Marathon
Improver Training Plan

greatrun.org

The Improver plan is suitable for runners who perhaps have an event under their belt or they're already reasonably fit (e.g. can run for 25mins). Gradually increases your training level to improve your performance.

PACE GUIDE

EASY RUN - An easy run should be run at conversational pace maintaining relaxed breathing. Easy runs make up the bulk of your training programme.
LONG RUN - Your long run is similar to an Easy Run but just lasts longer! The effort is still easy but may become more difficult due to the duration of the run.
5K PACE - A pace which you have or think you could maintain for a 5k event or approximatley for 30-minutes of running.
10K PACE - A pace which you have or think you could maintain for a 10k event or approximatley for one-hour of running.
HALF MARATHON PACE - A pace which you have or think you could maintain for a HM event. Half marathon pace should be hard but controlled.
MARATHON PACE - A pace which you have or think you could maintain for a marathon event. Marathon pace should be slower than HM pace but faster than easy run pace.
REST DAY - Rest days are important to allow adaptation and are used to enhance recovery and can be a complete day of rest or cross-training.

WEEK 1

INTENSITY: EASY

Right then, here we go! It's time to impress yourself and others with beginning the wonderful journey towards running your marathon. The first few weeks will be spent just getting back into a great running routine. Try and keep a personal diary of you are feeling and make sure you find time for a few mins stretching both before and after your run. Your body will thank you for getting into such great habits so quickly!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	2 miles easy running	Rest Day	3 miles easy running	Rest Day	Rest Day	4 miles easy running

WEEK 2

INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy running	Rest Day	4 miles easy running	Rest Day	2 miles easy running	6 miles easy running

WEEK 3

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles easy running	Rest Day	3 miles @10km pace Start with a 10 min warm up. Run 3 miles at your 10km goal pace. Finish off with a 10 min warm down.	Rest Day	3 miles easy running	8 miles easy running

WEEK 4

INTENSITY: MODERATE

Our first interval work starts moves from 10km pace to HM pace this week and again don't worry if you aren't spot on with your target pace. You will get there but for now it's about ticking off each day and laying a great foundation as you progress with your training. The long run is now 9 miles and should feel great after the quicker HM pace efforts of midweek!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles @ half marathon pace Start with a 10 min warm up. Run 4 miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	4 miles easy running	Rest Day	3 miles easy running	9 miles easy running

WEEK 5

INTENSITY: HARD

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles easy running	Rest Day	6 miles @marathon pace Start with a 10 min warm up. Run 6 miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	5 miles easy running	11 miles easy running

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BIRMINGHAM MAIL

WEEK 6
INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy running	Rest Day	3 miles easy running	Rest Day	2 miles easy running	8 miles easy running

WEEK 7
INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles @ half marathon pace Start with a 10 min warm up. Run 6miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	5 miles easy running	Rest Day	3 miles easy running	12 miles easy running

WEEK 8
INTENSITY: HARD

A very solid interval session of mile effort awaits you covering nearly a fifth of the marathon distance at your 10km race pace! Feel in control and finish strong but still no quicker than goal pace. The training effect of both this and your 14 mile easy long run will soon start to really help you as we get into the main body of work to achieve your marathon goal. Stay positive!!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles easy running	Rest Day	5x1miles (2mins) @10km pace. Start with a 10 min warm up. Run 5x1-miles @10k pace followed by 2 minutes jog/ walk to recover, repeated 6 times. Finish off with a 10 min warm down.	Rest Day	5 miles easy running	14 miles easy running

WEEK 9
INTENSITY: HARD

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles easy running	Rest Day	7 miles @marathon pace Start with a 10 min warm up. Run 7miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	5 miles easy running	16 miles easy running

WEEK 10
INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy running	Rest Day	4 miles easy running	Rest Day	3 miles easy running	12 miles easy running

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BIRMINGHAM MAIL

WEEK 11

INTENSITY: HARD

OK, this is a big week for you. Tuesday's hard effort of 8 miles at half marathon pace is not to be sniffed at, but you have done the work to cope with this type of a run. There is also an 18 mile run at easy pace to end the week, but this is going to be fine as you are now both strong and mentally tough to cope with such distance! Just keep thinking how far you have come and how fit you are! The following week is less intense so stay focussed on your goal!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	8 miles @ half marathon pace Start with a 10 min warm up. Run 8miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	6 miles easy running	Rest Day	5 miles easy running	18 miles easy running

WEEK 12

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	5 miles easy running	Rest Day	8x1km (90secs) @10km pace. Start with a 10 min warm up. Run 8x1km @10k pace followed by 90 seconds jog/ walk to recover, repeated 8 times. Finish off with a 10 min warm down.	Rest Day	4 miles easy running	12 miles easy running

WEEK 13

INTENSITY: HARD

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	10 miles @ marathon pace Start with a 10 min warm up. Run 10miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	6 miles easy running	Rest Day	5 miles easy running	20 miles easy running

WEEK 14

INTENSITY: MODERATE

Right then, your 'tapering' process gradually starts here! You are fit and hopefully healthy and the next couple of weeks involve making sure your body is in peak shape for your marathon. With less running in your plan , you should start feeling fresher and more rested! Enjoy that feeling and don't feel guilty about it! You deserve to recharge those batteries and get ready for you big day. We are nearly there!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	5 miles easy running	Rest Day	6 miles @ half marathon pace Start with a 10 min warm up. Run 6miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	4 miles easy running	12 miles easy running

WEEK 15

INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy running	Rest Day	4 miles easy running	Rest Day	3 miles easy running	8 miles easy running

WEEK 16

INTENSITY: RACE

OK, so it's Raceweek and let's just stay in one piece until Sunday! Running any sort of distance this week won't any sort of difference. So those easy 3 mile jogs are just to get out of the house and enjoy! Eat and sleep as you usually do. There is no special secret to preparing for your race. What has been working during training will work for you during the race. So stay positive and have a great marathon! Enjoy and Good Luck!!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy running	Rest Day	3 miles easy running	Rest Day	2 miles easy running	Marathon