

SAMPLE 16 WEEK MARATHON PLAN for an advanced runner, training 4 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	6km 6km Easy Run	7km Over and Unders 2km	Rest	8km Extended Kms	Rest	14km 14km Long Run	Rest
WEEK 2	6km 6km Easy Run	7km Tempo 2km Blocks	Rest	7.3km Broken Miles	Rest	16km 16km Long Run	Rest
WEEK 3	6km 6km Easy Run	7km Varied Tempo 2kms	Rest	9.3km Pyramid Intervals	Rest	18km 18km Long Run	Rest
WEEK 4	6km 6km Easy Run	5km 200m Tempo Repeats	Rest	7.2km Descending Intervals	Rest	12km 12km Long Run	Rest
WEEK 5	7km 7km Easy Run	9km Repeating Progressive Run	Rest	8.9km Progressive Mile Repeats	Rest	21.1km Half Marathon Long Run	Rest
WEEK 6	8km 8km Easy Run	9km Rolling 500s	Rest	9.2km 400s into 200s	Rest	24km 24km Long Run	Rest
WEEK 7	9km 9km Easy Run	9km Steady Tempo 3km	Rest	11km 2km Repeats	Rest	26km 26km Long Run	Rest
WEEK 8	7km 7km Easy Run	7km Steady Opener into Up & Overs	Rest	7km 400m Repeats	Rest	14km 14km Long Run	Rest

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WEEK 9	12km 12km Easy Run	11km Over and Unders 1km	Rest	11km 800m into 400m Intervals	Rest	26km 26km Long Run	Rest
WEEK 10	10km 10km Easy Run	12km Progressive Run	Rest	11km 800m Repeats	Rest	30km 30km Long Run	Rest
WEEK 11	10km 10km Easy Run	11km Tempo 1200s	Rest	11km 200m Repeats	Rest	34km 34km Long Run	Rest
WEEK 12	8km 8km Easy Run	7km Varied Tempo 4km	Rest	7km 1km Repeats	Rest	14km 14km Long Run	Rest
WEEK 13	10km 10km Easy Run	11km Mile Up & Overs	Rest	13km Steady Opener Progressive Run	Rest	32km 32km Long Run	Rest
WEEK 14	10km 10km Easy Run	11km Shorter Intervals	Rest	14km Over and Unders 400m	Rest	18km 18km Long Run	Rest
WEEK 15	8km 8km Easy Run	9km Half Easy Half Tempo	Rest	11km Drop Set	Rest	12km 12km Long Run	Rest
WEEK 16	6km 6km Easy Run	Rest	8km Taper Intervals	Rest	Rest	Rest	42.2km Marathon Race