

**MARATHON**

**TRAINING PLAN**



**WITH TEAM AMNESTY**

**ADVANCED**

fullpotential 

**AMNESTY**  
INTERNATIONAL



# MARATHON TRAINING PLAN WITH TEAM AMNESTY



**ADVANCED**

YOU'VE RUN SEVERAL  
MARATHONS BEFORE



YOU'VE HAD AT LEAST  
A YEAR OF CONSISTENT  
RUNNING



THIS 16-WEEK PLAN WILL TAKE YOU  
TO EVENT DAY AS SAFELY AS POSSIBLE.

You'll need at least a year of consistent running before following this plan as it's demanding from the beginning. Training six days a week on a mixture of surfaces, make sure there's space in your life to fit this all in.



## THE TALK TEST

It's important to run at the right effort level and intensity to reach your full potential. Most people think that training 'harder is better' but pushing yourself to run too quickly can result in feeling tired, getting ill or picking up an injury.

Understanding the purpose and feel of each training session we give you is the way to train smart. Here's our guide to the sessions mentioned in our training plan and how they should feel as a 'talk test'.

TYPE OF SESSION	PERCEIVED EFFORT LEVEL (1-10)	HOW IT SHOULD FEEL: THE TALK TEST
RECOVERY/ EASY RUN	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch.
STEADY EFFORT RUN	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between easy and threshold running.
THRESHOLD RUN	8-8.5	You could speak four to five words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.
LONG RUN	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
MARATHON PACE	7.5-8	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, you are relaxed and in control.
10KM/ SPEEDWORK	9-9.5	You can only say two to three words maximum and are out of breath but still know that you could do more if you had to.

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### MAKE THE TRAINING PLAN WORK FOR YOU

You probably won't be able to follow the training plan exactly as it is set out, so we've written it with this in mind:

- Key sessions for each week are highlighted in yellow. These are non-negotiable sessions that you need to fit into your diary to run your best race.
- Avoid key sessions on back-to-back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an easy long run, but this is for more advanced runners.
- All other training sessions are supplementary. Drop them into your week if you can't fit everything in although we hope you can find the time.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b>	30 minutes conditioning work	 10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/gym class	35 minutes easy run	 Rest day	 10 minutes warm up, 8 x 1 minute on (90%+ effort) with 1 minute easy jog recovery, 10 minutes cool down	 90 minutes easy long run
<b>2</b>	30 minutes conditioning work	 Rest day	 10 minutes warm up, 10 x 1:30 on (85-90% effort) with 1 minute easy jog recovery, 10 minutes cool down	30 minutes easy cross training/gym class	 10 minutes warm up, 3 x 6 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 105 minutes easy long run
<b>3</b>	30 minutes conditioning work	 15 minutes easy, 15 minutes steady, 15 minutes easy	40 minutes recovery run	 Rest day	30 minutes easy cross training/gym class	 10 minutes warm up, 3 x 8 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down	 120 minutes easy long run
<b>4</b>	30 minutes conditioning work	 10 minutes warm up, 12 x 1 minute on (90 effort) with 1 minute easy jog recovery, 10 minutes cool down	45 minutes easy cross training/gym class	 Rest day	30 minutes easy cross training/gym class	 10 minutes warm up, 4 x 8 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down	 120 minutes easy long run

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## ADVANCED



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	30 minutes conditioning work	 10 minutes warm up, 16 minutes at threshold, 10 minutes cool down	30 minutes easy cross training/gym class	10 minutes easy, 10 minutes steady, 10 minutes easy	 Rest day	 <b>5km park run</b>	 75 minutes easy long run
6	30 minutes conditioning work	 10 minutes warm up, 6 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	40 minutes recovery run	 Rest day	 10 minutes warm up, 4 x 8 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/gym class	 135 minutes easy/steady long run
7	30 minutes conditioning work	 20 minutes easy, 20 minutes steady, 20 minutes easy	30 minutes recovery run	45 minutes easy cross training/gym class	 Rest day	 10 minutes warm up, 3 x 10 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down	 120 minutes easy/steady long run
8	30 minutes conditioning work	 10 minutes warm up, 5 x 6 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	40 minutes easy cross training/gym class	 Rest day	 10 minutes warm up, 6 x 4 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training	 150 minutes easy/steady long run

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
9	 Rest day	30 minutes conditioning work	 10 minutes warm up, 8 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	 Rest day	 10 minutes warm up, 3 x 10 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	40 minutes easy cross training/gym class	 90 minutes long run – pick up last 20 minutes to half marathon pace
10	 Rest day	 15 minutes easy, 15 minutes threshold, 15 minutes easy	 Rest day	 10 minutes warm up, 5 x 2 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	 Rest day	20 minutes easy run + strides	 <b>Half marathon race</b>
11	30 minutes conditioning work	 Rest day	60 minutes easy cross training/gym class	 Rest day	 10 minutes warm up, 3 x 12 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training	 120 minute long run; first 60 minutes easy, second 60 minutes at marathon pace
12	30 minutes conditioning work	 10 minutes warm up, 3 x 15 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	30 minutes recovery run	 10 minutes warm up, 8 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 165 minute long run; first 90 minutes easy, second 75 minutes at marathon pace

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
13	30 minutes conditioning work	45 minutes easy cross training/ gym class	 10 minutes warm up, 3 x 15 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 10 minutes warm up, 1,2,3,4,3,2,1 minutes at 90% (10km) effort with a 90 second recovery, 10 minutes cool down	 Rest day	 180 minute long run; first 90 minutes easy, second 90 minutes at marathon pace
14	30 minutes conditioning work	 10 minutes warm up, 4 x 10 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes recovery run	 Rest day	 10 minutes warm up, 6 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 120 minute long run; first 60 minutes easy, second 60 minutes at marathon pace
15	30 minutes conditioning work	 10 minutes warm up, 4 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	30 minutes recovery run	 10 minutes warm up, 6 x 2 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	 Rest day	 60 minute long run; pick up middle 30 minutes to marathon pace
16	 Rest day	 10 minutes warm up, 3 x 3 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	 Rest day	 30 minutes easy run – include 3 x 1 minutes at 90% with a 60 second jog recovery in the middle	 Rest day	20 minutes easy run + strides	 <b>MARATHON RACE DAY</b>