

# Marathon Training Guide

## Improvers



# 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](mailto: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



# Intermediate training plan

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## Different types of training run

### EASY RUNS (less than 60 per cent maximum effort)

During an easy run, you should feel relaxed. You should be breathing comfortably and capable of holding a conversation throughout the run. If you're a new runner nothing may feel easy at first – slow down, walk if necessary and control your effort.

### STEADY RUNS (60-70 per cent maximum effort)

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 (70-80 per cent maximum effort)

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.

# 16-week Marathon training

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## Week 1

- Mon: Rest Day - The next four weeks are about building a base of easy running – building time on your feet. This will form the basis from which to introduce more marathon-specific training
- Tue: 20 Minutes Easy Run
- Wed: 30 Minutes Easy Run
- Thu: Rest Day
- Fri: 40 Minutes Easy Run
- Sat: Rest Day
- Sun: 60 Minutes Easy Run

## Week 2

- Mon: Rest Day – Continue to establish your routine. Find the time to get out to run.
- Tue: 30 Minutes Easy Run
- Wed: 40 Minutes Steady Run
- Thu: Rest Day
- Fri: 40 Minutes Easy Run
- Sat: Rest Day
- Sun: 70 Minutes Easy Run

## Week 3

- Mon: Rest Day – The third week of the plan is important. The steady miles are setting the foundation for the rest of your training
- Tue: 30 Minutes Easy Run
- Wed: 50 Minutes Steady Run
- Thu: Rest Day
- Fri: 35 Minutes Easy Run
- Sat: Rest Day
- Sun: 80 Minutes Easy Run

## Week 4

- Mon: Rest Day – Build up your longest run to 90 minutes at the weekend. This will be a real confidence booster for the rest of your training
- Tue: 35 Minutes Easy Run
- Wed: 60 Minutes Steady Run
- Thu: Rest Day
- Fri: 35 Minutes Easy Run
- Sat: Rest Day
- Sun: 90 Minutes Easy Run



## Week 5

Mon: Rest Day – A lighter week to allow for adaptation of training loads

Tue: 20 Minutes Easy Run

Wed: 30 Minutes Steady Run

Thu: Rest Day

Fri: 20 Minutes Easy Run

Sat: Rest Day

Sun: 60 Minutes Easy Run

## Week 6 Marathon training kicks in!

Mon: Rest Day – This week you'll introduce more intensity to boost fitness and build pace endurance. Run to feel and listen to your body to judge intensity

Tue: 40 Minutes Easy Run

Wed: Run 44 Minutes – 10-minute easy run, (60 secs fast, 2 min jog recovery) x8, 10-minute easy run

Thu: Rest Day

Fri: Run 50 Minutes – 10-minute easy run, (5 min steady, 5 min tempo) x 3, 10-minute easy run

Sat: Rest Day

Sun: 1 Hour 45 Minutes Easy Run, or distance goal of 10 miles

## Week 7

Mon: Rest Day – Make sure you show a range of pace during the sessions so you can maximise the fitness benefits

Tue: 45 Minutes Easy Run

Wed: Run 40 Minutes – 10-minute easy run, (2 min tempo run, 2 min jog recovery) x 5, 10-minute easy run

Thu: Rest Day

Fri: Run 46 Minutes – 10-minute easy run, (8 min tempo run, 5 min steady run) x 2, 10-minute easy run

Sat: Rest Day

Sun: 2 Hours 10 Minutes Easy Run, or distance goal of 12 miles

## Week 8

Mon: Rest Day – Really attack your faster running and embrace the breathlessness

Tue: 50 Minutes Easy Run

Wed: Run 50 Minutes – 10-minute easy run, (90 secs fast, 90 secs jog recovery) x10, 10-minute easy run

Thu: Rest Day

Fri: Run 47 Minutes – 10-minute easy run, (12 min tempo, with 3 min jog recovery) x 2, 10-minute easy run

Sat: Rest Day

Sun: 2 Hours 30 Minutes Easy Run, or distance goal of 14 miles

## Week 9

Mon: Rest Day – A consistent week where you should start to feel the benefits of training that is behind you and more confident looking forward

Tue: 50 Minutes Easy Run

Wed: Run 56 Minutes – 10-minute easy run, (4 min tempo run, 2 min jog recovery) x 6, 10-minute easy run

Thu: Rest Day

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

Sat: Rest Day

Sun: 2 Hours 45 Minutes Easy Run, or distance goal of 16 miles

## Week 10

Mon: Rest Day – Enter a half marathon to familiarize yourself with race day routines, such as pre-race nutrition, race clothing and hydration strategies

