

# MARATHON TRAINING PLAN – EXPERIENCED



**This advanced marathon training plan** prepares you to race strong while targeting improvements to your current personal best—ideal for runners aiming to break 3:15–3:30, all while maintaining a balanced approach

## **Finding balance is key.**

Training for performance and improving fitness can often feel overwhelming, with so much information and sometimes conflicting advice. In reality, success can be kept simple. The foundation is the *training triangle*. Many runners focus only on the workouts needed to become stronger, faster, or fitter. But true progress happens when all three sides of the triangle are in balance: training, nutrition, and rest/recovery.

As your training increases, pay just as much attention to nourishing your body and giving it the rest it needs. Listening to your body and respecting recovery will help you unlock your best results



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## Training

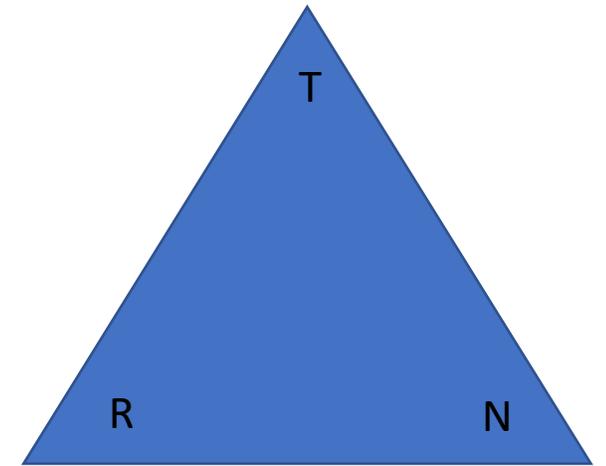
Your running, cross-training, and conditioning sessions in this plan are designed to build gradually week by week, becoming more focused and tailored to the distance you are preparing for

## Rest

Never underestimate the power of rest. Recovery isn't time lost — it's when your body grows stronger, adapts, and prepares for the next challenge. Every rest day and every good night's sleep is an essential part of your progress. Embrace it as fuel for your best performance

## Nutrition

Think of food as your training partner. The right fuel powers your workouts, speeds up recovery, and keeps your body strong from the inside out. Every balanced meal helps you push harder, repair faster, and protect your immune system, blood, and bones so you can keep moving forward with strength and energy



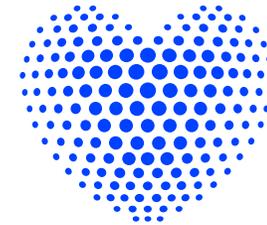
Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: 45 PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE EASY RUN	REST	THRESHOLD RUN 6 MINS OF EFFORT WITH 90 SEC JOG REC X4 45 MINS TOTAL	LONG RUN 80-90 MINS CONVERSATIONAL PACE
<b>2</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: 45 PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE EASY RUN	REST	THRESHOLD RUN 8 MINS OF EFFORT WITH 2 MIN JOG REC X3 45 MINS TOTAL	LONG RUN 90 MINS CONVERSATIONAL PACE
<b>3</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN INCLUDING 6 MINS AT THRESHOLD (60 SEC JOG REC) X5	30 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	45 MINUTE RUN WITH THE FINAL 25 MINUTES PICK UP TOWARDS HM PACE	REST	THRESHOLD RUN 8 MINS OF EFFORT WITH 90 SEC JOG REC X3 45 MINS TOTAL	LONG RUN 100 MINS EASY PACE ON UNDULATING ROUTE
<b>4</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN 45-60 MINS INCLUDING 10 MINS AT THRESHOLD (90 SEC JOG REC) X3	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	45-60 MINUTE EASY RUN	REST	PARK RUN OR SELF TIMED 5K	LONG RUN 80 MINS EASY PACE
<b>5</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN 60 MINS INCLUDING 12 MINS AT THRESHOLD (2 MIN JOG REC) X3	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	REST	THRESHOLD RUN 10 MINS OF EFFORT WITH 90 SEC JOG REC X3 45 MINS TOTAL	LONG RUN 1HR 45 MINS EASY PACE ON UNDULATING ROUTE
<b>6</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN 45-60 MINS CONTAINING 25 MINUTES THRESHOLD BUILT IN	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	MIXED MP SESSION 12 MINS MP + 6X2 MINS AT 5-10K EFFORT + 12 MINS MP ALL WITH A 2 MIN JOG REC (TARGET MP)	REST	60 MINUTE EASY RUN	2 HOUR RUN WITH 4-5 X 3KM AT MP OFF 1KM FLOAT RUN RECOVERY

