUN:**
  - Tempo run
  - 2 min
  - 5 min

- **FAST RUN:**
  - 3 min

---

### FUN FACTS

- **WEEK 1:**
  - 20 min EASY RUN
  - 30 min EASY RUN

- **WEEK 2:**
  - STEADY RUN 40 MIN
  - REST DAY

- **WEEK 3:**
  - REST DAY
  - 35 min EASY RUN

- **WEEK 4:**
  - 50 MIN STEADY RUN
  - REST DAY

- **WEEK 5:**
  - REST DAY
  - 20 MIN EASY RUN

- **WEEK 6:**
  - 40 MIN EASY RUN
  - REST DAY

- **WEEK 7:**
  - 45 MIN EASY RUN
  - REST DAY

- **WEEK 8:**
  - 50 MIN EASY RUN
  - REST DAY

---

### DONATE FOR CHARITY

- **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:**
  - How’s the perfect time to start incorporating Lucozade Sport into your longer training runs?

---

### FUEL AND HYDRATE

- **Lucozade Sport:**
  - The key to fuelling your body during a long run is to keep your fuel stores topped up and also to help keep you hydrated.

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### SUGGESTIONS FOR CHARITY

- **Sponsor a mile:**
  - Double your money ‘matched giving’ – this could be a real confidence booster for the rest of your training.

---

### FUNDRAISING IDEAS

- **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!

---

### NUTRITION TIPS

- **Experiment with different fuelling strategies:**
  - Practise fuelling – what will you consume and when? Practice different strategies and adapt!

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### WEBSITES

- **Habit Coach podcast:**
  - Dr Rangan Chatterjee’s Feel Better, Live More podcast

- **Better, Live More podcast:**
  - Dr Rangan Chatterjee’s Feel Better, Live More podcast

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### OTHER RESOURCES

- **BBC Good Food:**
  - Check out Easy recipe ideas

- **Marathon Meal Plans:**
  - Check out Easy recipe ideas

---

### FAQ

- **How will you carry your water?**
  - How will you carry your water? – a great time to share your weekend long run on your fundraising page!

---

### ACTION ITEMS

- **Put together a plan of all the fundraising ideas you want to try and when you are going to do them.**

---

### ADDITIONAL TIPS

- **Double your money:**
  - Check if your employer does ‘matched giving’ – this could double the amount you raise for charity!

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### MARATHON DAY

- **Try Lucozade Sport Energy Gels:**
  - These will be available on the course, so try them in training – while also keeping hydrated!
### TRAINING PLAN

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>SATURDAY</th>
<th>SUNDAY</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>40 MIN EASY RUN</td>
<td>2 HR 45 MIN EASY RUN</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 4-minute tempo run and 2-minute jog recovery x 6, 10-minute easy run</td>
<td>10-minute easy run, 20-minute tempo run, 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>or distance goal of 16 miles</td>
<td>REST DAY</td>
</tr>
<tr>
<td>WEEK 10</td>
<td>50 MIN EASY RUN</td>
<td>45 MIN RUN</td>
<td>REST DAY</td>
<td>30 MIN EASY RUN</td>
<td>1 HR 30 MIN EASY RUN</td>
<td>REST DAY</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>10-minute easy run</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>or race a half marathon</td>
<td>Sip little and often</td>
</tr>
<tr>
<td>WEEK 11</td>
<td>30 MIN EASY RUN</td>
<td>60 MIN STEADY RUN</td>
<td>REST DAY</td>
<td>50 MIN RUN</td>
<td>2 HR 40 MIN STEADY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run</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>REST DAY</td>
<td>10-minute easy run, 30 minutes at target marathon pace, 10-minute easy run</td>
<td>or distance goal of 16 miles</td>
<td>Auction each mile</td>
</tr>
<tr>
<td>WEEK 12</td>
<td>50 MIN EASY RUN</td>
<td>50 MIN RUN</td>
<td>REST DAY</td>
<td>35 MIN EASY RUN</td>
<td>3 HR RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>5-minute easy run, 40 minutes at target marathon pace, 5-minute easy run</td>
<td>10-minute easy run, then 5-minute tempo run and 2-minute jog recovery x 5, 10-minute easy run</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 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>Find your Power Hour</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>3 HR 30 MIN EASY RUN</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>5-minute easy run, 35 minutes at target marathon pace, 5-minute tempo run, 10-minute easy run</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>or distance goal of 20 to 25 miles. Include a section, perhaps the final 6 miles, at target marathon pace. This is your longest run!</td>
<td>Another payday push!</td>
</tr>
<tr>
<td>WEEK 14</td>
<td>40 MIN EASY RUN</td>
<td>40 MIN RUN</td>
<td>REST DAY</td>
<td>50 MIN RUN</td>
<td>90 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>10-minute easy run, then 1 minute fast and one-minute jog x 10, 10-minute easy run</td>
<td>10-minute easy run</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>REST DAY</td>
<td></td>
</tr>
<tr>
<td>WEEK 15</td>
<td>30 MIN EASY RUN</td>
<td>41 MIN RUN</td>
<td>REST DAY</td>
<td>30 MIN RUN</td>
<td>60 MIN EASY RUN</td>
<td>REST DAY</td>
</tr>
<tr>
<td></td>
<td>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</td>
<td>Towards the end of this week your legs should find their spring again.</td>
<td>REST DAY</td>
<td>5-minute easy run, 20 minutes at target marathon pace, 5-minute easy run</td>
<td>Download the App</td>
<td></td>
</tr>
<tr>
<td>WEEK 16</td>
<td>20 MIN EASY RUN</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>REST DAY</td>
<td>10 MIN EASY JOG</td>
<td>REST DAY</td>
</tr>
<tr>
<td></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>REST DAY</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>MARATHON DAY</td>
<td></td>
</tr>
<tr>
<td></td>
<td>32 MIN RUN</td>
<td>REST DAY</td>
<td>10-minute easy run, 12 minutes at target marathon pace, 10-minute easy run</td>
<td>You are ready. Good luck!</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WEEK 9**
- **50 MIN EASY RUN**
- **56 MIN RUN**
- **REST DAY**
- **40 MIN RUN**
- **30 MIN EASY RUN**
- **2 HR 45 MIN EASY RUN**

**WEEK 10**
- **50 MIN EASY RUN**
- **45 MIN RUN**
- **REST DAY**
- **30 MIN EASY RUN**
- **1 HR 30 MIN EASY RUN**

**WEEK 11**
- **30 MIN EASY RUN**
- **60 MIN STEADY RUN**
- **REST DAY**
- **50 MIN RUN**
- **2 HR 40 MIN STEADY RUN**

**WEEK 12**
- **50 MIN EASY RUN**
- **50 MIN RUN**
- **REST DAY**
- **35 MIN EASY RUN**
- **3 HR RUN**

**WEEK 13**
- **50 MIN EASY RUN**
- **55 MIN RUN**
- **REST DAY**
- **60 MIN RUN**
- **3 HR 30 MIN EASY RUN**

**WEEK 14**
- **40 MIN EASY RUN**
- **40 MIN RUN**
- **REST DAY**
- **50 MIN RUN**
- **90 MIN EASY RUN**

**WEEK 15**
- **30 MIN EASY RUN**
- **41 MIN RUN**
- **REST DAY**
- **30 MIN RUN**
- **60 MIN EASY RUN**

**WEEK 16**
- **20 MIN EASY RUN**
- **REST DAY**
- **REST DAY**
- **REST DAY**
- **REST DAY**