

PREPARING TO RACE A MARATHON

Your 16-week advanced
training plan

In partnership with



runningwithus.com



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Well done for deciding to sign 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 three 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

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

www.diabetes.org.uk/sport-type-2

How much training will I have to do?

You'll be running six 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.

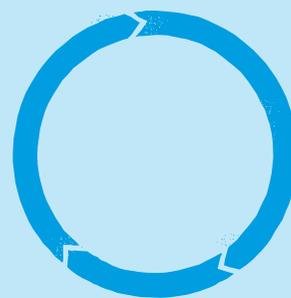
Getting the balance right

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. Most of us tend to focus on the training part. But you need to pay as much attention to rest and nutrition to make any real gains in getting fitter, faster or stronger.

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



Rest

Nutrition

Training

Your running and other exercise sessions will get more demanding as you get closer to half marathon day.

Rest

Having enough rest between sessions and lots of sleep gives your body the time to recover, adapt and heal.

Nutrition

Eat sensibly so you have the energy to train keep your immune system strong and help heal muscles between training sessions. Find information on healthy eating tips suitable for people with or without diabetes.

www.diabetes.org.uk/healthy-eating

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.

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.

Plan ahead

Book yourself a place for 3 half marathons – weeks 8, 11 and 12 – and aim to do a Parkrun in week 4 and 15.

Good luck - be amazed at what your body can do!

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

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

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Write down how you feel before and after a run.

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

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

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

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Write down how you feel before and after a run.

Prep week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 to 40 min easy run Core exercises.	30 min easy run, AM 45 to 60 min run Include 30 min at threshold pace.	60 min easy run or 60 min aerobic cross training session with core exercises.	Mixed pace session 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.	Rest	Hill running session Include: 6 min running up and down a hill, 75 second jog recovery x6. Core exercises.	2 hour long run 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.

Prep week 7						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 to 40 min easy run Core exercises.	30 min easy run, AM 60 min progression run, PM Steady effort working up to threshold effort for the last 25 min.	60 min easy run or 60 min aerobic cross training session with core exercises.	Mixed pace session 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	60 min hill running Include: 12 min running up and down a hill, 2 min jog recovery. x3. Core exercises.	2 hour 15/30 long run Easy pace.

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

Training plan for marathon racers

Prep week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 to 40 min easy run Core exercises.	30 min easy run, AM 30 to 45 min easy run, PM.	60 min run Easy to steady pace.	90 min run Last 45 min to include: 10 min at threshold effort, 2 min jog recovery x3.	Rest	40 min to 50 min easy run.	2 hours 30 min long run Easy pace with last 45 min at target marathon pace.

Prep week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 to 40 min easy run Core exercises.	30 to 40 min easy run, AM Mixed pace session, PM 800m or 3 min, x8 Odd numbers at threshold effort, even faster at 5km pace from 75 to 90 second recovery.	90 min run Core exercises.	90 min run Last 60 min: 3 min threshold, 3 min steady – no rest.	Rest	40 min to 60 min steady run Core exercises.	2 hours 45 min long run Easy pace.

Prep week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 to 40 min easy run Core exercises.	30 min easy run, AM Mixed pace session, PM 6 min threshold 800m x8. Every other 800m at threshold effort. Even faster at 5km pace from 75 to 90 second recovery.	60 min easy run Core exercises.	90 min run 15 min run, 3 min recovery x3. First 15 min at target marathon pace, second even faster, and third faster still.	Rest	40 min easy run Core exercises.	Half marathon or equivalent Target marathon pace with 20 to 30 min easy run before and after.

Training plan for marathon racers



Prep week 12						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45 min easy run Core exercises.	40 min easy run, AM 45 min run, PM Include: 6 min threshold – to turn the legs over again, 2 min jog recovery x5.	60 min run Easy to steady effort. Core exercises.	60 min progression run 20 min easy, 20 min steady, 20 at threshold building.	Rest	45 min easy run.	Half marathon or equivalent 35km progression run 10km easy, 10km target marathon pace, 5km easy, 5km faster than target marathon pace, 2km fast, 3km easy.

Prep week 13						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45 min easy run Core exercises.	40 min easy run, AM 800m x 8, PM 5km pace from 90 second recovery.	60 min easy run or 60 min aerobic cross training session with core exercises.	90 min run Last 30 min at threshold effort.	Rest	45 min easy run Core exercises.	3 hour or 3 hour 15 min long run Last 60 min at target marathon pace.

Training plan for marathon racers



Prep week 14						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45 min easy run Core exercises.	30 to 40 min easy run, AM Mixed pace session, PM 6 min threshold run, 2 to 3 min recovery. 4 x 400m or 90 seconds at 5k pace, one min jog recovery between each 400.	45 to 60 min easy run or 45 to 60 min aerobic cross training session with core exercises.	90 min run Last 30 to 40 min at marathon pace.	Rest	45 min threshold run Include: 3 min threshold, 3 min steady x6. Core exercises.	1 hour 45 min or 2 hour long run Last 30 min at marathon pace.

Prep week 15						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 to 40 min easy run Core exercises.	30 to 40 min easy run, AM Interval training session, PM 5 x 400m or 90 seconds at 5k pace, one 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.	30 to 45 min easy run or 30 to 45 min aerobic cross training session with core exercises.	45 min progression run 15 min x3. On second 15 min aim for marathon pace.	Rest	Parkrun or 30 min steady run with core exercises.	75 min easy run

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

You've done it! Share your story.
Don't forget to use **#TeamDUK**
and **@DiabetesUK** in your posts.

