



Marathon

Advanced Training Plan



Event day: **Sunday 21 May 2017**

Website: greatrun.org/stirling

The advanced plan goes off the assumption that the runner already has some base of fitness but is now looking to structure their plan towards a performance goal. Suitable for those who can run for 30 minutes, the advanced plan will step up your training, mixing steady running with more complex sessions to get you in your best shape for your next event.

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 approximately for 30-minutes of running.

10k Pace - A pace which you have or think you could maintain for a 10k event or approximately 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

Welcome to your training plan and as a confident and experienced runner we want this to be a great 15 weeks where you really get the best out of yourself! The schedule gets going quite quickly so be honest about your base level of fitness and set your zones accordingly. It's a long journey so setting the correct foundations to your training is really important. This is going to be Great Experience!

MON	TUE	WED	THU	FRI	SAT	SUN
4miles easy running	3miles easy running	Rest Day	4miles easy running	Rest Day	4miles easy running	5miles easy running

WEEK 2

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
5miles easy running	4miles easy running	Rest Day	4miles @ 10km pace. Start with a 10 min warm up. Run 4miles at your 10km goal pace. Finish off with a 10 min warm down.	Rest Day	5miles easy running	7miles easy running

WEEK 3

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
5miles easy running	6miles @ marathon pace Start with a 10 min warm up. Run 6miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	4miles easy running	Rest Day	5miles easy running	8miles easy running

WEEK 4

INTENSITY: HARD

Now we are nearly a month into things and your routine should be well and truly established. The training this week is a small step up on things to date, but your body will cope if you let the recovery days become just that. Your long run is done at a very easy relaxed pace, if midweek was quality then the weekend is quantity. Just tick off the miles and enjoy the view as you do!

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

WEEK 5

INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
5miles easy running	3miles easy running	Rest Day	3miles easy running	Rest Day	5miles easy running	8miles easy running

WEEK 6

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
5miles easy running	8miles @ marathon pace Start with a 10 min warm up. Run 8miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	5miles easy running	Rest Day	5miles easy running	12miles easy running

WEEK 7

INTENSITY: HARD

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

WEEK 8

INTENSITY: HARD

We are now running for 10 miles at goal marathon pace and again don't worry if you are slightly off pace at any stage as it's the cumulative effect of lots of good training that will see you make the biggest progress. A 16 mile long run gives you the chance to play around with energy drinks and gels. Find what's right for you and get used to it. It may take a few goes but that's why we call this training!

MON	TUE	WED	THU	FRI	SAT	SUN
8x1km (1mins) @ 10km pace. Start with a 10 min warm up. Run 8x1km @ 10k pace followed by 1 minutes jog/ walk to recover, repeated 8 times. Finish off with a 10 min warm down.	6miles easy running	Rest Day	10miles @ 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	6miles easy running	16miles easy running



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WEEK 9

INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
4miles easy running	5miles easy running	Rest Day	4miles easy running	Rest Day	4miles easy running	10miles easy running

WEEK 10

INTENSITY: HARD

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

WEEK 11

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
5miles easy running	5miles easy running	Rest Day	8miles @ 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	5miles easy running	15miles easy running

WEEK 12

INTENSITY: HARD

OK, we are getting closer now, just under a month to go, so your body really should be feeling stronger and fitter as you get through each week. This is a big week for you and sees a hard effort at the start of it with 12 miles at your marathon pace on the cards. Again remember to finish in control and in the knowledge there was much more in the tank if required. Your 20 mile long run should also finish with you feeling really confident your body can cope with 6 more miles in 3 weeks time! It's all about looking after your body from this point on. You are going to feel great by doing so!

MON	TUE	WED	THU	FRI	SAT	SUN
6miles easy running	12miles @ marathon pace Start with a 10 min warm up. Run 12miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	6miles easy running	Rest Day	6miles easy running	20miles easy running

WEEK 13

INTENSITY: MODERATE

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



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WEEK 14

INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
4miles easy running	6x1/2mile (2mins jog) @ 5km pace. Start with a 10 min warm up. Run 6x1/2 miles @ 5k pace followed by 2 minutes jog/walk to recover, repeated 6 times. Finish off with a 10 min warm down.	Rest Day	4miles easy running	Rest Day	4miles easy running	10miles easy running

WEEK 15

INTENSITY: RACE

Race week! We've come down off a couple of big mileage weeks now and have let the body recharge and refuel for the marathon itself. You should start to notice feeling fresher with less miles in your legs but don't run any harder/quicker because of it! Don't feel guilty with the vastly reduced schedule. You are rewarding your legs for 14 weeks work so letting them recover 100%! Keep your daily routine as consistent and normal as possible. Nothing is broken so don't try and fix it! Eat well and sleep well and you will have a great marathon. Well done, good luck and enjoy!

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