

MARATHON TRAINING PLAN ADVANCED



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3-4 miles Steady	Rest	4-5 miles Steady	Rest	4-5 miles tempo	Rest	4-5 miles Steady
2	Rest	Rest	4 Miles Steady	45 min Easy / Cross Train	5-6 miles tempo	Rest	5-6 miles Steady
3	Rest	Rest	5-6 Mile fartlek	45 min Easy / Cross Train	5-6 miles tempo	Rest	6-7 miles Steady
4	Easy 3 miles / rest	Rest	5-6 Mile fartlek	45 min Easy / Cross Train	6-7 miles tempo	Rest	8-9 mile Steady
5	Easy 3 miles / rest	Rest	4 x 1 mile intervals - 6 mins rest between ints intervals	60 min Easy / Cross Train	5 miles steady	Rest	10-11 miles steady
6	Easy 3 miles / rest	Rest	4 x 1 mile intervals - 5 mins rest between ints intervals	60 min Easy / Cross Train	7-8 miles tempo	Rest	11-12 miles Steady
7	Rest	Rest	6-7 Mile fartlek	60 min Easy / Cross Train	8 miles tempo	Rest	13-14 miles Steady
8	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 6 mins rest between ints intervals	Rest	Rest / 45 mins Cross train	Rest	14-15 miles Steady

- See "The Training - Getting down to Business" chapter for explanation of terms

- Feel free to interchange "fartlek" sessions with "interval" sessions

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	3-4 miles Steady / rest	Rest	5 x 1 mile - 6 mins rest between ints intervals	80 min Easy / Cross Train	7 mile tempo	Rest	16-17 miles Steady
10	3-4 mile Steady/ rest	Rest	5 x 1 mile - 5 mins rest between ints intervals	80 min Easy / Cross Train	8 miles tempo	Rest	12-13 miles Steady
11	Rest	Rest	4-5 Mile fartlek	Rest	4-5 miles steady	Rest	16-18 miles Steady
12	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 5 mins rest between ints	90 min Easy / Cross Train	8 miles tempo	Rest	18-20 mile Steady
13	Easy 3 miles / rest	Rest	5 x 1 mile intervals 4 mins rest between ints	90 min Easy / Cross Train	8 mile tempo	Rest	19-21 miles steady
14	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 4 mins rest between ints	90 min Easy / Cross Train	8 miles tempo	Rest	14-16 miles Steady
15	Easy 3 miles / Rest	Rest	4 x 1 mile - 4 mins rest between ints intervals	60 min Cross Train	4-5 miles tempo	Rest	8-10 miles Steady
16	Easy 3 miles / rest	Rest	4-5 miles steady	Rest	3-4 miler easy - with short bursts of speed	Rest	RACE DAY

Key points on how to use the Advanced timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

TRAINING DIARY

DATE	DISTANCE RUN	NOTES

TRAINING DIARY

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