

# Preparing to race a marathon

Your 16-week advanced training plan

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.



In partnership with

running  
withus 

[runningwithus.com](http://runningwithus.com)

# Well done for deciding for signing up to race a marathon

We're here to encourage and support you every step of the way to the finish line.

## Who is this plan for?

Experienced marathon runners who want to run a marathon in 3 and a half hours or quicker are suited to this plan. It will get you ready to race your marathon and beat your personal best. If you want to take things slightly easier, you may want to use our improver training plan instead.

Our training plans are suitable for people with and without diabetes.

If you have diabetes there are things you need to know to get the most from your training and help you manage your diabetes.

If you have Type 1 diabetes, please read our web page about exercising and managing your condition.

[www.diabetes.org.uk/sport-type-1](http://www.diabetes.org.uk/sport-type-1)

If you have Type 2 diabetes, please read our web page about exercising and managing your condition.

[www.diabetes.org.uk/sport-type-2](http://www.diabetes.org.uk/sport-type-2)

## How much training will I have to do?

You'll be running 6 days a week and have one rest day. On one of the days you'll be training twice a day but can swap one of the running sessions for a different kind of exercise. Your training will include a half a marathon and a couple of parkruns.

The training plan isn't set in stone: it's just one approach to get you in great shape. Feel free to adapt it and shift sessions to different days that may work better for you.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient.

## Getting the balance right

To make real gains in getting fitter, faster and stronger, you'll need to put as much focus on eating well and resting as you do the training.



## Training tips

- Eat within 20 to 30 minutes of finishing a session.
- Stretch well after each session.
- For faster runs do a 15-minute warm-up and cool-down.

# Training plan for marathon racers

This 16 week training plan will get you ready to race your marathon.

Ideal if you want to improve your personal best or run the marathon in three and a half hours or faster.



Book yourself a place for three half marathons – weeks 8, 11 and 12 – and aim to do a parkrun in week 4 and 15.

## Quick guide to terms used:

- **Easy run:** can hold a conversation
- **Steady run:** can exchange a sentence or two
- **Threshold run:** can only say a word or two
- **Marathon pace:** the pace you're planning to run the marathon
- **Cross training:** exercise that's different to your normal running such as yoga, swimming, cycling or Pilates.

Prep week 1		Here we go, let's get started.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.	<b>30 min easy run, AM</b> <b>45 min progression run, PM</b> 15 min easy, 15 min steady, 15 min threshold.	<b>45 min easy run or</b> <b>45 min aerobic cross training session with core exercises.</b>	<b>60 min easy run</b>	Rest	<b>45 min hill running</b> Include: 6 min running up and down a hill, 90 second jog recovery x4. Core exercises.	<b>80 to 90 min long run</b> Easy pace.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 2		Blister plasters are on, and we're off.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.	<b>30 min easy run, AM</b> <b>45 min progression run, PM</b> 15 min easy, 15 min steady, 15 min threshold.	<b>45 min easy run or</b> <b>45 min aerobic cross training session with core exercises.</b>	<b>60 min easy run</b>	Rest	<b>45 min hill running</b> Include: 8 min running up and down a hill, 2 min jog recovery x3. Core exercises.	<b>90 min long run</b> Easy pace.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 3		Getting into the swing of things.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.	<b>30 min easy run, AM</b> <b>35 min threshold run, PM</b> 6 min threshold, 1 min jog x5.	<b>30 min easy run or</b> <b>30 min aerobic cross training session with core exercises.</b>	<b>45 min run</b> In last 25 mins aim for half marathon pace.	Rest	<b>45 min hill running</b> Include: 8 min running up and down a hill, 2 min jog recovery x3. Core exercises.	<b>100 min long run</b> Easy pace.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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Prep week 4		You know you can do it.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.  <input type="checkbox"/>	<b>30 min easy run, AM</b> <b>45 to 60 min threshold run, PM</b> Include: 10 min threshold, 90 second jog x3.  <input type="checkbox"/>	<b>45 min easy run or</b> <b>45 min aerobic cross</b> <b>training session with</b> <b>core exercises.</b>  <input type="checkbox"/>	<b>45 min to 60 min easy run</b>   <input type="checkbox"/>	Rest   <input type="checkbox"/>	<b>parkrun or 40 min run</b> 10 min easy, 20 min threshold, 10 min easy.  <input type="checkbox"/>	<b>80 min long run</b> Easy pace.  <input type="checkbox"/>

Prep week 5		You're going strong. Keep it up.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.  <input type="checkbox"/>	<b>30 min easy run, AM</b> <b>60 min threshold run, PM</b> Include: 12 min threshold, 2 min jog x3.  <input type="checkbox"/>	<b>60 min easy run or</b> <b>60 min aerobic cross</b> <b>training session with</b> <b>core exercises.</b>  <input type="checkbox"/>	<b>60 min progression run</b> 20 min easy, 20 min steady, 20 min threshold.  <input type="checkbox"/>	Rest   <input type="checkbox"/>	<b>45 min hill running</b> Include: 10 min running up and down a hill, 90 second jog recovery x3. Core exercises.  <input type="checkbox"/>	<b>1 hour 45 min long run</b> Easy pace.  <input type="checkbox"/>

