

ADVANCED TRAINING PLAN

If you're an experienced runner and have completed a marathon before, this is the training guide for you. The plan assumes you will run five times a week. On rest days, you might also supplement your training with cross training or strength work.

The days of the week shown are not fixed and only proposed, so you can complete your sessions at the times that suit you best.

WEEK 1

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort.

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 6-8 x 3 mins running numbers 1, 3, 5, 7 at 6-7/10, numbers 2, 4, 6, 8 at 8-9/10 with 90 secs rest. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run Session: 45- 60 mins easy at 2- 3/10 effort

THURSDAY

Run Session: 50- 60 min easy run at 2-3/10 effort with the final 15 at 6-7/10 if you feel good

FRIDAY

REST.

SATURDAY

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 2 sets of 10 minutes at 7/10 effort with 90 jog recovery. Cool down: 5-10 min easy run at 2-3/10 effort

SUNDAY

1:45 – 2:00 hrs at 3- 5/10 effort.

WEEK 2

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 6 x 4 mins at 8-9/10 with 90-120 secs rest. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run Session: 45- 60 mins easy at 2- 3/10 effort

THURSDAY

REST.

FRIDAY

Run Session: 60 min run as: 20 mins easy at 2-3/10, 20 mins steady at 4-5/10, 20 mins at controlled discomfort 7/10 effort

SATURDAY

Run session: 30-40 min easy at 2-3/10 effort

SUNDAY

2:00-2:15 hrs at 3- 5/10 effort building to run final 30-45 at marathon pace if you feel good

WEEK 3

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 6 sets of 5 minutes at 7/10 effort with 60-75s jog recovery. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run Session: 45- 60 mins easy at 2- 3/10 effort

THURSDAY

REST.

FRIDAY

Run Session: 70-80 min easy run at 2-3/10 effort with the final 30 at marathon pace

SATURDAY

Run session: 40-50 min easy at 2-3/10 effort

SUNDAY

2:00 – 2:15 hrs at 3- 5/10 effort.

WEEK 5

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort.

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 3 sets of 10 minutes at 7/10 effort with 90-120s jog recovery. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run Session: 45- 60 mins easy at 2- 3/10 effort

THURSDAY

REST.

FRIDAY

Run Session: 45 min as: 15 mins easy at 2- 3/10, 15 mins steady at 4- 5/10, 15 mins at controlled discomfort 6- 7/10 effort

SATURDAY

Run Session: 40-50 min easy run at 2- 3/10 effort

SUNDAY

2:20 – 2:45 hrs at 3- 4/10 effort but the final 65 mins run as 2 x 30-40 mins goal marathon pace with 5 mins easy recovery

WEEK 4

MONDAY

2:00 – 2:15 hrs at 3- 5/10 effort.

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 5 minutes at 6- 7/10 effort, then 5 x 4 minutes at 8/10 with 120s rest. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run Session: 45- 60 mins easy at 2- 3/10 effort

THURSDAY

Run Session: 70- 80 min easy run at 2-3/10 effort

FRIDAY

REST.

SATURDAY

2:10 – 2:25 hrs at 2- 4/10 but to include 3 x 15 mins at goal marathon pace in the final hour with a 5 min easy recovery

SUNDAY

Run session: 40-50 min easy at 2-3/10 effort

WEEK 6

MONDAY

Run or XT Session: 30- 40 mins easy at 2- 3/10 effort

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 7 sets of 4 minutes at 8-9/10 effort with 90-120s jog recovery. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run or XT Session: 45-60 mins easy at 2- 3/10 effort

THURSDAY

Run Session: 30- 45 min easy run at 2-3/10 effort

FRIDAY

REST.

SATURDAY

10km time trial

SUNDAY

Run Session: 90-100 minutes at 2-4/10 effort

WEEK 7

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort

TUESDAY

Run Session: 45-60 mins easy at 2-3/10 effort

WEDNESDAY

75-90 minutes with 45-60 minutes run as 15-20 x 3 minutes alternating 7- 8/10 with 5-6/10 with no rest

THURSDAY

REST

FRIDAY

Run or XT Session: 45-60 mins easy at 2- 3/10 effort

SATURDAY

Run session: 40-55 min easy at 2-3/10 effort

SUNDAY

2:30hrs – 2:50 hrs at 3-5/10 effort.

WEEK 9

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort

TUESDAY

Run Session: 45-60 mins easy at 2-3/10 effort

WEDNESDAY

75-90 mins 20/16/12/8/4 minutes starting at marathon pace and getting faster with 3-4 minutes steady recovery

THURSDAY

REST.

FRIDAY

Run or XT Session: 45-60 mins at 2-3/10 effort

SATURDAY

120 minutes at 3- 4/10 with the final 30 minutes to goal marathon pace

SUNDAY

Run session: 40-50 min easy at 2-3/10 effort

WEEK 8

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. 10-12 x 60s at 8-9/10 with 60s rest, jog for 2-3 minutes then run 20 mins at marathon pace. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run or XT Session: 45-60 mins at 2-3/10 effort

THURSDAY

REST

FRIDAY

60-75 mins starting at 2- 3/10 and building to run the final 20 mins @ 7/10 effort or all steady if tired

SATURDAY

Run session: 40-55 min easy at 2-3/10 effort

SUNDAY

2:30hrs – 3:00hrs at 3-4/10 effort building to run the final 60-80 mins at goal marathon pace

WEEK 10

MONDAY

Run or XT Session: 40- 50 mins easy at 2- 3/10 effort

TUESDAY

Warm up: 10 min easy run at 2-3/10 effort. 10-12 x 75s at 8-9/10 with 60s rest, jog for 2-3 minutes then run 20-30 mins at marathon pace. Cool down: 5-10 min easy run at 2-3/10 effort

WEDNESDAY

Run or XT Session: 40 mins easy at 2-3/10 effort

THURSDAY

75-90 minutes with the final 45 minutes alternating 3 minutes a little slower than marathon pace, 3 minutes a little faster than marathon pace

FRIDAY

REST.

SATURDAY

Run session: 30-45 min easy at 2-3/10 effort

SUNDAY

Run Session: 70 mins at 3-4/10 effort

WEEK 11

MONDAY

Run or XT Session: 30- 40 mins easy at 2- 3/10 effort

TUESDAY

Run Session: 40 mins at 2- 3/10 building to 4-5/10 if you feel good

WEDNESDAY

Run or XT Session: 20-30 mins easy at 2- 3/10 effort

THURSDAY

Run Session: 20- 30 mins at 2-3/10

FRIDAY

REST.

SATURDAY

Accra Marathon Race Day! Have a great race!

SUNDAY

This plan is aimed at runners who are new to the marathon distance. You might be stepping up from a 10km or even half marathon and you should feel happy running 75-90 minutes continuously at an easy pace, and longer with the aid of short recovery breaks.

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as ‘XT’. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 6/10 effort on back to back days. It’s fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical checkup with a professional before undertaking any running training plan.

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

Legend

RPE scale	What it might feel like...
0	You are still in bed...
1	Brisk walking for some, very easy jogging for others. Able to fully chat away with no effort.
2-3	Easy running, able to hold conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus to maintain pace. You’ll be breathing strongly and will feel like you need the recovery between efforts
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.