

MARATHON TRAINING PLAN

ADVANCED



BEFORE YOU BEGIN....

Explanation of Training Session Terms:

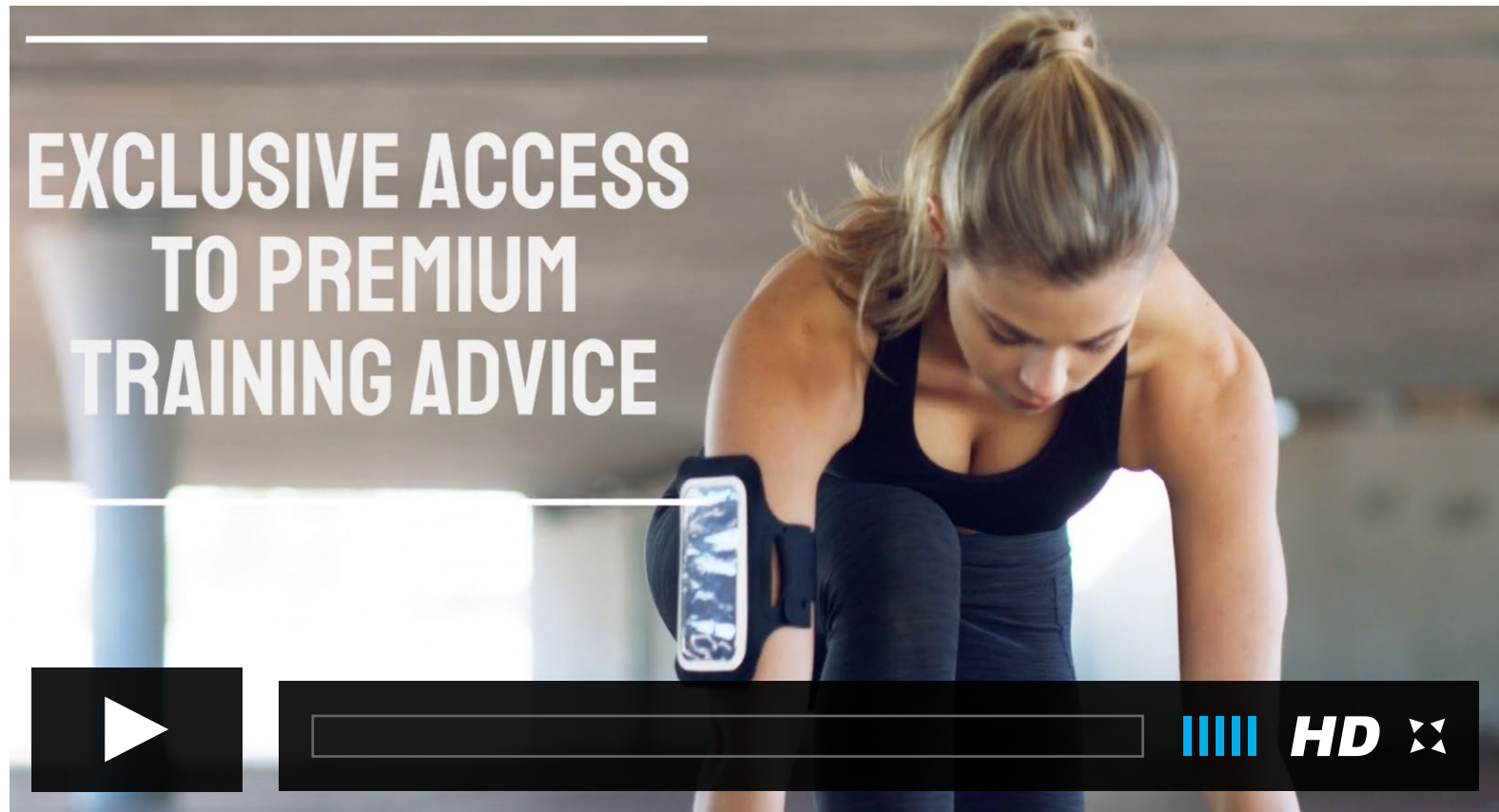
- **Easy Run** - This is a really gentle jog that is not taxing at all. It's a really gentle pace and one which should be done with a very relaxed mindset.
RPE Scale - 3-4
- **Steady Run** - This is the pace the majority of your runs should be run at. It's a "comfortable pace" and a pace which you feel you can run for a long period of time. You should just about be able to count to 10 in one breath whilst running at this pace and you should certainly be able to hold a conversation with someone.
RPE Scale - 4-5
- **Tempo Run** - This pace is a notch up from a steady pace and should feel that much more of an effort. Initially, you will only be able to hold this pace for a mile or 2, but this will increase to 8-10 miles over time.
RPE Scale - 6-7
- **Fartlek** - Predominantly an easy or steady run, but with randomised fast intervals thrown in every now and again. Include as many intervals as you like - as often, as far and as fast as you wish.
RPE Scale - 3-8 (8 being max intensity of "fartlek" segment)
- **Cross Train** - Any other cardiovascular activity that is NOT running. Common forms of cross training include cycling, rowing & swimming.
- **Intervals** - Structured and high intensity running intervals with a set period of rest. Popular intervals include:
 - 4 x 1 mile or 1km intervals - with 4-5 mins *rest in-between intervals.
 - 8 x 800m intervals - with 3 mins *rest in-between intervals.*RPE Scale - 2-9 (9 being max intensity of "interval")*
**It's ok to just walk during your rest period.*

