

Marathon Training Guide

Advanced



Thank You

Thank you so much for running to change the lives of people living with neurological conditions and welcome to Team #BrainResearchUK!

There are over 12.5 million people currently living in the UK with a neurological condition. By running a marathon and raising money, you are helping to fund ground-breaking neurological research to discover the causes, develop new treatments and improve the lives of those affected. We couldn't do it without you, and are incredibly grateful for your support.

This training plan is for runners who may have already completed a marathon and are looking to improve on a previous performance. The plan assumes you will run four times a week at the start of your training and that you've done plenty of running in the past. The days of the week shown are not fixed and only proposed, so you can complete your sessions at the times that suit you best.

Should you have any questions about your training, get in touch by emailing events@brainresearchuk.org.uk or by calling 020 7404 9982 —we are behind you 100% of the way!

1 in 6 of us



has a neurological condition

12,300



people are diagnosed with a primary brain tumour every year

2.6 million



people live with the effects of traumatic brain injury or stroke

190,000



migraine attacks occur every day

Different Types of Training Runs

EASY RUNS

During an easy run, you should feel relaxed. You should be breathing comfortably and capable of holding a conversation throughout the run.

STEADY RUNS

These are the bread and butter of your training - the 'miles in the bank'. Steady runs build the base that is the foundation for the rest of your training. Conversations are still possible at this pace but only in shorter sentences.

TEMPO RUNS

Running at tempo pace is great for improving your running economy. It's a sustained cruise pace that requires concentration. You will find these runs slightly uncomfortable as you try to run faster, but they are worth it.

LONG RUNS

These are a real focus of the plan. They should be used to develop strength and endurance but also to practise your target marathon pace and control. Long runs are shown in both time and distance.

INTERVAL RUNS

These involve high-intensity periods of faster running interspersed with periods of recovery or rest. Having rest between bouts of harder running means you can maintain the quality and pace of the effort.

FARTLEK

The word 'Fartlek' comes from the Swedish meaning 'speed play' and Fartlek training is just that – rather than running a set distance in a set time, you 'play' with different running paces and distances until you feel you've completed the workout.

HILL RUNS

Running uphill will work your muscles in a different way to flat road running, so to avoid injury you need to let your body adjust. Your legs will feel more tired than usual after hill running, so allow them time to recover before your next session.

16-week Marathon training

Week 1

- Mon: Rest Day
- Tue: 30 Minutes Steady Run
- Wed: 45 Minutes Easy Run
- Thu: 10-minute easy run, 2 x (5-minute tempo run, 2-minute easy run), 10-minute easy run
- Fri: Rest or cross train. Core and stretching
- Sat: 14-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute hill run, 15-minute easy run
- Sun: 1 Hour 15 Minutes Long Run

Week 2

- Mon: Rest Day
- Tue: 40 Minutes Steady Run
- Wed: 50 Minutes Steady Run
- Thu: 10-minute easy run, 3 x (5-minute tempo run, 2.5-minute easy run), 10-minute steady run
- Fri: Rest of cross train. Core and stretching
- Sat: 15-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute hill run, 15-minute easy run
- Sun: 1 Hour 15 Minutes Long Run

Week 3

Mon: Rest Day

Tue: 40 Minutes Easy Run

Wed: 60 Minutes Steady Run

Thu: 10-minute easy run, 10-minute tempo run, 5-minute easy run, 10-minute steady run, 5-minute easy run

Fri: Rest or cross train. Core and stretching

Sat: 10-minute easy run, 30-minute hill run, 10-minute steady run

Sun: 1 Hour 30 Minutes Long Run

Week 4

Mon: Rest Day

Tue: 15-minute easy run, 4 x (5-minute tempo run, 3-minute easy run), 15-minute steady run

Wed: 40 Minutes Easy Run

Thu: 50 Minutes Fartlek

Fri: Rest or cross train. Core and stretching

Sat: 10-minute easy run, 2 x (15-minute tempo run, 5-minute easy run), 10-minute steady run

