



### **Marathon Training Schedule - Improver**

1. This schedule is aimed at individuals who have done a marathon before and have completed a half marathon recently, enabling them to start with a 10 mile long run. Please bear in mind this is a generic schedule which you may well have to tweak in line with your particular circumstances.
2. One of your runs (customarily on a Sunday) will gradually increase over the weeks to build up your endurance. It should be an easy run 30-60 secs per mile slower than your intended race pace.
2. Other key sessions involve hills (H) eg. run to hill as warm up then 8 x 30 secs uphill with jog down recovery) and efforts (F) eg. warm up then 5 x 1 mile with 90 secs jog recovery in between. Also time trials (TT).
3. Suggest the Thursday run is at intended race pace (RP).
4. Use Parkruns, 10K and Half Marathon races as extra speed sessions.
5. Some run days are followed by rest/recovery days to allow your training to have optimal effect.
6. Two recovery weeks are included to further optimise your training.

Week commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 May							10 miles <b>Training Run</b>
5 June	Rest	6 miles (H)	5 miles easy	6 miles (RP)	Rest or cross train	5 miles easy	11 miles
12 June	Rest	6 miles (H)	5 miles easy	6 miles (RP)	Rest or cross train	Parkrun	12 miles
19 June	Rest	6 miles (F)	6 miles easy	6 miles (RP)	Rest or cross train	5 miles easy	13 miles
26 June	Rest	6 miles (H)	6 miles easy	6 miles (RP)	Rest or cross train	5 miles easy	14 miles <b>Training Run</b>
3 July	Rest	6 miles (F)	6 miles easy	7 miles (RP)	Rest or cross train	Parkrun	15 miles
10 July	Rest	6 miles (H)	6 miles easy	8 miles (RP)	Rest or cross train	6 miles easy	16 miles
17 July (recovery)	Rest	4 miles (F)	4 miles easy	6 miles (RP)	Rest or cross train	Park Run or 10k TT	15 miles
24 July	Rest	6 miles (H)	6 miles easy	6 miles (RP)	Rest or cross train	5 miles easy	17 miles
31 July	Rest	6 miles (F)	6 miles easy	10 miles (RP)	Rest or cross train	Parkrun	18 miles <b>Training Run</b>
7 August	Rest	6 miles (H)	6 miles easy	10 miles (RP)	Rest or cross train	6 miles easy	19 miles
14 August (recovery)	Rest	4 miles (F)	4 miles easy	8 miles (RP)	Rest or cross train	Parkrun or 10k TT	17 miles

21 August	Rest	6 miles (H)	6 miles easy	10 miles (RP)	Rest or cross train	5 miles easy	19 miles
28 August	Rest	6 miles (F)	6 miles easy	12 miles (RP)	Rest or cross train	Parkrun	20 miles <b>Training Run</b>
4 September	Rest	6 miles (F)	6 miles easy	12 miles (RP)	Rest or cross train	6 miles easy	20 miles
11 September	Rest	6 miles (F)	6 miles easy	12 miles (RP)	Rest or cross train	Parkrun or 10k TT	20/22 miles
18 September (taper)	Rest	5 miles (F)	6 miles easy	8 miles (RP)	Rest or cross train	5 miles easy	15 miles
25 September (taper)	Rest	4 miles (F)	5 miles	6 miles (RP)	Rest or cross train	4 miles easy	10 miles <b>Training Run</b>
2 October (taper)	Rest	2 miles + 1 mile (RP)	Rest	3 miles easy	Rest	1 mile easy or rest	<b>Race Day</b> <b>26.2 miles</b> <b>Good times!</b>