

Marathon training plan

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Week 1 - Total: 20.0 km Base

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 4 km Pace: 7:28-7:48 min/km HR Zone: Zone 1-2		Distance: 2 km Pace: 7:06-7:26 min/km HR Zone: Zone 2	Distance: 4 km Pace: 7:06-7:26 min/km HR Zone: Zone 2		Distance: 10 km Pace: 7:21-7:36 min/km HR Zone: Zone 2-3

Week 2 - Total: 23.0 km Base

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 4 km Pace: 7:27-7:47 min/km HR Zone: Zone 1-2		Distance: 3 km Pace: 7:06-7:26 min/km HR Zone: Zone 2	Distance: 5 km Pace: 7:06-7:26 min/km HR Zone: Zone 2		Distance: 11 km Pace: 7:20-7:35 min/km HR Zone: Zone 2-3

Week 3 - Total: 27.0 km Base

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 5 km Pace: 7:25-7:45 min/km HR Zone: Zone 1-2		Distance: 3 km Pace: 7:04-7:24 min/km HR Zone: Zone 2	Distance: 6 km Pace: 7:04-7:24 min/km HR Zone: Zone 2		Distance: 13 km Pace: 7:16-7:31 min/km HR Zone: Zone 2-3

Week 4 - Total: 22.0 km Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 4 km Pace: 7:34-7:54 min/km HR Zone: Zone 1-2		Distance: 3 km Pace: 7:13-7:33 min/km HR Zone: Zone 2	Distance: 5 km Pace: 7:13-7:33 min/km HR Zone: Zone 2		Distance: 10 km Pace: 7:25-7:40 min/km HR Zone: Zone 2-3

Week 5 - Total: 27.0 km Base

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 5 km Pace: 7:25-7:45 min/km HR Zone: Zone 1-2		Distance: 3 km Pace: 7:04-7:24 min/km HR Zone: Zone 2	Distance: 6 km Pace: 7:04-7:24 min/km HR Zone: Zone 2		Distance: 13 km Pace: 7:16-7:31 min/km HR Zone: Zone 2-3

Week 6 - Total: 31.0 km Base

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 5 km Pace: 7:24-7:44 min/km HR Zone: Zone 1-2		Distance: 4 km Pace: 7:04-7:24 min/km HR Zone: Zone 2	Distance: 7 km Pace: 7:04-7:24 min/km HR Zone: Zone 2		Distance: 15 km Pace: 7:15-7:30 min/km HR Zone: Zone 2-3

Week 7 - Total: 34.0 km Base

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 6 km Pace: 7:21-7:41 min/km HR Zone: Zone 1-2		Distance: 4 km Pace: 7:03-7:23 min/km HR Zone: Zone 2	Distance: 8 km Pace: 7:03-7:23 min/km HR Zone: Zone 2		Distance: 16 km Pace: 7:11-7:26 min/km HR Zone: Zone 2-3

Week 8 - Total: 27.0 km Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	RECOVERY RUN	STRENGTH TRAINING	EASY RUN	EASY RUN	Rest Day	LONG RUN
	Distance: 5 km Pace: 7:30-7:50 min/km HR Zone: Zone 1-2		Distance: 3 km Pace: 7:11-7:31 min/km HR Zone: Zone 2	Distance: 6 km Pace: 7:11-7:31 min/km HR Zone: Zone 2		Distance: 13 km Pace: 7:20-7:35 min/km HR Zone: Zone 2-3

Week 9 - Total: 34.0 km Build

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	TEMPO RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 8 km Pace: 7:03-7:23 min/km HR Zone: Zone 2		Distance: 4 km Pace: 6:20-6:30 min/km HR Zone: Zone 3-4 Warmup then Suggested distance at tempo pace	Distance: 6 km Pace: 7:21-7:41 min/km HR Zone: Zone 1-2		Distance: 16 km Pace: 7:11-7:26 min/km HR Zone: Zone 2-3

Week 10 - Total: 38.0 km Build

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	INTERVAL RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 8 km Pace: 7:02-7:22 min/km HR Zone: Zone 2		Distance: 5 km Pace: 5:37-5:47 min/km HR Zone: Zone 4-5 Warmup then 4-6 min repeats at noted pace w/ 3-4 min jogs between	Distance: 7 km Pace: 7:20-7:40 min/km HR Zone: Zone 1-2		Distance: 18 km Pace: 7:10-7:25 min/km HR Zone: Zone 2-3

Week 11 - Total: 42.0 km Build

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	TEMPO RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 9 km Pace: 7:01-7:21 min/km HR Zone: Zone 2		Distance: 5 km Pace: 6:13-6:23 min/km HR Zone: Zone 3-4 Warmup then Suggested distance at tempo pace	Distance: 8 km Pace: 7:18-7:38 min/km HR Zone: Zone 1-2		Distance: 20 km Pace: 7:06-7:21 min/km HR Zone: Zone 2-3