Sun: 1 Hour 45 Minutes Long Run

Week 5

- Mon: Rest Day
- Tue: 10-minute easy run, 8 x 3-minute interval run, 10-minute easy run
- Wed: 45 Minutes Steady Run
- Thu: 50 Minutes Fartlek
- Fri: Rest or cross train. Core and stretching
- Sat: 15-minute easy run, 20-minute tempo run, 5-minute easy run, 5 x 2-minute hill run, 10-min easy run
- Sun: 2 Hours Long Run

Week 6

- Mon: Rest Day
- Tue: 10-minute easy run, 2 x (2-minute interval run, 1-minute easy run, 3-minute interval run, 90-second easy run, 4-minute interval run, 2-minute easy run, 5-minute interval run, 2.5-minute easy run), 10-minute easy run
- Wed: 45 Minutes Steady Run
- Thu: 10-minute easy run, 25-minute tempo run, 10-minute easy run
- Fri: Rest or cross train. Core and stretching
- Sat: 10-minute easy run, 5 x 30-second interval run, 10-minute easy run
- Sun: Run 12 Miles – 12 miles long run with 4 miles marathon pace at the end

Week 7

Mon: Rest Day

Tue: 30 Minutes Easy Run

Wed: Rest Day

Thu: 15-minute easy run, 15-minute steady run, 15-minute easy run

Fri: Rest or cross train. Core and stretching

Sat: 10-minute easy run, 5 x 2-minute hill run, 10-minute easy run

Sun: 1 Hour Long Run

Week 8

Mon: Rest Day

Tue: 10-minute easy run, 10-minute tempo run, 5-minute easy run, 5 x (3-minute interval run, 90-second easy run), 10-minute easy run

Wed: 45 Minutes Steady Run

Thu: 15-minute easy run, 30-minute tempo run, 10-minute easy run

Fri: Rest or cross train. Core and stretching

Sat: 10-minute easy run, 3 x (12-minute tempo run, 3-minute easy run), 10-minute easy run

Sun: Run 14 Miles – 14 miles long run with 4 miles marathon pace in the middle. Practise health and nutrition

Week 9

Mon: Rest Day

Tue: 10-minute easy run, 6 x (4-minute interval run, 2-minute easy run), 10-minute easy run

Wed: 55 Minutes Steady Run

Thu: Rest or cross train. Core and stretching

Fri: Run 40 Minutes – 10-minute easy run, 20-minute tempo run, 10-minute easy run

Sat: 10-minute easy run, 4 x 5-minute hill run, 10-minute steady run

Sun: Run 16 Miles – 16 miles long run as 2 x (4 miles marathon pace, 4 miles slower than marathon pace). Practice health and nutrition

Week 10

Mon: Rest Day

Tue: 10-minute easy run, 10-minute tempo run, 5 x (3-minute interval run, 1-minute easy run), 10-minute easy run

Wed: 60 Minutes Steady Run

Thu: 15-minute easy run, 12-minute tempo run, 2-minute easy run, 2 x (6-minute tempo run, 90-second easy run), 4 x 90-second hill run, 10-minute easy run

Fri: Rest Day

Sat: 30 Minutes Fartlek

Sun: Run 18 Miles – 18 miles long run. Practice health and nutrition

Week 11

Mon: Rest Day

Tue: 10-minute easy run, 12-minute tempo run, 5-minute easy run, 6 x (3-minute interval run, 1-minute easy run), 15-minute easy run

Wed: 45 Minutes Steady Run

Thu: 30 Minutes Easy Run

Fri: Rest Day

Sat: 10-minute easy run, 5 x 30-second strides, 10-minute easy run

Sun: Run a half marathon

Week 12

Mon: Rest Day

Tue: 10-minute easy run, 3 x (10-minute tempo run, 2-minute easy run), 5-minute easy run, 5 x 1-minute interval run, 10-minute easy run

Wed: 60 Minutes Steady Run

Thu: 45 Minutes Fartlek

Fri: Rest or cross train. Core and stretching

Sat: 10-minute easy run, 4 x (5-minute tempo run, 2-minute easy run) 5 x 30-second fast strides, 10-minute easy run

Sun: Run 20 Miles – 20 miles long run. Practice health and nutrition.

