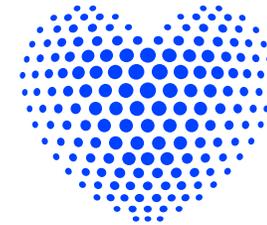


MARATHON TRAINING PLAN – IMPROVER



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This improver marathon plan is designed for runners who already have some experience and are ready to take their training to the next level. Over 16 weeks, the program builds endurance, strength, and speed, helping you progress with structured sessions and prepare for a confident and rewarding marathon day.

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

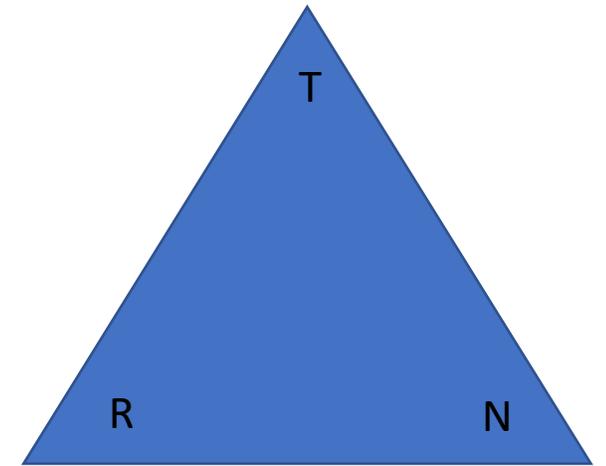
Your running, cross-training, and conditioning sessions in this plan are designed to build gradually week by week, becoming more focused and tailored to the distance you are preparing for

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



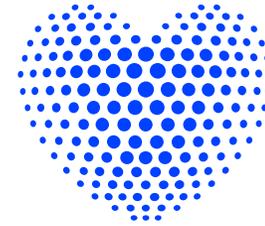
Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	30 MINUTE PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10MINS THRESHOLD	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	30 MINUTE EASY / STEADY RUN	REST	THRESHOLD RUN OVER UNDULATING COURSE WITH 5 MINS OF EFFORT WITH 2 MIN JOG REC X2 45 MINS TOTAL	LONG RUN 75-90 MINS CONVERSATIONAL PACE
2	REST	30 MINUTE PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10MINS THRESHOLD	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	30-40 MINUTE EASY / STEADY RUN	REST	THRESHOLD RUN OVER UNDULATING COURSE 7 MINS OF EFFORT WITH 2 MIN JOG REC X3 45 MINS TOTAL	LONG RUN 90 MINS CONVERSATIONAL PACE
3	REST	45 MINUTE PROGRESSION RUN 15 MINS EASY 15 MINS STEADY 15MINS THRESHOLD	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	40 MINUTE EASY / STEADY RUN	REST	THRESHOLD RUN OVER UNDULATING COURSE WITH 10 MINS OF EFFORT WITH 2 MIN JOG REC X2 45 MINS TOTAL	LONG RUN 90-100 MINS EASY PACE ON UNDULATING ROUTE
4	REST	30-40 MINUTES EASY RUN	30 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	30 MINUTE EASY / STEADY RUN	REST	PARK RUN OR SELF TIMED 5K	LONG RUN 75-90 MINS EASY PACE
5	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X4	30-40 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	40 MINUTE OUT AT BACK RUN – RUN OUT STEADY FOR 20 MINS AND AIM TO GET BACK 2-3 MINS FASTER	REST	THRESHOLD RUN OVER UNDULATING COURSE WITH 6 MINS OF EFFORT WITH 90 SEC JOG REC X4 45 MINS TOTAL	LONG RUN 1HR 45 MINS EASY PACE ON UNDULATING ROUTE
6	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 90 SEC JOG REC X5	40 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	40 MINUTE OUT AT BACK RUN – RUN OUT STEADY FOR 20 MINS AND AIM TO GET BACK 2-3 MINS FASTER	REST	30-45 MINUTE EASY RUN	3X15 MINS AT MP BUILT INTO A 2HOUR RUN WITH 5-10 MIN EASY RECOVERY BETWEEN MP BLOCKS