Week 12 - Total: 33.0 km Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	INTERVAL RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 7 km Pace: 7:09-7:29 min/km HR Zone: Zone 2		Distance: 4 km Pace: 5:37-5:47 min/km HR Zone: Zone 4-5 Warmup then 4-6 min repeats at noted pace w/ 3-4 min jogs between	Distance: 6 km Pace: 7:27-7:47 min/km HR Zone: Zone 1-2		Distance: 16 km Pace: 7:15-7:30 min/km HR Zone: Zone 2-3

Week 13 - Total: 42.0 km Build

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	TEMPO RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 9 km Pace: 7:01-7:21 min/km HR Zone: Zone 2		Distance: 5 km Pace: 6:13-6:23 min/km HR Zone: Zone 3-4 Warmup then Suggested distance at tempo pace	Distance: 8 km Pace: 7:18-7:38 min/km HR Zone: Zone 1-2		Distance: 20 km Pace: 7:06-7:21 min/km HR Zone: Zone 2-3 Include 2x 5km at Marathon Pace throughout the run

Week 14 - Total: 47.0 km Peak

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	INTERVAL RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 12 km Pace: 7:00-7:20 min/km HR Zone: Zone 2 End with 6-8 x 20-30 sec strides (fast but relaxed) with full recovery walks between		Distance: 4 km Pace: 5:29-5:39 min/km HR Zone: Zone 4-5 Warmup then 3-5 x 6-7 min repeats at noted pace w/ 90 sec jogs between	Distance: 8 km Pace: 7:17-7:37 min/km HR Zone: Zone 1-2		Distance: 23 km Pace: 7:05-7:20 min/km HR Zone: Zone 2-3 Include 3x 5km at Marathon Pace throughout the run

Week 15 - Total: 52.0 km Peak

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	TEMPO RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 13 km Pace: 7:00-7:20 min/km HR Zone: Zone 2 End with 6-8 x 20-30 sec strides (fast but relaxed) with full recovery walks between		Distance: 5 km Pace: 6:09-6:19 min/km HR Zone: Zone 3-4 Warmup then suggested distance at noted pace - practice race rhythm	Distance: 9 km Pace: 7:16-7:36 min/km HR Zone: Zone 1-2		Distance: 25 km Pace: 7:03-7:18 min/km HR Zone: Zone 2-3 Last 6km at Marathon Pace

Week 16 - Total: 55.0 km Peak

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	STRENGTH TRAINING	INTERVAL RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 14 km Pace: 7:00-7:20 min/km HR Zone: Zone 2 End with 6-8 x 20-30 sec strides (fast but relaxed) with full recovery walks between		Distance: 5 km Pace: 5:25-5:35 min/km HR Zone: Zone 4-5 Warmup then 3-5 x 6-7 min repeats at noted pace w/ 90 sec jogs between	Distance: 10 km Pace: 7:15-7:35 min/km HR Zone: Zone 1-2		Distance: 26 km Pace: 7:02-7:17 min/km HR Zone: Zone 2-3 Last 8-10km at Marathon Pace Ø=Ü Tip: Doing less dis here is perfectly fine - prioritize your recovery needs as race day approaches

Week 17 - Total: 33.0 km Taper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	Rest Day	TEMPO RUN	RECOVERY RUN	Rest Day	LONG RUN
	Distance: 8 km Pace: 7:21-7:41 min/km HR Zone: Zone 2 End with 6-8 x 20-30 sec strides (fast but relaxed) with full recovery walks between		Distance: 3 km Pace: 6:24-6:34 min/km HR Zone: Zone 3-4 Controlled tempo only (not all-out). Keep effort steady and comfortable-hard; replacing this with an easy run is okay if you need extra freshness.	Distance: 6 km Pace: 7:36-7:56 min/km HR Zone: Zone 1-2		Distance: 16 km Pace: 7:22-7:37 min/km HR Zone: Zone 2-3

Week 18 - Total: 56.2 km Race

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest Day	EASY RUN	Rest Day	EASY RUN	Rest Day	SHAKEOUT RUN	RACE!
	Distance: 6 km Pace: 7:00-7:20 min/km HR Zone: Zone 2 Maintain some volume		Distance: 5 km Pace: 7:00-7:20 min/km HR Zone: Zone 2 Maintain some volume		Distance: 3 km HR Zone: Zone 2-3 Easy shakeout run, you can add a few short strides at race pace!	Distance: 42.2 km Pace: 6:24 min/km HR Zone: Zone 4-5