

Marathon Training Guide

This marathon training plan should be started 18 weeks out from the race date. If your race is more than 18 weeks out, simply build a base of normal training runs with minimal workouts. If your race is less than 18 weeks out, cut weeks 3-7. These guides focus on 2-3 hard efforts per week, with recovery runs in between. Feel free to replace any easy run with cross training or an off day, and swap any training days as your schedule needs. Basic training plans have one long run per week (typically Sunday), a midweek longer run (Wednesday)

Pace Guide

| Mile Best | 5K Best / Avg Mile Pace | 10K Best / Avg Mile Pace | Half Marathon / Avg Mile Pace | Marathon / Avg Mile Pace | Tempo Pace | Recovery Pace | Long Run Pace |
|-----------|----------------------------|-----------------------------|----------------------------------|-----------------------------|------------|---------------|---------------|
| 4:30 | 15:25 / 5:00 | 32:00 / 5:15 | 1:12:00 / 5:30 | 2:30:00 / 6:00 | 5:35 | 6:25 | 6:40 |
| 5:00 | 17:05 / 5:30 | 35:45 / 5:45 | 1:18:00 / 6:00 | 2:44:00 / 6:15 | 6:05 | 7:00 | 7:15 |
| 5:30 | 18:45 / 6:00 | 39:00 / 6:15 | 1:25:00 / 6:30 | 3:00:00 / 6:50 | 6:35 | 7:35 | 7:50 |
| 6:00 | 20:15 / 6:30 | 42:00 / 6:45 | 1:35:00 / 7:15 | 3:15:00 / 7:25 | 7:05 | 8:10 | 8:25 |
| 6:30 | 22:00 / 7:05 | 45:45 / 7:20 | 1:40:00 / 7:35 | 3:30:00 / 8:00 | 7:40 | 8:45 | 9:00 |
| 7:00 | 23:45 / 7:40 | 49:00 / 7:55 | 1:50:00 / 8:20 | 3:45:00 / 8:35 | 8:15 | 9:20 | 9:35 |
| 7:30 | 25:15 / 8:05 | 52:30 / 8:25 | 1:55:00 / 8:45 | 4:00:00 / 9:10 | 8:50 | 9:55 | 10:10 |

*Interpolate as needed

Workout key:

#x means repeat listed workout # times

Ladder means do workout in listed order, then repeat in reverse order

track workout

road workout

| Week | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. |
|------|----------|--|---------------|----------------|----------|--|----------|
| 1 | Recovery | 1.5 mile @ tempo pace 2x: long hill @ 10k pace short hill @ 5k pace short hill @ mile pace | Long Recovery | Recovery / Off | Recovery | 800m @ 10k pace 2 x 400m @ 5k pace 4 x 200m @ 5k pace 2 x 400m @ 5k pace 800m @ 10k pace 90s recoveries | Long run |
| 2 | Recovery | 1 mile @ tempo pace 2 x 800m @ 10k pace 800m @ 5k pace 2 x 800m @ 10k pace 90s recoveries | Long Recovery | Recovery / Off | Recovery | Ladder: 600m @ 10k pace 500m @ 10k pace 400m @ 5k pace 300m @ 5k pace 200m @ mile pace 100m @ mile | Long run |
| 3 | Recovery | 8 x 100m strides 3.5 mi @ tempo pace | Long Recovery | Recovery / Off | Recovery | 2x: 2 x 200m @ 5k pace 60s recoveries 4 x 400m @ mile pace 2 min recoveries | Long run |
| 4 | Recovery | 1 mi @ tempo pace 2 x 800m @ 5k pace 1 mi @ tempo pace 2 min recoveries 5 x 100m strides | Long Recovery | Recovery / Off | Recovery | 20 x 200m @ 5k pace 60s recoveries | Long run |
| 5 | Recovery | 2x: 1 min on / 1 min off 2 min on / 2 min off 3 min on / 3 min off | Long Recovery | Recovery / Off | Recovery | 4 x 800m @ 10k pace 400m @ mile pace 2 x 200m @ mile pace 2 x 800m @ tempo pace 90s recoveries | Long run |
| 6 | Recovery | 6x s hills (25s) @ mile pace 6x long hills (60s) @ 5k pace 6x short hills @ mile pace jog downhills | Long Recovery | Recovery / Off | Recovery | 8x: 400m @ 10k pace 400m @ 5k pace 2 min recoveries | Long run |
| 7 | Recovery | 8 x 100m strides 5 x 1200m @ marath. pace 8 x 100m strides 3 min recoveries for 1200s | Long Recovery | Recovery / Off | Recovery | 2 x 500m @ 5k pace 200m @ mile pace 2 x 400m @ 5k pace 5 x 200m @ mile pace 90s recoveries | Long run |
| 8 | Recovery | 4 x 150m strides 3 mi @ tempo pace 4 x 150m strides | Long Recovery | Recovery / Off | Recovery | 3x: 4 x 200m @ mi pace 60s recoveries 400m @ 5k pace 90s recoveries | Long run |
| 9 | Recovery | 5 mi @ tempo pace | Long Recovery | Recovery / Off | Recovery | 2x: 4 x 100m @ mile pace 1000m @ 5k pace 400m @ 5k pace 90s recoveries | Long run |

