

# MARATHON TRAINING PLAN

## INTERMEDIATE



## BEFORE YOU BEGIN....

### Explanation of Training Session Terms:

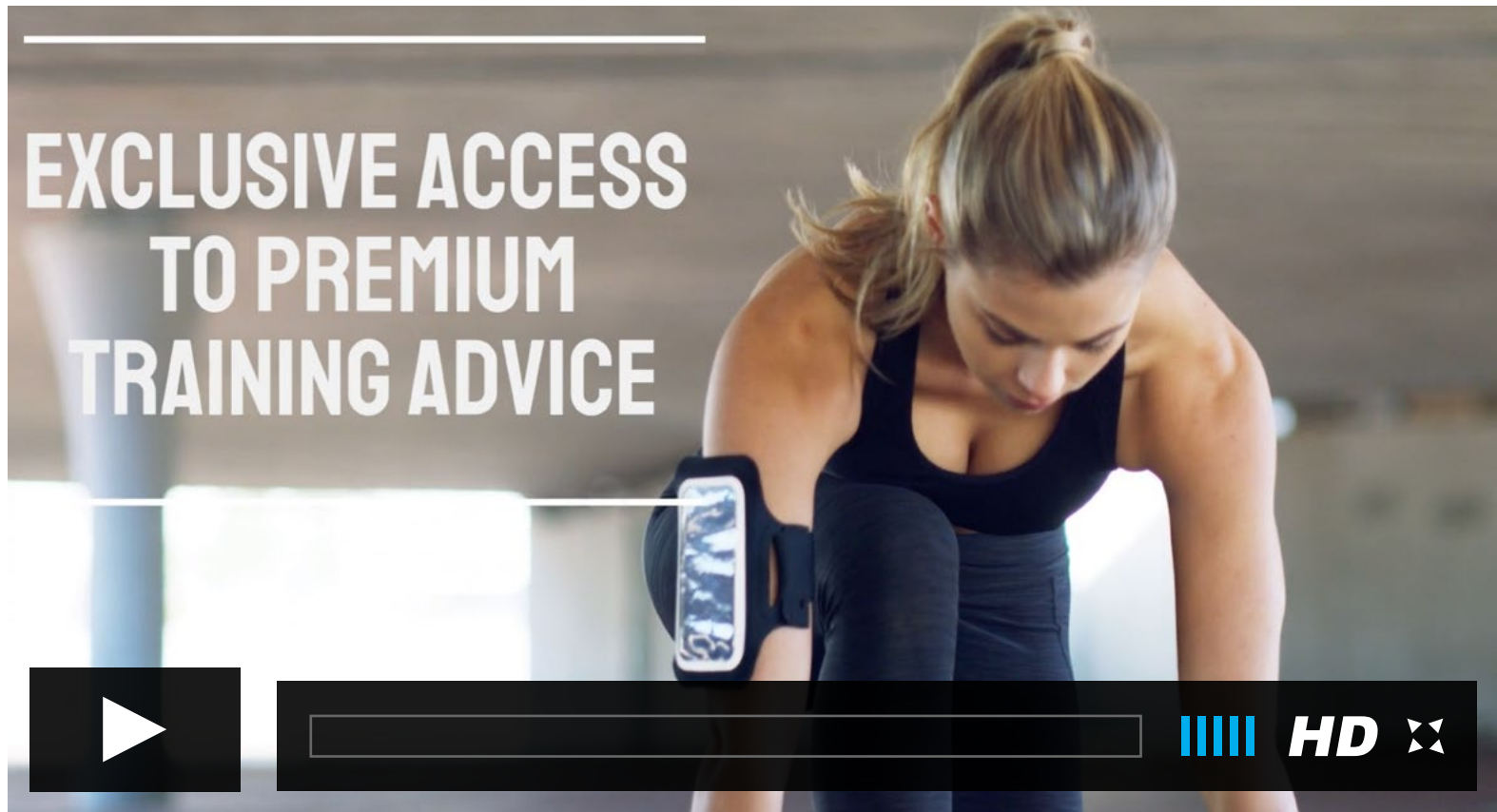
- **Easy Run** - This is a really gentle jog that is not taxing at all. It's a really gentle pace and one which should be done with a very relaxed mindset.  
*RPE Scale - 3-4*
- **Steady Run** - This is the pace the majority of your runs should be run at. It's a "comfortable pace" and a pace which you 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  | 3-4 miles Steady                                           | Rest  | 3-4 miles fartlek          | Rest  | 4-5 miles Steady   |
| 2    | 45min cross train / Rest | Rest  | 4 Miles Steady                                             | Rest  | 3-4 miles fartlek          | Rest  | 5-6 miles Steady   |
| 3    | 45min cross train / Rest | Rest  | 4 Mile fartlek                                             | Rest  | 4-5 mile tempo             | Rest  | 6-7 miles Steady   |
| 4    | 45min cross train / Rest | Rest  | 4 Mile fartlek                                             | Rest  | 4-5 miles tempo            | Rest  | 8-9 mile Steady    |
| 5    | 45min cross train / Rest | Rest  | 4-5 Mile fartlek                                           | Rest  | 4-5 mile tempo / fartlek   | Rest  | 5-6 miles steady   |
| 6    | 45min cross train / Rest | Rest  | 4-5 Mile fartlek                                           | Rest  | Rest / 60 mins Cross train | Rest  | 10-11 miles Steady |
| 7    | 45min cross train / Rest | Rest  | 5-6 Mile fartlek                                           | Rest  | 6 miles tempo / fartlek    | Rest  | 11-12 miles Steady |
| 8    | 45min cross train / Rest | Rest  | 4 x 1 mile intervals<br>- 6 mins rest<br>between intervals | Rest  | 6 miles tempo/ fartlek     | Rest  | 12-13 miles Steady |