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<b>7</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: 60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	MIXED PACXE SESSION 15 MINS MP + 5X3 MINS AT 10K EFFORT + 15 MINS MP ALL WITH A 2 MIN JOG	REST	THRESHOLD RUN 12 MINS OF EFFORT WITH 2 MIN JOG REC X3 45-60 MINS TOTAL	LONG RUN 2HR 15 MINS – 2HR 30 MINS EASY PACE
<b>8</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: THRESHOLD RUN 45 MINS TO INCLUDE 5 MINS AT THRESHOLD (60 SEC JOG REC) X5	45 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	45 MINUTES PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	30 MINUTE EASY RUN	HALF MARATHON RACE PLUS 30 MIN EASY JOG AFTER OR 2 HOURS WITH LAST 60 MINS AT MP
<b>9</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	Am: 30 MINUTE EASY RUN Pm: 30-45 MINUTE EASY RUN	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINS WITH FINAL 45 MINS TO INCLUDE 3X10 MINS THRESHOLD EFFORT WITH A 2MIN JOG REC	REST	40-45 MINUTE EASY RUN	2 HOURS 15 MINUTES OR 16-18 MILES WITH 3X5KM AT MP OFF 2KM FLOAT RUN RECOVERY
<b>10</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 30-40 MINUTE EASY RUN PM: MIXED PACE SESSION 8X800M (OR 3MINS) WITH ODD NUMBERS AT THREHOLD EVEN NUMBERS AT 5KM PACE (75-90 SEC JOG REC)	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINS WITH FINAL 60 MINS TO INCLUDE 3 MINS STEADY 3 MINS THRESHOLD RUN CONTINUOUSLY NO REST	REST	40-60 MINUTES EASY RUN PLUS CORE	LONG RUN 2 HOURS 45 MINS EASY
<b>11</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 30 MINUTE EASY RUN PM: THRESHOLD RUN INCLUDING 6 MINS THRESHOLD + 2 X (6X400M OR 75 SECS) @ 5K PACE 2-3 MINS BETWEEN THRESHOLD AND 400S AND 60 SEC JOG REC BETWEEN EACH 400	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINS WITH 3X15 MINS – FIRST 15 MINS AT MP 2 <sup>ND</sup> AND 3 <sup>RD</sup> 15 MINS FASTER AND FASTER FROM A 3 MIN JOG REC	REST	40-50 MINUTES EASY RUN PLUS CORE	IDEALLY HALF MARATHON RUN AT MARATHON GOAL PACE WITH 20-30 MINUTES EASY BEFORE AND AFTER
<b>12</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 40 MINUTE EASY RUN PM: THRESHOLD RUN 45 MINS TO INCLUDE 6 MINS THRESHOLD (2 MIN JOG REC) X5	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	REST	45 MINUTES EASY RUN PLUS CORE	KEY LONG RUN – 35KM PROGRESSION RUN 10KM EASY 10KM MP 5KM EASY 5KM FASTER THAN MP 2KM FAST 3KM EASY

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<b>13</b>	45 MINUTE RECOVERY RUN PLUS CORE	AM: 40 MINUTE EASY RUN PM: 8X800 AT 5KM PACE (90 SEC JOG REC)	60 MINUTE EASY RUN OR CROSS TRAINING PLUS CORE	90 MINUTE RUN WITH FINAL 30 MINS AT THRESHOLD EFFORT	REST	45 MINUTES EASY RUN	EITHER 18-20 MILES EASY OR 18-20 MILES INCLUDING 8KM, 6KM, 4KM, 2KM AT MP OFF 1KM EASY RUN REC IF YOU NEED MORE MP PRACTICE
<b>14</b>	45 MINUTE RECOVERY RUN PLUS CORE	AM: 30-40 MINUTES EASY RUN PM: 6 MINS THRESHOLD + 3X (4X400M OR 90 SECS) 5K PACE (2-3 MINS BETWEEN THRESHOLD AND 400S AND 60 SEC JOG REC BETWEEN EACH 400)	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	90 MINUTES WITH FINAL 30-40 MINUTES AT MP	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 3 MINS AT THRESHOLD 3 MINS STEADY X6	LONG RUN 1 HR 45 MINS – 2 HRS WITH FINAL 30 MINS AT MP
<b>15</b>	30-40 MINUTE RECOVERY RUN PLUS CORE	AM: 30- MINUTES EASY RUN PM: 5X400M (OR 90 SECS) AT 5KM EFFORT (60 SEC JOG REC) PLUS 2KM AT THRESHOLD + 5X400M (OR 90 SECONDS) AT 5KM EFFORT (45 SEC) 2 MIN REST BETWEEN SETS	30-45 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	45 MINUTE PROGRESSION RUN 15 MINS EASY 15 MINS STEADY 15 MINS THRESHOLD	REST	PARK RUN OR 30 MIN STEADY RUN	75 MINUTE EASY RUN
<b>16</b>	30 MINUTE RECOVERY RUN PLUS CORE	30-40 MIN RUN TO INCLUDE 5X5 MINS AT MP WITH A 2-3 MIN JOG REC	30 MINUTE EASY RUN	30 MINUTE EASY RUN	REST	25 MINUTE VERY EASY RUN	<b>MARATHON RACE DAY! GOOD LUCK!</b>

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- If you're injured, very sore, or conditions aren't safe, swap your run for cross-training — protecting your body always comes first.
- If possible, add core conditioning, Pilates, or yoga once or twice a week to build strength and stability.
- Make stretching a daily habit — just 10 minutes can make a big difference.
- Refuel within 20–30 minutes after every run to support recovery and energy.
- Stick to the effort levels set in your plan — don't push harder than prescribed. Fatigue builds up, so listen to your body and take extra rest when you need it



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