Prep week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.  <input type="checkbox"/>	<b>30 min easy run, AM</b> <b>45 to 60 min run</b> Include 30 min at threshold pace.  <input type="checkbox"/>	<b>60 min easy run or</b> <b>60 min aerobic cross</b> <b>training session with</b> <b>core exercises.</b>  <input type="checkbox"/>	<b>Mixed pace session</b> 12 min marathon target pace, 2 min jog. 2 min at 5–10k effort, 2 min jog x6. 12 min marathon target pace 2 min jog.  <input type="checkbox"/>	Rest   <input type="checkbox"/>	<b>Hill running session</b> Include: 6 min running up and down a hill, 75 second jog recovery x6. Core exercises.  <input type="checkbox"/>	<b>2 hour long run</b> Easy pace. If you feel good, run the last 20 to 30 min at target marathon pace. Make the first 90 min a minute per mile slower than target marathon pace.  <input type="checkbox"/>

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Prep week 7						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.	<b>30 min easy run, AM</b> <b>60 min progression run, PM</b> Steady effort working up to threshold effort for the last 25 min.	<b>60 min easy run or 60 min aerobic cross training session with core exercises.</b>	<b>Mixed pace session</b> 15 min marathon target pace, 2 min jog. 3 min at 10k effort, 2 min jog x5. 15 min marathon target pace 2 min jog.	Rest	<b>60 min hill running</b> Include: 12 min running up and down a hill, 2 min jog recovery. x3. Core exercises.	<b>2 hour 15/30 long run</b> Easy pace.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>







Prep week 8						
You're halfway there. High fives all round.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.	<b>30 min easy run, AM</b> <b>45 min run, PM</b> Include: 5 min threshold, 1 min jog recovery x5. Conditioning work.	<b>45 min easy run or 45 min aerobic cross training session with core exercises.</b>	<b>45 min progression run</b> 15 min easy, 15 min steady, 15 min threshold.	Rest	<b>30 min easy run</b>	<b>Half marathon race plus 30 min easy jog after OR 2 hour run with second hour at target marathon pace.</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 9						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises.	<b>30 min easy run, AM</b> <b>30 to 45 min easy run, PM</b>	<b>60 min run</b> Easy to steady pace.	<b>90 min run</b> Last 45 min to include: 10 min at threshold effort, 2 min jog recovery x3.	Rest	<b>40 min to 50 min easy run</b>	<b>2 hours 30 min long run</b> Easy pace with last 45 min at target marathon pace.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>










# Training plan for marathon racers








## Prep week 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>45 min easy run</b> Core exercises. 	<b>40 min easy run, AM</b> <b>800m x 8, PM</b> 5km pace from 90 second recovery. 	<b>60 min easy run or 60 min aerobic cross training session with core exercises.</b> 	<b>90 min run</b> Last 30 min at threshold effort. 	Rest 	<b>45 min easy run</b> Core exercises. 	<b>3 hour or 3 hour 15 min long run</b> Last 60 min at target marathon pace. 


























## Prep week 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>45 min easy run</b> Core exercises. 	<b>30 to 40 min easy run, AM</b> <b>Mixed pace session, PM</b> 6 min threshold run, 2 to 3 min recovery. 4 x 400m or 90 seconds at 5k pace, 1 min jog recovery between each 400. 	<b>45 to 60 min easy run or 45 to 60 min aerobic cross training session with core exercises.</b> 	<b>90 min run</b> Last 30 to 40 min at marathon pace. 	Rest 	<b>45 min threshold run</b> Include: 3 min threshold, 3 min steady x6. Core exercises. 	<b>1 hour 45 min or 2 hour long run</b> Last 30 min at marathon pace. 

## Prep week 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 to 40 min easy run</b> Core exercises. 	<b>30 to 40 min easy run, AM</b> <b>Interval training session, PM</b> 5 x 400m or 90 seconds at 5k pace, 1 min jog recovery between each 400. 2km at threshold effort. 5 x 400m or 90 seconds at 5k pace, 45 second recovery, 2 min rest between each 400. 	<b>30 to 45 min easy run or 30 to 45 min aerobic cross training session with core exercises.</b> 	<b>45 min progression run</b> 15 min x3. On second 15 min aim for marathon pace. 	Rest 	<b>parkrun or 30 min steady run with core exercises.</b> 	<b>75 min easy run</b> 

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Prep week 16						
You've come a long way.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>30 to 40 min easy run</b> Core exercises.</p> <p><input type="checkbox"/>    </p>	<p><b>30 to 40 min run</b> Include: 5 min at marathon pace, 2 to 3 min jog recovery x3.</p> <p><input type="checkbox"/>    </p>	<p><b>30 min easy run</b> Core exercises.</p> <p><input type="checkbox"/>    </p>	<p><b>30 min easy run</b></p> <p><input type="checkbox"/>    </p>	<p>Rest</p> <p><input type="checkbox"/></p>	<p><b>25 min super easy run</b> We're proud of you. One more run to go.</p> <p><input type="checkbox"/>    </p>	<p><b>Marathon day</b> You deserve a medal for all your hard work. Good luck.</p> <p><input type="checkbox"/>     </p>