

# My Training plan

## Marathon - 8 Weeks

### Week 1:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 180 minutes

### Week 2:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 800m with 2 minutes rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 150 minutes

### Week 3:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 6 x 1km with 2 minutes rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 160 minutes

### Week 4:

Monday - Easy Run: 45 minutes

Tuesday - Easy Run: 45 minutes

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

### Week 5:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 170 minutes

### Week 6:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 800m with 2 minutes rest in between, 10 minutes cool down  
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down  
Thursday - Easy Run: 45 minutes  
Friday - Easy Run: 45 minutes  
Saturday - Rest  
Sunday - Long Run: 140 minutes

**Week 7:**

Monday - Easy Run: 45 minutes  
Tuesday - Intervals: 10 minutes warm up, 6 x 1km with 2 minutes rest in between, 10 minutes cool down  
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down  
Thursday - Easy Run: 45 minutes  
Friday - Easy Run: 45 minutes  
Saturday - Rest  
Sunday - Long Run: 150 minutes

**Week 8:**

Monday - Easy Run: 45 minutes  
Tuesday - Easy Run: 45 minutes  
Wednesday - Easy Run: 45 minutes  
Thursday - Easy Run: 45 minutes  
Friday - Easy Run: 45 minutes  
Saturday - Rest  
Sunday - Long Run: 90 minutes