

IMPROVER'S 16-WEEK MARATHON SCHEDULE

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|---|---|--|-----------------|--|-----------------|--|
| WEEK 1 | REST DAY The next four weeks are about building a base of easy running – building time on your feet without the fatigue of faster running. This will form the basis from which to introduce more marathon-specific training | RUN 20 MINUTES 20 minute easy run | RUN 30 MINUTES 30 minute easy run | REST DAY | RUN 40 MINUTES 40 minute easy run | REST DAY | RUN 60 MINUTES 60 minute easy run |
| WEEK 2 | REST DAY Continue to establish your routine. Find the time to get out to run | RUN 30 MINUTES 30 minute easy run | RUN 40 MINUTES 40 minute steady run | REST DAY | RUN 40 MINUTES 40 minute easy run | REST DAY | RUN 70 MINUTES 70 minute easy run |
| WEEK 3 | REST DAY The third week of the plan is important. The steady miles are setting the foundation for the rest of your training. You're doing well | RUN 30 MINUTES 30 minute easy run | RUN 50 MINUTES 50 minute steady run | REST DAY | RUN 35 MINUTES 35 minute easy run | REST DAY | RUN 80 MINUTES 80 minute easy run |
| WEEK 4 | REST DAY Build up your longest run to 90 minutes at the weekend. This will be a real confidence booster for the rest of your plan as it kicks in | RUN 35 MINUTES 35 minute easy run | RUN 60 MINUTES 60 minute steady run | REST DAY | RUN 35 MINUTES 35 minute easy run | REST DAY | RUN 90 MINUTES 90 minute easy run |
| WEEK 5 | REST DAY A lighter week to enable your body to adapt to the training loads | RUN 20 MINUTES 20 minute easy run | RUN 30 MINUTES 30 minute steady run | REST DAY | RUN 20 MINUTES 20 minute easy run | REST DAY | RUN 60 MINUTES 60 minute easy run 🏃 |
| WEEK 6 | REST DAY This week you'll introduce more intensity to boost fitness levels and build pace endurance. Run to feel and listen to your body to judge intensity | RUN 40 MINUTES 40 minute easy run | RUN 44 MINUTES 10 minute easy run, (60 secs fast, 2 min jog recovery) x 8, 10 minute easy run = 44 minutes | REST DAY | RUN 50 MINUTES 10 minute easy run, (5 minutes steady, 5 mins tempo) x 3, 10 minute easy run = 50 minutes | REST DAY | RUN 1HR 45 MINUTES 1 hour 45 minute easy run, or distance goal of 10 miles |

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| WEEK 7 | REST DAY Make sure you show a range of pace during the sessions so you can maximise the fitness benefits | RUN 45 MINUTES 45 minute easy run | RUN 40 MINUTES 10 min easy run, (2 min tempo run, 2 min jog recovery) x 5, 10 min easy run = 40 minutes | REST DAY | RUN 46 MINUTES 10 min easy run, (8 min tempo run, 5 min steady run) x 2, 10 min easy run = 46 minutes | REST DAY | RUN 2HRS 10 MINUTES 2 hour 10 minute easy run, or distance goal of 12 miles |

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| WEEK 8 | REST DAY Really attack your faster running, and embrace the breathlessness | RUN 50 MINUTES 50 minute easy run | RUN 50 MINUTES 10 min easy run, (90 secs fast, 90 secs jog recovery) x 10, 10 min easy run = 50 minutes | REST DAY | RUN 47 MINUTES 10 min easy run, (2 x 12 min tempo, with 3 min jog recovery) 10 min easy run = 47 minutes | REST DAY | RUN 2HRS 30 MINUTES 2 hour 30 minute easy run, or distance goal of 14 miles |

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| WEEK 9 | REST DAY A consistent week where you should be feeling the benefits of the training that is behind you and feeling more confident (if a little tired!) about what lies ahead. Keep focused and on track | RUN 50 MINUTES 50 minute easy run | RUN 56 MINUTES 10 minute easy run, (4 minute tempo run, 2 minute jog recovery) x 6, 10 minute easy run = 56 minutes | REST DAY | RUN 40 MINUTES 10 minute easy run, 20 minute tempo run, 10 minute easy run = 40 minutes | REST DAY | RUN 2HRS 45 MINUTES 2 hour 45 minute easy run, or distance goal of 16 miles |