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 75 SEC JOG REC X5	40-50 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	45 MINUTE RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	THRESHOLD RUN OVER UNDULATING COURSE WITH 10 MINS OF EFFORT WITH 90 SEC JOG REC X3 45-69 MINS TOTAL	LONG RUN 2HR – 2HR 15 MINS EASY PACE
8	REST	THRESHOLD RUN 50 MINUTES TO INCLUDE 6 MINS OF THRESHOLD WITH 90 SEC JOG REC X5	40-50 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	60 MINUTE PROGRESSION RUN 20 MINS EASY 20 MINS STEADY 20 MINS THRESHOLD	REST	PARK RUN OR SELF TIMED TIME TRIAL 5KM	80-90 MINUTE EASY RUN
9	REST	45 MINUTE RUN WITH 3X6 MINUTES AT HALF MARATHON PACE (2-3 MINUTE JOG REC)	30 MINUTE EASY RUN	30 MINUTE PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10MINS HALF MARATHON PACE	REST	45 MINUTE RUN WITH 5X5 MINUTES AT THRESHOLD (90 SEC JOG REC)	2:30 EASY RUN
10	REST	45 MINUTES EASY RUN	40-50 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	THRESHOLD RUN 75 MINUTES TO INCLUDE 6 MINS OF THRESHOLD WITH 3 MIN JOG REC X4 IN FINAL 30 MINS	REST	40-50 MINUTES EASY RUN PLUS CORE	HALF MARATHON AT MP WITH EASY 5KM BEFORE AND AFTER
11	REST	6X3 MINUTES ALTERNATING ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS AT 5KM PACE WITH 90 SEC JOG REC	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	75 MINUTE RUN WITH FINAL 30 MINUTES AT THRESHOLD	REST	45 MINUTE RUN WITH 5X6 MINUTES AT THRESHOLD (90 SEC JOG REC)	2:30 – 2:45 EASY RUN
12	REST	8X3 MINUTES ALTERNATING ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS AT 5KM PACE WITH 90 SEC JOG REC	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	RUN 80 MINUTES TO INCLUDE 15 MINS OF MP WITH 2-3 MIN JOG REC X3	REST	40-50 MINUTES EASY RUN PLUS CORE	20 MILE RUN WITH THE LAST 10 MILES AT MP

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	REST	10X3 MINUTES ALTERNATING ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS AT 5KM PACE WITH 90 SEC JOG REC	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	RUN 80-90 MINUTES TO INCLUDE 15 MINS OF MP WITH 2-3 MIN JOG REC X3	REST	30-45 MINUTE EASY RUN	32KM PROGRESSION RUN – 10KM EASY 10KM MP 5KM EASY 5KM MP 2KM FAST
14	REST	5 MINS THRESHOLD + 2X5X90 SECONDS AT 5KM EFFORT (60 SECONDS BETWEEN EFFORTS AND 120 SECONDS BETWEEN SETS)	45-60 MINUTES EASY RUN OR CROSS TRAIN PLUS CORE	90 MINUTES WITH FINAL 30-40 MINUTES AT MP	REST	30-45 MINUTE EASY RUN	LONG RUN 1 HR 45 MINS – 2 HRS WITH FINAL 30 MINS AT MP
15	REST	5 MINS THRESHOLD + 10X90 SECONDS AT 5KM EFFORT (60 SECONDS BETWEEN EFFORTS)	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
16	REST	30 MINUTE EASY RUN INCLUDING 3X5 MINS THRESHOLD WITH 3 MIN JOG RECOVERY	30 MINUTE EASY RUN	25-30 MINUTE EASY RUN	REST	25 MINUTE VERY EASY RUN	MARATHON RACE DAY! GOOD LUCK!

MARATHON TRAINING PLAN – IMPROVER

- 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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