16-WEEK

MARATHON TRAINING PLAN

ADVANCED

If you're a veteran marathoner and want to fulfill your PR potential, train with Runner's World. This training plan is geared for a runner with at least three years of experience, who regularly logs 35 to 40 miles per week and has comfortably completed other marathons and shorter races. Each week features one day of rest and six days of running. That includes hill work, mile repeats, and interval sessions, plus race-pace runs and tune-ups to prep you for race day.

GET ALL THE DETAILS YOU NEED TO TRAIN FOR AND RACE 26.2 WITH OUR **MASTER THE MARATHON PROGRAM**!

JUMP TO:

TRAINING PLAN • WORKOUT KEY • SPEED WORKOUTS

16-WEEK
ADVANCED MARATHON TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	4 miles Easy Run	4 miles Easy Run	6 miles Hills	4 miles Easy Run	6 miles Easy Run	Rest	10 miles LSD

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	4 miles Easy Run	3 miles Easy Run	6 miles Hills	4 miles Easy Run	6 miles with 3 miles at MP	Rest	12 miles LSD

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK 3	4 miles Easy Run	4 miles Easy Run	7 miles Hills	4 miles Easy Run	8 miles with 4 miles at MP	Rest	14 miles LSD

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK 4	4 miles Easy Run	4 miles Easy Run	7 miles Hills	4 miles Easy Run	8 miles with 2 miles at MP	Rest	10 miles LSD

	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
WEEK 5	3 miles Easy Run	4 miles Easy Run	8 miles Hills	4 miles Easy Run	8 miles with 5 miles at MP	Rest	16 miles LSD

	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
WEEK 6	6 miles Easy Run	4 miles Easy Run	8 miles Hills	4 miles Easy Run	8 miles with 6 miles at MP	Rest	18 miles LSD

	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
WEEK 7	4 miles Easy Run	5 miles Easy Run	9 miles with Hill Repeats	4 miles Easy Run	8 miles with 6 miles at MP	Rest	16 miles LSD

	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
WEEK 8	3 miles Easy Run	4 miles Easy Run	6 miles Easy Run	4 miles Easy Run	9 miles with 4 miles at MP	Rest	16 miles LSD or Half Marathon

ADVANCED MARATHON TRAINING PLAN

WEEK 9	**DAY 57** ☐ Rest	**DAY 58** ☐ 5 miles Easy Run	**DAY 59** ☐ 8 miles with 3 × 1-Mile Repeats	**DAY 60** ☐ 5 miles Easy Run	**DAY 61** ☐ 9 miles with 7 miles at MP	**DAY 62** ☐ 5 miles Easy Run	**DAY 63** ☐ 20 miles LSD
WEEK 10	**DAY 64** ☐ Rest	**DAY 65** ☐ 5 miles Easy Run	**DAY 66** ☐ 10 miles with Intervals	**DAY 67** ☐ 5 miles Easy Run	**DAY 68** ☐ 10 miles with 8 miles at MP	**DAY 69** ☐ 5 miles Easy Run	**DAY 70** ☐ 16–18 miles LSD
WEEK 11	**DAY 71** ☐ Rest	**DAY 72** ☐ 6 miles Easy Run	**DAY 73** ☐ 10 miles with Intervals	**DAY 74** ☐ 6 miles Easy Run	**DAY 75** ☐ 8 miles with 6 miles at MP	**DAY 76** ☐ 6 miles Easy Run	**DAY 77** ☐ 22 miles LSD
WEEK 12	**DAY 78** ☐ Rest	**DAY 79** ☐ 6 miles Easy Run	**DAY 80** ☐ 10 miles with 4 × 1-Mile Repeats	**DAY 81** ☐ 6 miles Easy Run	**DAY 82** ☐ 12 miles with 8 miles at MP	**DAY 83** ☐ 6 miles Easy Run	**DAY 84** ☐ 14 miles LSD
WEEK 13	**DAY 85** ☐ Rest	**DAY 86** ☐ 6 miles Easy Run	**DAY 87** ☐ 10–11 miles with Intervals	**DAY 88** ☐ 7 miles Easy Run	**DAY 89** ☐ 12 miles with 8 miles at MP	**DAY 90** ☐ 6 miles Easy Run	**DAY 91** ☐ 23 miles LSD
WEEK 14	**DAY 92** ☐ Rest	**DAY 93** ☐ 6 miles Easy Run	**DAY 94** ☐ 9 miles with 3 × 1-Mile Repeats	**DAY 95** ☐ 6 miles Easy Run	**DAY 96** ☐ 10 miles with 8 miles at MP	**DAY 97** ☐ 6 miles Easy Run	**DAY 98** ☐ 16 miles LSD
WEEK 15	**DAY 99** ☐ Rest	**DAY 100** ☐ 4 miles Easy Run	**DAY 101** ☐ 8 miles Easy Run	**DAY 102** ☐ 4 miles Easy Run	**DAY 103** ☐ 8 miles with 6 miles at MP	**DAY 104** ☐ 3 miles Easy Run	**DAY 105** ☐ 13 miles LSD
WEEK 16	**DAY 106** ☐ Rest	**DAY 107** ☐ 6 miles with 2 miles at MP	**DAY 108** ☐ Rest	**DAY 109** ☐ 3 miles Easy Run	**DAY 110** ☐ Rest	**DAY 111** ☐ 3 miles Easy Run	**DAY 112** ☐ **RACE DAY!**

WORKOUT KEY

▶ **Rest**

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

▶ **Easy Run**

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs. You can also sub in cross-training on optional easy run days. We advise runners to use 10K race pace plus 2 minutes for easy-day pace, wear heart rate monitors (and aim for 65 to 70 percent of maximum heart rate) or take occasional treadmill runs to monitor pace. You can also use the talk test to help manage intensity. Focus on a pace that allows you to have a conversation.

