

# MARATHON

## IMPROVER | 16 WEEK TRAINING PLAN



GREATRUN.ORG



So you are reasonably fit and like a spot of exercise in your life but have decided to knuckle down and get fit for a marathon! Well this Intermediate plan is for you! By taking things week by week, you can start to tailor your basic level of fitness specifically to the demands of running a marathon. Or perhaps you have done some running in the past or have want to step up from 10km efforts or park runs? Whatever your background, embrace the challenge of a 16 week tailored running programme, that will help get you to the start line (and over the finish line!) in terrific shape! Bring it on, you can do this!

**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

Running in the wrong trainers could cause lower limb and foot problems like shin splints. A podiatrist can provide gait analysis to help improve your running performance and give impartial advice on footwear.

**GAIT ANALYSIS**

MON	TUE	WED	THU	FRI	SAT	SUN
35 min easy run RPE 6-7.	8 x 2mins -60 sec rec @ 5 k pace RPE 8-10.	REST	35 min run RPE 6-7.	20 mins @ marathon pace RPE 8	REST	40 mins RPE 6-7.

### WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
45 min easy run RPE 6-7	5 x (3mins hill-90 sec rec-2x 60 sec downhill - 30 sec rec) - 3mins rest RPE 8-10	40 mins run RPE 6-7	20mins run- 5mins walk- 10 min run.	25 mins @ marathon pace RPE 8	REST	50 mins RPE 6-7.



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### WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
50 min easy run RPE 6-7.	6x 6mins -90 sec rec @ 10 k pace RPE 8-10.	REST	45 mins run RPE 6-7.	30 mins @ marathon pace RPE 8.	REST	1 hour RPE 6-7.

### WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins easy run RPE 6-7.	3mins @10k pace-2mins @ 5k pace-1min @ 3 k pace -60 sec rec x 5 sets RPE 8-10.	REST	50 mins RPE 6-7.	40 mins @ marathon pace RPE 8.	REST	1 hour 10 mins RPE 6-7.

### WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
35 min easy run RPE 6-7.	20 x 60 sec - 60 sec rec @ 10k pace RPE 8-10.	REST	10 mins jog 5 x 60 sec @ race pace - 30 secs rest 5 mins jog RPE 8.	REST	10 k race or Time Trial RPE 8-10.	1 hour 20 mins RPE 6-7.

### WEEK 6

Physio and podiatry play an integral part in preventing and treating all foot and ankle complaints. Through proper assessment and the right treatment, usually specific exercises or orthoses, most conditions can be relieved and keep you running.

**PHYSIO / PODIATRY**

MON	TUE	WED	THU	FRI	SAT	SUN
50 min easy run RPE 6-7.	10 x 3mins - 60 sec rec @ 10 k pace RPE 8-10.	REST	6 x 2mins-60 sec rec @ 5k mins RPE 8-10.	50 mins @ marathon pace RPR 8.	REST	1 hour 30 mins RPE 6-7.



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## WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins easy run RPE 6-7.	6x3min hills-90 sec rec-2x60 sec down hills -30 sec rec-3mins rec RPE 8-10.	REST	60 mins run RPE 6-7.	1 hour @ marathon pace RPE 8.	REST	1hour 40 mins RPE 6-7.

## WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
50 min easy RPE 6-7.	8mins @10k pace-3mins rec-2x4mins@5k pace-2mins rest-4x2mins @3k pace-60 sec rec- 8x60 sec@ 1500m pace-30 sec rec RPE 8-10.	REST	60 mins run RPE 6-7.	1hour 10 mins@ marathon pace RPE 8.	REST	1hour 50 mins RPE 6-7.

## WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
60 mins easy run RPE 6-7.	20 x 60 sec -60 sec rec @ 10 km pace RPE 8-10.	REST	35 mins easy run RPE 6-7.	20 mins easy jog 6 x 60 secs at half marathon pace - 30 secs walk rec, 5 mins jog RPE 8.	REST	Half marathon race time trial RPE 8.

## WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins easy run RPE 6-7.	10 x 4 mins - 60 sec rec@ 10 km pace RPE 8-10.	REST	60 mins run RPE 6-7.	1 hour 10 mins @ marathon pace RPE 8.	REST	2 hours RPE 6-7.



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### WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins easy run RPE 6-7.	10 mins @ half marathon pace -3min rec- 6 x 6mins-60 sec rec @ 10 k pace- 10 mins @ half marathon pace RPE 8-10.	REST	70 mins run RPE 6-7.	1 hour 10 mins @ marathon pace RPE 8.	REST	2 hours RPE 6-7.

### WEEK 12

Tension and toxins in your muscles can often cause pain. A professional sports massage can encourage blood and lymph flow throughout the body, preventing injury from muscle fatigue.

**MASSAGE**

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins easy run RPE 6-7.	8 x 8 mins -90 sec rec @ half marathon pace RPE 8.	REST	70 mins run RPE 6-7.	1 hour 20 mins @ marathon pace RPE 8.	REST	2 hours 15 mins RPE 6-7.

### WEEK 13

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins easy run RPE 6-7.	6 x 10 mins- 2mins rec @ half marathon pace RPE 8.	REST	50 mins run RPE 6-7.	1 hour @ marathon pace RPE 8.	REST	2 hour 30 mins RPE 6-7.

### WEEK 14

MON	TUE	WED	THU	FRI	SAT	SUN
50 mins run RPE 6-7.	3 x 12 mins-4 min rest@ half marathon pace.	REST	60 mins run RPE 6-7.	3x20 mins @ marathon pace 5min rest RPE 8.	REST	1 hour 30 mins RPE 6-7.



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### WEEK 15

MON	TUE	WED	THU	FRI	SAT	SUN
45 mins run RPE 6-7.	16 x 90 sec -60 sec rec @ 10 k pace RPE 8-10.	REST	35 mins run RPE 6-7.	3x8 mins-3min rest @ 10 k pace RPE 8-10.	REST	40 mins run RPE 6-7.

### WEEK 16

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



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