RATE OF PERCEIVED EXERTION (RPE) SCALE.

R.P.E SCALE	HOW YOU FEEL	%HR MAX
1	Chilling. Sitting down, feet up watching a movie.	30-40%
2	A steady walking pace.	45-55%
3	A light jog.	60-70%
4	A perfect sociable pace. Quicker than a jog but able to have a chat.	70-75%
5	Pretty comfortable. Got a good sweat on and you feel great.	75-80%
6	Comfortable -ish. You feel like it's good paced run.	80-85%
7	Talking getting difficult. Possible - but not very easy.	85-90%
8	Only short answers to important questions possible.	90-95%
9	Talking all but impossible.	95%+
10	Talking is impossible. You can only keep this intensity up for 10-15 seconds or so.	N/A

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3-4 miles Steady	Rest	4-5 miles Steady	Rest	4-5 miles tempo	Rest	4-5 miles Steady
2	Easy 3 miles / rest	Rest	4 Miles Steady	45 min Easy / Cross Train	5-6 miles tempo	Rest	5-6 miles Steady
3	Rest	Rest	5-6 Mile fartlek	45 min Easy / Cross Train	5-6 miles tempo	Rest	6-7 miles Steady
4	Easy 3 miles / rest	Rest	5-6 Mile fartlek	45 min Easy / Cross Train	6-7 miles tempo	Rest	8-9 mile Steady
5	Easy 3 miles / rest	Rest	4 x 1 mile intervals - 6 mins rest between ints intervals	60 min Easy / Cross Train	5 miles steady	Rest	5-6 miles steady
6	Easy 3 miles / rest	Rest	4 x 1 mile intervals - 5 mins rest between ints intervals	60 min Easy / Cross Train	7-8 miles tempo	Rest	11-12 miles Steady
7	Rest	Rest	6-7 Mile fartlek	60 min Easy / Cross Train	8 miles tempo	Rest	13-14 miles Steady
8	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 6 mins rest between ints intervals	Rest	Rest / 45 mins Cross train	Rest	14-15 miles Steady

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	3-4 miles Steady / rest	Rest	5 x 1 mile - 6 mins rest between ints intervals	80 min Easy / Cross Train	7 mile tempo	Rest	16-17 miles Steady
10	3-4 mile Steady/ rest	Rest	5 x 1 mile - 5 mins rest between ints intervals	80 min Easy / Cross Train	6 miles tempo	Rest	12-13 miles Steady
11	Rest	Rest	4-5 Mile fartlek	Rest	4-5 miles steady	Rest	16-18 miles Steady
12	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 5 mins rest between ints	90 min Easy / Cross Train	8 miles tempo	Rest	18-20 mile Steady
13	Easy 3 miles / rest	Rest	5 x 1 mile intervals 4 mins rest between ints	90 min Easy / Cross Train	8 mile tempo	Rest	19-21 miles steady
14	Easy 3 miles / rest	Rest	5 x 1 mile intervals - 4 mins rest between ints	90 min Easy / Cross Train	8 miles tempo	Rest	10-12 miles Steady
15	Easy 3 miles / Rest	Rest	4 x 1 mile - 4 mins rest between ints intervals	60 min Cross Train	4-5 miles tempo	Rest	6-8 miles Steady
16	Easy 3 miles / rest	Rest	4-5 miles steady	Rest	3-4 miler easy - with short bursts of speed	Rest	RACE DAY



LOGIN AND LEARN

The GH Training Video & Tutorial Library is the perfect compliment to this plan.

Featuring a wide range of nutrition, training and injury prevention videos and vlogs, the library is there to help you get the most out of training.

Access is **free** - so if you don't know your login code, ask your Organisation for the details.

Key points on how to use the Advanced timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll only make it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.
- **Head over to the [Video Library](#) and search "Training Plans" for more help and explanations how to follow a Training Plan.**

Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

TRAINING DIARY

DATE	DISTANCE RUN	NOTES

TRAINING DIARY

DATE	DISTANCE RUN	NOTES