▶ **Miles With Intervals**

These are your speed workouts. They're designed to get you faster via interval training. You'll start with easy cooldown to warm up and end with easy cooldown to cool down. Follow the workout prescriptions to gain the most benefits (don't overdo it!), and know some days you won't hit the paces perfectly. Make sure you recover between each interval, jogging or walking.

▶ **Hills**

Run the day's mileage on the hilliest route you can find. Don't worry too much about the length or grade of the hills. Just get a variety of inclines and descents. Hills help you boost your leg and lung power. Lean slightly forward from the ankles and keep your chest tall on the uphills. On the downhills, think "light, quick steps." Don't let your feet slap the pavement, and don't brake with your legs.

▶ **LSD: Long Slow Distance Run**

These workouts are all about building endurance and teaching you to run farther so you can finish your race feeling strong. Whenever you're pushing your body farther, it's extra important to start at a pace that feels conservative. That way, you have the energy to finish feeling good. So start slower than you think you need to, and remember you should be able to hold a conversation as you run.

▶ **MP: Marathon Pace**

You'll see marathon pace workouts mixed into some of your runs. You'll run these portions at goal marathon pace, whatever that might be for your race goal, which will make your pace on race day feel easier. These efforts should feel comfortably hard, about a 6 or 7 on a scale of 1 to 10 rate of perceived exertion, with 10 being all-out effort.

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SPEED WORKOUTS

Day 12:   6 miles with 3 miles at MP

- 2 miles easy warmup
- 3 miles at marathon pace
- 1 mile easy cooldown

Day 19:   8 miles with 4 miles at MP

- 2 miles easy warmup
- 4 miles at marathon pace
- 2 miles easy cooldown

Day 26:   8 miles with 2 miles at MP

- 2 miles easy warmup
- 4 miles at marathon pace
- 2 miles easy cooldown

Day 33:   8 miles with 5 miles at MP

- 2 miles easy warmup
- 5 miles at marathon pace
- 1 mile easy cooldown

Day 40:   8 miles with 6 miles at MP

- 1 mile easy warmup
- 6 miles at marathon pace
- 1 mile easy cooldown

Day 45:   9 miles with Hill Repeats

- 2 miles easy warmup
- 3–4 × short hill (~1 min climb, jog down recovery)
- 3–4 × long hill (~2 min climb, jog down recovery)
- 3–4 × short hill (~1 min climb, jog down recovery)
- 2 miles easy cooldown

Day 47:   8 miles with 6 miles at MP

- 1 mile easy warmup
- 6 miles at marathon pace
- 1 mile easy cooldown

Day 54: 9 miles with 4 miles at MP

- 2 miles easy warmup
- 4 miles at marathon pace
- 3 miles easy cooldown

Day 59: 8 miles with 3 x 1-Mile Repeats

- 2-mile warmup
- 3 x 1 mile @ 10K pace, 800m recovery
- 2-mile easy cooldown

Day 61: 9 miles with 7 miles at MP

- 1 mile easy warmup
- 7 miles at marathon pace
- 1 mile easy cooldown

Day 66: 10 miles with Intervals

- 2-mile easy warmup
- 6 x 800m, 400m recovery
- 2-mile easy cooldown

Try to run the repeats in a time that's "equal" to your marathon time. That is, if you're shooting for a 3:10 marathon, try to run each 800-meter repeat in three minutes and 10 seconds.

Day 68: 10 miles with 8 miles at MP

- 1 mile easy warmup
- 8 miles at marathon pace
- 1 mile easy cooldown

Day 73: 10 miles with Intervals

- 2-mile warmup
- 8 x 800m, 400m recovery
- 2-mile easy cooldown

Try to run the repeats in a time that's "equal" to your marathon time. That is, if you're shooting for a 3:10 marathon, try to run each 800-meter repeat in three minutes and 10 seconds.

Day 75: 8 miles with 6 miles at MP

- 1 mile easy warmup
- 6 miles at marathon pace
- 1 mile easy cooldown

Day 80:   10 miles with 4 x 1-Mile Repeats

- 2-mile easy warmup
- 4 x 1 mile @ 10K pace, 800m recovery
- 2-mile easy cooldown

Day 82:   12 miles with 8 miles at MP

- 2 miles easy warmup
- 8 miles at marathon pace
- 2 miles easy cooldown

Day 87:   10–11 miles with Intervals

- 2-mile easy warmup
- 8-10 x 800m, 400m recovery
- 2-mile easy cooldown

Try to run the repeats in a time that's "equal" to your marathon time. That is, if you're shooting for a 3:10 marathon, try to run each 800-meter repeat in three minutes and 10 seconds.

Day 89:   12 miles with 8 miles at MP

- 2 miles easy warmup
- 8 miles at marathon pace
- 2 miles easy cooldown

Day 94:   9 miles with 3 x 1-Mile Repeats

- 2-mile easy warmup
- 3 x 1 mile at 10K pace, 800m recovery
- 2-mile easy cooldown

Day 96:   10 miles with 8 miles at MP

- 1 mile easy warmup
- 8 miles at marathon pace
- 1 mile easy cooldown

Day 103:   8 miles with 6 miles at MP

- 1 mile easy warmup
- 6 miles at marathon pace
- 1 mile easy cooldown

Day 107:   6 miles with 2 miles at MP

- 2 miles easy warmup
- 2 miles at marathon pace
- 2 miles easy cooldown