



# CHALLENGER MARATHON

## 16 WEEK TRAINING PLAN

EVENT DATE: SUNDAY 29 APRIL 2018  
GREATRUN.ORG/STIRLING



Alright then, so it's time to see just what you are capable of over the iconic 26.2 distance! With a solid running background over a range of distances, you are aware of what it takes to really get the best out of yourself on race day and how with even more focus and motivation there is still room for a few seconds and minutes to come off that PB! By following this advanced level plan, you can start to build on your already great levels of fitness and push yourself to new heights. Keep a great structure and routine to each week, remember to know the difference between effort intensity zones and by combining quality and quantity to your weekly running you will PB in 16 weeks time! Good Luck!

**RPE:** This pace is your key performance training zone for all your quality work during the plan. You will visit this zone sparingly but by becoming used to operating at this pace, your longer, endurance based zones should feel easier.

**Marathon pace:** Ultimately this is the pace we want to complete our entire marathon at. So tune into the rhythm you establish at this pace throughout your plan and hopefully muscle memory will kick in on race day itself to give you confidence that the work has been done!

**10k pace:** This is precisely what it says on the tin! Taking a recent 10km PB or approximating what your average 1km split should be in a race situation for the 10km, you can use this pace for interval work that stipulates a running pace in line with the 10km pace and relevant effort.

**5k pace:** Your classic Great Run Local or Park Run pace. Again this is very nearly at the top end of the pace work you will adapt to during your training so will not occur all that regularly but it's a great way to feel fast and light during the heavy mileage phase of your training!

**3k pace:** The very top end of all your marathon training pace. By really stretching out your legs and working intensely at a fast pace for a short duration, your body should feel really relaxed and comfortable when it reverts back to the 'bread and butter' pace of the longer distance work. Remember to stretch thoroughly before and after though as we want you in perfect working order the day after!

### WEEK 1

STARTING: MONDAY 8 JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
35 mins run RPE 6-7.	8 x 3mins - 2min rec @ 10 k pace RPE 8-10.	35 mins easy run RPE 6-7.	Rest or x train 35 mins.	20 mins threshold run RPE 8.	REST	1 hour RPE 6-7.

### WEEK 2

STARTING: MONDAY 15 JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
35 mins run RPE 6-7.	8 x 4mins -60 sec rec @ 10k pace RPE 8-10.	35 mins easy run RPE 6-7.	Rest or x train 35 mins.	30 mins threshold run RPE 8.	REST	1 hour 10mins RPE 6-7.

### WEEK 3

STARTING: MONDAY 22 JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
40 mins run RPE 6-7.	(3mins @10k pace, 2mins @ 5k pace, 1 min @ 3k pace) 60 secs rec 5 sets RPE 8-10.	35 mins easy run RPE 6-7.	Rest or x train 40 mins.	35 mins threshold run RPE 8.	REST	1 hour 20mins RPE 6-7.

### WEEK 4

STARTING: MONDAY 29 JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
40 mins run RPE 6-7.	7 x 6mins - 90 sec rec @ 10 k pace RPE 8-10.	35 mins easy run RPE 6-7.	Rest or x train 40 mins.	40 mins threshold run RPE 8.	REST	1 hour 30 mins RPE 6-7.



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### WEEK 5

STARTING: MONDAY 5 FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	20 x 60 secs rec-60 secs rec @ 10 km pace RPE 8-10.	REST	10 min easy run 6x 60 sec stride outs -60 sec rec -10 min easy run.	REST	10 k race or time trial.	1 hour 45 mins RPE 6-7.

### WEEK 6

STARTING: MONDAY 12 FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	5 x 8 mins - 2 mins rest @ 10k pace RPE 8-10.	REST	Rest or x train 45 mins.	40 mins threshold run RPE 8.	REST	1 hour 45 mins RPE 6-7.

### WEEK 7

STARTING: MONDAY 19 FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	10 x 4mins - 60 secs rec @ 10k pace RPE 8-10.	35 mins easy run RPE 6-7.	Rest or x train 45 mins.	45 mins threshold run RPE 8.	REST	1 hour 50 mins RPE 6-7.

### WEEK 8

STARTING: MONDAY 26 FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	8mins @ 10k pace-3mins rest-2x4mins @5k pace-2mins rest-4x2mins @3k pace-60 sec rec 8 x 60 sec @ 1500m pace-30 sec rec RPE 8-10.	35 mins easy run RPE 6-7.	Rest or x train 45 mins.	50 mins threshold run RPE 8.	REST	1 hour 50 mins RPE 6-7.

### WEEK 9

STARTING: MONDAY 5 MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	60 mins easy run RPE 6-7.	Rest or x train 45 mins.	35 mins easy run RPE 6-7.	60 min threshold run RPE.	REST	1 hour 50 mins RPE 6-7.

### WEEK 10

STARTING: MONDAY 12 MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
REST	6x9mins-2mins recovery @half marathon pace RPE 8-10.	50 mins easy run RPE 6-7.	Rest or x train 45 mins.	10 min easy run-5x60 sec relaxed running-60 sec rec-10 mins easy run.	REST	Race half marathon.



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### WEEK 11

STARTING: MONDAY 19 MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	15 x 3mins @ 10 k pace -60 sec rec RPE 8-10.	70 mins easy run RPE 6-7.	Rest or x train 45 mins.	60 mins threshold run.	REST	2 hours RPE 6-7.

### WEEK 12

STARTING: MONDAY 26 MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	6 x 4min hills jog down in 6 mins RPE 8-10.	80 mins easy run RPE 6-7	Rest or x train 45 min.	70 mins threshold run.	REST	2 hours 15 mins RPE 6-7.

### WEEK 13

STARTING: MONDAY 2 APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	5x 10 mins-@ 10 km pace 3mins rest RPE 8-10.	60 mins easy run RPE 6-7	Rest or x train 45 min.	80 min threshold run.	REST	2hours 30mins RPE 6-7.

### WEEK 14

STARTING: MONDAY 9 APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	3x15 mins-4mins rest@ half marathon pace.	50 mins easy run RPE 6-7.	Rest or x train 45 min.	6 x 6mins @ 10 k pace- 60 sec rec.	REST	1hour 20 mins run RPE 6-7.

### WEEK 15

STARTING: MONDAY 16 APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
35 mins run REP 6-7.	16 x75 sec -60 sec rec @ 10 k pace RPE 8-10.	35 mins run RPE 6-7	Rest or x train 45 min.	3x7 mins @ 10k race.	REST	60 min easy run.

### WEEK 16

STARTING: MONDAY 23 APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
REST	3-2-1 mins-60 sec rec @ marathon pace RPE 7.	25mins run RPE 4-5.	REST	20 mins jog.	REST	EVENT DAY GOOD LUCK!