

# IMPROVER'S TRAINING PLAN

This training plan is for runners who may have already completed a marathon and are looking to improve on a previous performance. The plan assumes you will run four times a week at the start of your training and that you've done plenty of running in the past.

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**

REST.

**TUESDAY**

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 5 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery. Cool down: 5-10 min easy run at 2-3/10 effort

**WEDNESDAY**

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

**THURSDAY**

REST.

**FRIDAY**

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

**SATURDAY**

Run Session: 30 min run as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort

**SUNDAY**

1:40 - 1:50 hrs at 3-5/10 effort.

## WEEK 2

**MONDAY**

REST.

**TUESDAY**

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

**WEDNESDAY**

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

**THURSDAY**

REST.

**FRIDAY**

Run Session: 45 min run 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: 30-40 min easy at 2-3/10 effort

**SUNDAY**

1:45 - 2:00 hrs at 3-5/10 effort building to run final 30 at marathon pace if you feel good

### WEEK 3

**MONDAY**

REST.

**TUESDAY**

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

**WEDNESDAY**

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

**THURSDAY**

REST.

**FRIDAY**

Run Session: 45-60 min easy run at 2-3/10 effort with the final 10 at 6-7/10 if you feel good

**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**

REST.

**TUESDAY**

Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 8 minutes at 7/10 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**

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 mins goal marathon pace with 5 mins easy recovery

### WEEK 4

**MONDAY**

REST.

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

**THURSDAY**

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

**FRIDAY**

REST.

**SATURDAY**

Run session: 30-40-50 min easy at 2-3/10 effort

**SUNDAY**

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

### WEEK 6

**MONDAY**

REST.

**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 or XT Session: 30-45 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 include short brisk walk breaks as needed

## WEEK 7

**MONDAY**

REST.

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

**THURSDAY**

REST

**FRIDAY**

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

**SATURDAY**

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

**SUNDAY**

2:40hrs - 2:50 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.

## WEEK 9

**MONDAY**

REST.

**TUESDAY**

Warm up: 10 min easy run at 2-3/10 effort. Main Session: 12 minutes, 10 minutes, 8 minutes at 7-8/10 effort with 90s 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**

REST.

**FRIDAY**

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

**SATURDAY**

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

**SUNDAY**

120 minutes at 3-4/10 if you feel good pick up the pace in the final 30 minutes to goal marathon pace

## WEEK 8

**MONDAY**

REST.

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

**SUNDAY**

2:45hrs - 3:00hrs at 3-4/10 effort building to run the final 60-75 mins at goal marathon pace

## WEEK 10

**MONDAY**

REST.

**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**

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

**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**

REST.

**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.