| Week | Day 1                    | Day 2 | Day 3                                           | Day 4 | Day 5                    | Day 6 | Day 7              |
|------|--------------------------|-------|-------------------------------------------------|-------|--------------------------|-------|--------------------|
| 9    | 45min cross train / Rest | Rest  | 4 x 1 mile - 6 mins rest between intervals      | Rest  | 7 mile tempo/ fartlek    | Rest  | 13-14 miles Steady |
| 10   | 45min cross train / Rest | Rest  | 4 x 1 mile - 6 mins rest between intervals      | Rest  | 4-5 miles tempo/fartlek  | Rest  | 6-8 miles Steady   |
| 11   | 45min cross train / Rest | Rest  | 4-5 Mile fartlek                                | Rest  | 6 miles tempo/fartlek    | Rest  | 15-16 miles Steady |
| 12   | 45min cross train / Rest | Rest  | 5 x 1 mile intervals - 6 mins rest between ints | Rest  | 6-7 miles tempo/ fartlek | Rest  | 17-19 mile Steady  |
| 13   | 45min cross train / Rest | Rest  | 5 x 1 mile intervals 6 mins rest between ints   | Rest  | 6-7 miles tempo/ fartlek | Rest  | 19-21 miles steady |
| 14   | 45min cross train / Rest | Rest  | 5 x 1 mile intervals - 5 mins rest between ints | Rest  | 5 miles tempo            | Rest  | 12-14 miles Steady |
| 15   | 45min cross train / Rest | Rest  | 3 x 1 mile - 5 mins rest between intervals      | Rest  | 3-4 miles tempo          | Rest  | 6-8 miles Steady   |
| 16   | 45min cross train / Rest | Rest  | 3-4 miles easy                                  | Rest  | 3-4 miles easy           | Rest  | <b>RACE DAY</b>    |



### 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 Intermediate 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 |
|------|--------------|-------|
|      |              |       |
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# TRAINING DIARY

| DATE | DISTANCE RUN | NOTES |
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