



Marathon Intermediate Plan

RUN
things



Disclaimer

This training plan is designed for people who are in good general health. It assumes you do not have any long-standing injuries, illnesses or medical conditions. If you do or you are pregnant, you should consult a suitable medical professional before starting the plan.

Who is this plan for?

This training plan is designed for people who have are physically fit and have a good amount of running experience. They may not have completed a marathon before, but will have run a half marathon or multiple 10km events before.

How the plan works

This training plan has been designed to be flexible. Although the sessions are scheduled on certain days, you can adapt the plan each week to fit in with your schedule. Any of the sessions can be moved to a different day. There's one important rule to remember: you should not do 3 or more runs on 3 or more consecutive days.

Warming up and cooling down

'Easy' sessions, 'steady' sessions and 'variable' sessions do not require a warm up or cool down because they're low intensity. For intervals, time trials and race pace, you should do a fast walk or slow jog for 5 minutes before and after the main session.

Definitions

Here's some more information on the main session types in the plan:

Easy

This is low effort – maximum 6/10 and simply plodding along.

Steady

This is medium effort – about 7/10. You should feel a little challenged but will finish feeling like you could have gone faster.

Variable

This is a session where the efforts or paces are varied throughout the run and are prescribed within the session.

Race pace

Practicing your race-day pace. Warm up and cool down needed.

Intervals

Mixed speed. High intensity (hard effort) for either a duration or a distance, followed by a period of rest. These are repeated a specific number of times. Warm up and cool down needed.

Time trial

A hard effort with consistent pace. The distance will be outlined on the plan and you should finish feeling like you couldn't have given any more. Warm up and cool down needed. Warm up and cool down needed.

Cross training

This is being active in other areas – not running. Swimming, cycling, yoga or gym/strength and conditioning are recommended.



Marathon Intermediate Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes 	Cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 8km/5 miles • Effort: 6/10 • Duration: speed dependent
Week 2	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes 	Cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 10km/6.25 miles • Effort: 6/10 • Duration: speed dependent
Week 3	Rest	Time trial <ul style="list-style-type: none"> • Target: 8km/5 miles (record time) • Effort: 8-9/10 • Duration: speed dependent 	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 12km/7.5 miles • Effort: 6/10 • Duration: speed dependent
Week 4	Rest	Intervals <ul style="list-style-type: none"> • Reps no: 5 • Reps time: 4 minutes • Rest: 2 minutes • Effort: 8-9/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Steady run <ul style="list-style-type: none"> • Target: find marathon pace • Effort: 7/10 • Duration: 45 minutes 	Rest or cross training	Variable run <ul style="list-style-type: none"> • Target: 3km/2 miles easy 3km/2 miles steady 3km/2 miles hard 5km/3 miles easy • Effort: varied • Duration: speed dependent
Week 5	Rest	Intervals <ul style="list-style-type: none"> • Reps no: 3 • Reps time: 10 minutes • Rest: 3 minutes • Effort: 8/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Race pace <ul style="list-style-type: none"> • 30 minutes easy, 30 minutes race pace • Target: consistency and planning • Effort: variable • Duration: speed dependent 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: 16km/10 miles • Effort: 7/10 • Duration: speed dependent

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Week 6	Rest	Time trial <ul style="list-style-type: none"> Target: 8km/5 miles (record time) +4km/2.5 miles easy Effort: 8-9/10 Duration: speed dependent 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Steady run <ul style="list-style-type: none"> Target: consistent pace Effort: 7/10 Duration: 50 minutes 	Rest or cross training	Rest weekend. No long run.
Week 7	Rest	Intervals <ul style="list-style-type: none"> Reps no: 6 Reps time: 5 minutes Rest: 2 minutes Effort: 8-9/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Race pace 15 minutes easy, 45 minutes race pace <ul style="list-style-type: none"> Target: consistency and planning Effort: variable Duration: speed dependent 	Rest or cross training	Variable run <ul style="list-style-type: none"> Target: 5km/3 miles easy 8km/5 miles race pace 5km/3 miles easy Effort: 7/10 Duration: speed dependent
Week 8	Rest	Intervals <ul style="list-style-type: none"> Reps no: 3 Reps time: 12 minutes Rest: 3 minutes Effort: 8/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Steady run <ul style="list-style-type: none"> Target: consistent pace Effort: 7/10 Duration: 55 minutes 	Rest or cross training	Half marathon <ul style="list-style-type: none"> Target: 21.1km/ 13.1 miles Effort: 7-8/10 Duration: speed dependent
Week 9	Rest	Time trial <ul style="list-style-type: none"> Target: 10km/6.25 miles (record time) miles easy Effort: 8-9/10 Duration: speed dependent 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Race pace 60 minutes <ul style="list-style-type: none"> Target: consistency and planning Effort: 7-8/10 Duration: speed dependent 	Rest or cross training	Variable run <ul style="list-style-type: none"> Target: 6km/3.75 miles easy 12km/7.5 miles race pace, 6km/3.75 miles easy Effort: 7/10 Duration: speed dependent

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Week 10	Rest	Intervals <ul style="list-style-type: none"> Reps no: 6 Reps time: 6 minutes Rest: 2 minutes Effort: 8-9/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Steady run <ul style="list-style-type: none"> Target: consistent pace Effort: 7/10 Duration: 60 minutes 	Rest or cross training	Steady run <ul style="list-style-type: none"> Target: 26km/16 miles Effort: 7/10 Duration: speed dependent
Week 11	Rest	Intervals <ul style="list-style-type: none"> Reps no: 3 Reps time: 14 minutes Rest: 3 minutes Effort: 8/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Race pace 60 minutes <ul style="list-style-type: none"> Target: consistency and planning Effort: 7-8/10 Duration: speed dependent 	Rest or cross training	Variable run <ul style="list-style-type: none"> Target: 8km/5 miles easy 12km/7.5 miles race pace 8km/5 miles easy Effort: 7/10 Duration: speed dependent
Week 12	Rest	Time trial <ul style="list-style-type: none"> Target: 10km/6.25 miles (record time) +3km easy miles easy Effort: 8-9/10 Duration: speed dependent 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Steady run <ul style="list-style-type: none"> Target: consistent pace Effort: 7/10 Duration: 60 minutes 	Rest	Rest weekend. No long run.
Week 13	Rest	Intervals <ul style="list-style-type: none"> Reps no: 8 Reps time: 5 minutes Rest: 2 minutes Effort: 8-9/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 60 minutes 	Race pace 60 minutes <ul style="list-style-type: none"> Target: consistency and planning Effort: 7-8/10 Duration: speed dependent 	Rest	Steady run <ul style="list-style-type: none"> Target: 29km/18 miles Effort: 7/10 Duration: speed dependent

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Week 14	Rest	Intervals <ul style="list-style-type: none"> • Reps no: 3 • Reps time: 15 minutes • Rest: 3 minutes • Effort: 8/10 	Rest or cross training	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Steady run <ul style="list-style-type: none"> • Target: consistent pace • Effort: 7/10 • Duration: 60 minutes 	Rest	Steady run <ul style="list-style-type: none"> • Target: 32km/20 miles • Effort: 7/10 • Duration: speed dependent
Week 15	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Rest	Easy run <ul style="list-style-type: none"> • Target: taper time • Effort: 6/10 • Duration: 60 minutes
Week 16	Rest	Race pace <ul style="list-style-type: none"> • Target: 5km/3 miles • Effort: 7/10 • Duration: speed dependent 	Rest	Rest	Easy run <ul style="list-style-type: none"> • Target: focus, leg preparation • Effort 6/10 • Duration: 20 minutes 	Rest	Race day

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