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| WEEK 10 | REST DAY Race practice – enter a half marathon race to familiarise yourself with Race Day routines, such as pre-race meal, race clothing and hydration strategies | RUN 50 MINUTES 50 minute easy run | RUN 45 MINUTES 10 minute easy run, (3 minute tempo run, 2 minute jog recovery) x 5, 10 minute easy run = 45 minutes | REST DAY | RUN 30 MINUTES 30 minute easy run | REST DAY | RUN 90 MINUTES 90 minute easy run or race a half marathon, like the adidas Silverstone Half Marathon on Sunday 12 March |

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| WEEK 11 | REST DAY Recover from your half marathon. Continue to explore what your marathon pace feels like. Start to dial it in and feel more confident you can do it | RUN 30 MINUTES 30 minute easy run | RUN 60 MINUTES 60 minute steady run | REST DAY | RUN 50 MINUTES 10 minute easy run, 30 minutes at target marathon pace, 10 minute easy run = 50 minutes | REST DAY | RUN 2HRS 45 MINUTES 2 hour 45 minute steady run, or distance goal of 16 miles |

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| WEEK 12 | REST DAY Build the long run while including further focus on your target marathon pace, hydration and fuelling. Plan these things in advance but don't panic if they don't go to plan! | RUN 50 MINUTES 50 minute easy run | RUN 50 MINUTES 5 minute easy run, 40 minutes at target marathon pace, 5 minute easy run = 50 minutes | REST DAY | RUN 35 MINUTES 35 minute easy run | REST DAY | RUN 3HRS 3 hour run: 1 hour easy, 1 hour steady, 1 hour easy, or distance goal of 18 miles. Include 6 miles in the middle at target marathon pace |

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| WEEK 13 | REST DAY This week you will do your longest run. Use this as a dress rehearsal for Race Day; eat your pre-race breakfast, wear the clothes you intend to race in, practise your hydration and fuelling strategies during your long run on Sunday | RUN 50 MINUTES 50 minute easy run | RUN 55 MINUTES 10 minute easy run, (5 minute tempo run, 2 minute jog recovery) x 5, 10 minute easy run = 55 minutes | REST DAY | RUN 60 MINUTES 5 minute easy run, 50 minutes at target marathon pace, 5 minute easy run = 60 minutes | REST DAY | RUN 3HRS 30 MINUTES Your longest run: 3 hours 30 minutes, or distance goal of 20 to 22 miles. Include a section, perhaps the final 8 miles, at target marathon pace |

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| WEEK 14 | REST DAY The long run will taper from here, but you will still need to maintain your paced runs during the week | RUN 40 MINUTES 40 minute easy run | RUN 40 MINUTES 10 minute easy run, (60 seconds fast, 60 seconds jog) x 10, 10 minute easy run = 40 minutes | REST DAY | RUN 50 MINUTES 10 min easy run, 10 min steady run, 10 mins at target marathon pace, 10 mins faster, 10 min easy run = 50 minutes | REST DAY | RUN 90 MINUTES 90 minute easy run |

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| WEEK 15 | REST DAY Towards the end of this week your legs should find their spring again | RUN 30 MINUTES 30 minute easy run | RUN 41 MINUTES 10 min easy run, (5 x 60 secs fast, 60 secs jog), 3 min jog, 8 mins at target marathon pace, 10 mins easy = 41 mins | REST DAY | RUN 30 MINUTES 5 minute easy run, 20 minutes at target marathon pace, 5 minute easy run = 30 minutes | REST DAY | RUN 60 MINUTES 60 minute easy run |

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| WEEK 16 | REST DAY This week you can only do too much. Use any spare time to relax and put your feet up. Come Race Day, do not get too excited, set off at your race pace and stick to your plan. You want to feel good when you get to halfway, ready to tackle the second half of the race | RUN 20 MINUTES 20 minute easy run | RUN 32 MINUTES 10 minute easy run, 12 minutes at target marathon pace, 10 minute easy run = 32 minutes | REST DAY | RUN 10 MINUTES 10 minute easy jog | REST DAY | RACE DAY You are ready. Good luck! 🍀 |