| Week | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. |
|------|----------|---|---------------|----------------|------------------------------|---|----------|
| 10 | Recovery | 9 x hills + crests (run 20s past the top of hill) jog downhills | Long Recovery | Recovery / Off | Recovery | 8x: 200m @ 5k pace 200m @ mile pace 90s rest or 200m jog | Long run |
| 11 | Recovery | 2x: 1 mi @ 10k pace 400m @ mi pace 800m @ 5k pace 2 min recoveries | Long Recovery | Recovery / Off | Recovery | 2x: 2 x 200m @ mile pace 60s recoveries split 800m: first 600m @ 10k pace last 200m @ mile pace 2 min recoveries | Long run |
| 12 | Recovery | Ladder: 1 mi @ tempo pace 1 min on / 30s off 2 min on / 1 min off 3 min on / 90s off | Long Recovery | Recovery / Off | Recovery | 4x: 400m @ 10k pace 2 x 400m @ 5k pace 400m @ mile pace 90s recoveries | Long run |
| 13 | Recovery | 3x: 1000m @ tempo pace 1000m @ 10k pace 2 min recoveries 6 x 100m strides | Long Recovery | Recovery / Off | Recovery | 3x: 200m @ mile pace (45s recovery) 800m @ 10k pace (2 min recovery) 200m @ mile pace (45s recovery) 400m @ 10k pace (2 min recovery) | Long run |
| 14 | Recovery | 4 mi progression run average tempo pace 8 x 100m strides | Long Recovery | Recovery / Off | Recovery | Ladder: 300m @ mile pace 400m @ 5k pace 500m @ 5k pace 600m @ 10k pace 90s recoveries | Long run |
| 15 | Recovery | 9 mi progression run average tempo pace | Long Recovery | Recovery / Off | Recovery | 3-4x 1 mi @ tempo pace 1 mi @ marathon pace 2 min recoveries | Long run |
| 16 | Recovery | 6x long hills + crest | Long Recovery | Recovery / Off | Recovery | 1 mi @ tempo pace 1200m @ 5k pace 800m @ 3k pace 400m @ mile pace | Long run |
| 17 | Recovery | 2x 2 x 100m strides 1000m @ tempo pace | Long Recovery | Recovery / Off | Recovery | 4 x 200m @ mile pace 2 x 400m @ 10k pace 4 x 200m @ 5k pace 2 x 400m @ 10k pace 60s recoveries | Recovery |
| 18 | Recovery | 2 x 200m @ mile pace 2 x 400m @ 5k pace 800m @ 10k pace 2 x 400m @ 5k pace 2 x 200m @ mile pace 2 min recoveries | Long Recovery | Recovery / Off | Recovery 8 x 100m strides | Recovery 3 miles max | Race Day |

