

MARATHON

TRAINING PLAN



WITH TEAM AMNESTY

INTERMEDIATE

fullpotential 

**AMNESTY
INTERNATIONAL**



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INTERMEDIATE

YOU'VE RUN A HALF MARATHON OR EVEN A MARATHON BEFORE



YOU WANT MORE STRUCTURED TRAINING



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

If you've run a half marathon, or even a marathon, but this time you're looking for more structured training, this plan is for you. With some serious threshold intervals to get stuck into, this plan will get you fit for the marathon.

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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're 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
1	30 minutes conditioning work	10 minutes warm up, 6 x 2 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	Rest day	40 minutes easy cross training/gym class	10 minutes easy, 10 minutes steady, 10 minutes easy	Rest day	75 minutes easy long run
2	30 minutes conditioning work	Rest day	10 minutes warm up, 5 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	40 minutes easy cross training/gym class	30 minutes easy run	90 minutes easy long run
3	30 minutes conditioning work	10 minutes warm up, 6 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	Rest day	40 minutes easy run	40 minutes easy cross training/gym class	105 minutes easy long run
4	30 minutes conditioning work	10 minutes warm up, 6 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	30 minutes easy run	Rest day	5km park run	45 minutes easy run

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

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
9	30 minutes conditioning work	10 minutes warm up, 3 x 8 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	30 minutes easy cross training/ gym class	10 minutes warm up, 4 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	Rest day	90 minutes long run – pick up last 20 minutes to half marathon pace
10	Rest day	10 minutes easy, 10 minutes threshold, 10 minutes easy	Rest day	10 minutes warm up, 5 x 1 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	Rest day	Rest day or 20 minutes easy run	 Half marathon race
11	Rest day	30 minutes conditioning work	45 minutes easy cross training/ gym class	Rest day	10 minutes warm up, 6 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	Rest day	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 10 minutes at threshold effort with a 120 second recovery, 10 minutes cool down	45 minutes easy cross training/ gym class	45 minutes easy run	10 minutes warm up, 6 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	Rest day	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 run	 10 minutes warm up, 3 x 10 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	30 minutes easy cross training/ gym class	 180 minute long run; first 90 minutes easy, second 90 minutes at marathon pace
14	30 minutes conditioning work	45 minutes easy cross training/ gym class	 10 minutes warm up, 5 x 6 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 15 minutes easy, 15 minutes steady, 15 minutes easy	 Rest day	 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 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	30 minutes easy run	 10 minutes warm up, 5 x 2 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	 Rest day	 60 minutes easy long run
16	 Rest day	 10 minutes warm up, 3 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 10 minutes warm up, 3 x 1 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	 Rest day	Rest day or 20 minutes easy run	 <p>MARATHON RACE DAY</p>