Tue: 50 Minutes Easy Run

Wed: Run 45 Minutes – 10-minute easy run, (3 min tempo run, 2 min jog recovery) x 5, 10-minute easy run

Thu: Rest Day

Fri: 30 Minutes Easy Run

Sat: Rest Day



Sun: 1 Hour 30 Minutes Easy Run, or race a half marathon

## Week 11

Mon: Rest Day – Recover from your half marathon. Continue to explore what your marathon pace feels like. Start to dial it in and feel more confident

Tue: 30 Minutes Easy Run

Wed: 60 Minutes Steady Run

Thu: Rest Day

Fri: Run 50 Minutes – 10-minute easy run, 30 minutes at target marathon pace, 10-minute easy run

Sat: Rest Day

Sun: 2 Hours 45 Minutes Steady Run, or distance goal of 16 miles

## Week 12

Mon: Rest Day – Build up the long run and focus on your target marathon pace, hydration and fueling. Plan these things in advance but don't panic if they don't go to plan!

Tue: 50 Minutes Easy Run

Wed: Run 50 Minutes – 5-minute easy run, 40 minutes at target marathon pace, 5-minute easy run

Thu: Rest Day

Fri: 35 Minutes Easy Run

Sat: Rest Day

Sun: Run 3 Hours – 1 hour easy, 1 hour steady, 1 hour easy, or distance goal of 18 miles. Include 6 miles in the middle at target marathon pace

## Week 13 Peak week

Mon: Rest Day – This week you will be your longest run. Use this as a dress rehearsal for Race Day – eat your pre-race breakfast, wear the clothes you intend to race in and practise your hydration and fuelling strategies

Tue: 50 Minutes Easy Run

Wed: Run 55 Minutes – 10-minute easy run, (5 min tempo run, 2 min jog recovery) x 5, 10-minute easy run

Thu: Rest Day

Fri: Run 60 Minutes – 5-minute easy run, 50 minutes at target marathon pace, 5-minute easy run, 5-minute tempo run, 10-minute easy run

Sat: Rest Day

Sun: 3 Hours 30 Minutes Easy Run, or distance goal of 20 to 22 miles. Include a section, perhaps the final 8 miles, at target marathon pace. This is your longest run!

## Week 14 Start of training reduction

Mon: Rest Day – The long run will taper from here, but you will still need to maintain your paced runs during the week

Tue: 40 Minutes Easy Run

Wed: Run 40 Minutes – 10-minute easy run, (60 secs fast, 60 secs jog) x 10, 10-minute easy run

Thu: Rest Day

Fri: Run 50 Minutes – 10-minute easy run, 10-minute steady run, 10-minutes at target marathon pace, 10 minutes faster, 10-minute easy run

Sat: Rest Day

Sun: 90 Minutes Easy Run

## Week 15 Further training reductions

Mon: Rest Day – Towards the end of this week your legs should find their spring again

Tue: 30 Minutes Easy Run

Wed: Run 41 Minutes – 10-minute easy run, (60 secs fast, 60 secs jog recovery) x 5, 3-minute jog, 8 minutes at target marathon pace, 10-minute easy run

Thu: Run 30 Minutes – 5-minute easy run, 20 minutes at target marathon pace, 5-minute easy run

Fri: Run 30 Minutes – 5-minute easy run, 20 minutes at target marathon pace, 5-minute easy run

Sat: Rest Day

Sun: 60 Minutes Easy Run

## Week 16 Final training reduction and preparation week

Mon: Rest Day – Use any spare time to relax and put your feet up. Come Race Day do not get too excited, set off at your race pace and stick to your plan

Tue: 20 Minutes Easy Run

Wed: Run 32 Minutes – 10-minute easy run, 12 minutes at target marathon pace, 10-minute easy run

Thu: Rest Day

Fri: 10 Minutes Easy Jog

Sat: Rest Day

Sun: Race Day – Start sensibly at your race pace and stick to your race plan. Trust the training, smile and enjoy yourself. You can do it!

# Thank you and well done!

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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

- o You must act responsibly and sensibly at all times.
  - o You must not participate if you are pregnant or under the influence of alcohol or non-prescription drugs.
  - o 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.
  - o 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.

Brain Research UK  
Fifth Floor,  
Holborn Gate,  
330 High Holborn,  
London, WC1V 7QH



020 7404 9982



events@brainresearchuk.org.uk



brainresearchuk.org.uk