

MARATHON TRAINING PLAN

This is a 20 week marathon training plan suitable for runners able to commit to 4 sessions a week. It assumes that you have regularly been able to complete 3 sessions a week prior to the start of this plan.

Training Zones

ZONE	RPE 1-10 (1=Rest 10=Max)	PLAN ABBREVIATION
Easy	4/10	E
Steady	5/10	ST
Endurance	6/10	END
Sweetspot	7/10	S/S
Intense	8-9/10	INT

Phasing

Phase of training	Description
Base	Familiarisation of sessions and structure of plan, establish a base fitness on which to build.
Build	Increase volume to develop endurance and create resistance to fatigue. Introduction to intensity to raise VO2.
Pre-Comp/Peak	Maintain volume, increase intensity and develop threshold training for specific race preparation. Reduced volume during taper.
Recovery	Reduction of intensity &/or volume to aid recovery in preparation for next phase

The above zones and descriptors are to be used with the plan below. NTC members who already have personalised training zones should use them.

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Week and phase	Monday: (or Tuesday)	Tuesday	Wednesday: NTC intervals or road alternative All intense sessions: warm up/drills/strides, main set/cool down/stretch	Thursday	Friday	Saturday: Rest day or NTC ride	Sunday: NTC steady group run	Notes	Total
1 Base	E 4m	Rest	6m: Main set: 4 X 1m S/S with 2 min standing recs or 4 X 6 mins with 2 mins jog rec.	Rest	E 4m or rest	Optional XC	ST 6m		21m
2	E 4m	Rest	6m: Main set: 1m TT INT, 10 X 200m S/S 200 jog rec or 1m TT INT, 10 x 30s S/S, 30s jog recs	Rest	E 4m	Rest or ride	ST 7m		21m
3	ST 5m**	Rest	6m: Main set: 12 X 200 INT with 200 jog back recs or 12 X 30s INT with 30s jog rec.	E 4m	E 4m	Rest or ride	ST 8m	**5mins END	21m
4	ST 5m**	Rest	6m: Main set: 6 X 1k S/S with 2 min standing recs or 6 X 4 mins S/S with 2 mins jog rec.	E 4m	E 4m	Rest or ride	ST 9m	**10mins END	22m
5 Recovery	E 4m	Rest	6m: Main set: 3 X 1m S/S with 3 min jog recs or 3 X 7 mins with 3 mins jog rec.	Rest	E 4m	Rest or ride	ST 6m	Recovery week	20m
Build 6	E 4m	Rest	6m: Main set: 10 X 400 INT with 90s standing recs or 10 X 90s INT with 90s jog rec.	Rest	ST 4m**	Rest or ride	ST 10m	**15 mins END	24m
7	E 4m	Rest	6m :Main set: 400,800,800,1200,800, 800,400 INT with 1,90s,2,3,2,90s standing recs or 1,2,3,4,3,2,1 mins INT, 1,90s,2,3,2,90s jog rec.	Rest	ST 4m**	Rest or ride	ST 12m*	*Use sports gel at 5m **20 mins END	26m
8	E 4m	Rest	6m: Main set: 6 X 800 INT with 3 min standing recs or 6 X 3 mins INT with 3 mins jog rec.	Rest	ST 4m**	Rest or ride	ST 14m* or 5m race	*sports gel at 6 & 10m ** 5min S/S	23/28m
9 Recovery	E 3m	Rest	6m: Main set: 15 X 200 INT with 200 jog back recs or 15 X 30s INT with 30s jog rec.	Rest	E 4m	Rest or ride	ST 13m*	*sports gel at 6 & 10m	26m
Build 10	E 5m	Rest	6m: Main set: 1m,1200,800,400,400 INT with 4,3,2,1 min standing recs or 5,4,3,2,1 INT with 4,3,2,1 mins jog rec.	Rest	E 5m	Rest	Wrexham ½ marathon* or equivalent	*sports gel at 5 & 10m 2m Warm up/cool down	31m
11	Rec 5m	Rest	6m: Main set: 6 X 1k INT with 2 min standing recs or 6 X 4 mins INT with 2 mins jog rec.	Rest	ST 6m**	Rest or ride	ST 18m*	*Sports gel 6&12m ** 10 mins S/S	35m
12	E 5m	Rest	6m: Main set: 15 X 400 S/S with 30s standing recs or 15 X 90s S/S with 30s jog rec.	Rest	ST 6m **	Rest or ride	ST 21m*	*Use sports gel at 6,12 & 18m ** 15 mins S/S	38m
13 Recovery	E 4m	Rest	6m: Main set: 4 X 1m S/S with 3 min standing recs or 4 X 6 mins with 3 mins jog rec.	Rest	E 4m	Rest	Knighton 20m* or equivalent	*Use gel at 6 & 12m Incl 1m warm up/cool down	36m
14 Pre-comp	Rest	Rest	6m: Main set: 10 X 400 INT with 90s standing recs or 10 X 90s with 90s jog rec.	Rest	ST 7m **	Rest or ride	ST 22m*	*Use sports gel at 6,12 & 18m ** 20mins S/S	35m
15	E 6m	Rest	6m: Main set: 6 X 800 INT with 2 min standing recs Or 6 X 3 mins INT with 2 min jog recs	Rest	ST 7m**	Rest or ride	ST 18m*	*Use sports gel at 6,12m ** 25mins S/S	37m

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16	E 6m	Rest	6m:Main set: 1m TT INT,10 X 200m INT 200 jog rec Or 1m TT INT, 10 x 30s S/S, 30s jog recs	Rest	ST 7m **	Rest or ride	ST 24m*	*Use sports gel at 6,12 & 18m ** 30mins S/S	43m
17 Recovery	E 4m	Rest	6m:Main set: 20 X 200 INT with 200 jog back recs or 20 X 30s INT with 30s jog rec.	Rest	E 4m	Rest or ride	S22m* or ½marathon**	*Use sports gel at 6,12 & 18m **Incl 2m warm up/cool down	29/36m
18 Peak/ Taper	E 6m	Rest	6m:Main set: 4 X 1m INT with 3 min standing recs or 4 X 6 mins with 3 mins jog rec.	Rest	S 7m**	Rest or ride	ST 18m*	*Use sports gel at 6 & 12m ** 20mins S/S	37
19	E 6m	Rest	6m:Main set: 10 X 400 INT with 90s standing recs or 10 X 90s with 90s jog rec.	Rest	ST 6m**	Rest or ride	ST 10m	** 15 mins S/S	28m
20	Rest	Rest	3m: Main set: 1m or 10 mins @ marathon pace	Rest	E 1-2m	Rest	Marathon Race*	*Use sports gel at 6,12 & 18m	30m
21 Recovery	Rest	Rest	E 1-2m 10 min jog	Rest	20 min jog	Rest	30-45min jog	Take more rest if needed.	10