Week 13

- Mon: Rest Day
- Tue: 10-minute easy run, 15-minute tempo run, 5 x (3-minute interval run, 2-minute easy run), 10-minute easy run
- Wed: 60 Minutes Easy Run
- Thu: 45 Minutes Steady Run
- Fri: Rest or cross train. Core and stretching
- Sat: 10-minute easy run, 10-minute hill run, 10-minute easy run
- Sun: Run 20 Miles – 20 miles long run. Practice health and nutrition.

Week 14

- Mon: Rest Day
- Tue: 30 Minutes Steady Run
- Wed: 50 Minutes Easy Run
- Thu: 10-minute easy run, 3 x (10-minute tempo run, 3-minute easy run), 10-minute easy run
- Fri: Rest or cross train. Core and stretching
- Sat: 10-minute easy run, 4 x 30-second fast strides, 5-minute easy
- Sun: Run 22 Miles – This will be your final long training run. Practise marathon pace and health and nutrition

Week 15

- Mon: Rest Day
- Tue: 35 Minutes Steady Run
- Wed: 10-minute easy run, 4 x (7-minute tempo run, 2-minute easy run), 10-minute easy run
- Thu: 45 Minutes Steady Run
- Fri: Rest or cross train. Core and stretching
- Sat: 3 miles steady run, 2 miles tempo run, 3 miles steady run
- Sun: Run 13 Miles – Practice marathon pace and health and nutrition

Week 16

- Mon: Rest Day
- Tue: 10-minute easy run, 15-minute tempo run, 10-minute easy run
- Wed: 30 Minute Steady Run
- Thu: 40 Minutes Easy Run
- Fri: Rest or cross train. Core and stretching
- Sat: 10-minute easy run, 2 x (5-minute interval run, 2.5-minute easy run), 10-minute steady run
- Sun: Run 8 Miles – 2 miles easy run, 4 miles half marathon pace, 2 miles easy run

Week 17

Mon: Rest Day

Tue: 30 Minutes Easy Run

Wed: Rest Day

Thu: 20 Minutes Easy Run

Fri: 10-minute easy run, 4 x 30-second fast, 10-minute easy run

Sat: Rest Day

Sun: Race Day – Remember to stretch and warm down afterwards with a 15-minute walk. Eat and drink well. Good luck!

Thank you and well done!

You have come to the end of the marathon training guide, and your fitness has advanced dramatically. You will have made significant health and fitness gains, and equally importantly, you have progressed safely. By maintaining your training, you will be making a major contribution to your long-term health and fitness, and this schedule can also serve as a foundation and springboard to increase your fitness levels further. Enjoy your training.



Inspiring progress, together



Team

#BrainResearchUK

Our vision is a world where everyone with a neurological condition lives better, longer.

Disclaimer

Running is physically challenging and carries with it risks that neither the Charity nor any event organiser can entirely eliminate.

These include the risk of personal injury.

Rules

- You must act responsibly and sensibly at all times.
- You must not participate if you are pregnant or under the influence of alcohol or non-prescription drugs.
- You must follow any safety warnings or instructions displayed or given to you by a member of staff or ask a staff member if you are unclear.
- We are not qualified to express an opinion that you are fit to safely participate. You must obtain professional or specialist advice from your doctor before participating.

In the absence of any negligence or other breach of duty by us, participation in a running, challenge or similar event is entirely at your risk. In the absence of any negligence or other breach of duty by us, we are not responsible for any theft, damage, destruction or loss of your property or belongings while using taking part in [the relevant event].

Indemnity

You agree to indemnify us against:

- (a) any claims, actions, demands or other proceedings brought against us by a third party, or
- (b) any loss suffered by us

to the extent that such claim, action, demand, other proceeding, or loss arises from either:

- (a) your breach of the Terms and Conditions of the event/s in which you are taking part, or
- (b) your actions or inactions in relation to the event in which you are taking part that cause damage or injury to any third party; and where such breach, action or inaction cannot be attributed to us.

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