



@MARATHONTALK

YOUR PLUSNET YORKSHIRE MARATHON TRAINING PLAN IN ASSOCIATION WITH MARATHON TALK'S MARTIN YELLING



IMPROVERS' 16 WEEK MARATHON SCHEDULE

This schedule is for you if you are able to run for 60mins without stopping and plan to run 4 days a week in your marathon training.

Days to run are not fixed to enable them to be fitted around your lifestyle and other commitments. It is advisable to follow a run day with an easy day or rest day. For example, weekly run days could be, Day 1: Monday, Day 2: Wednesday, Day 3: Friday, Day 4: Sunday.

You should ensure you are fit to participate in a running training programme before beginning. A medical check up from a GP is recommended.

16 WEEKS TO GO:

BUILD A ROUTINE

- Day 1 15mins easy run
- Day 2 10mins easy run, 10mins steady run, 10mins easy run = 30mins
- Day 3 10mins easy run, 2mins hard run, 3mins easy run x 4, 10mins easy run = 40mins
- Day 4 50mins easy run

15 WEEKS TO GO:

BUILD A ROUTINE

- Day 1 20mins easy run
- Day 2 10mins easy run, 15mins steady run, 10mins easy run = 35mins
- Day 3 10mins easy run, 2mins hard run, 3mins easy run x 4, 10mins easy run = 40mins
- Day 4 60mins easy run

14 WEEKS TO GO:

CONSOLIDATE A ROUTINE

- Day 1 20mins easy run
- Day 2 10mins easy run, 10mins tempo run, 10mins easy run = 30mins
- Day 3 10mins easy run, 3mins hard run, 2mins easy run x 4, 10mins easy run = 40mins
- Day 4 60mins easy run

13 WEEKS TO GO:

BUILD YOUR BASE

- Day 1 20mins easy run
- Day 2 10mins easy run, 15mins tempo run, 10mins easy run = 35mins
- Day 3 10mins easy run, 3mins hard run, 2mins easy run x 5, 10mins easy run = 45mins
- Day 4 1hr 15mins easy run. Practice your hydration and refuelling strategies



For more information go to: theyorkshiremarathon.com/training

12 WEEKS TO GO:

BUILD YOUR BASE

- Day 1 25mins easy run
- Day 2 10mins easy run, 20mins tempo run, 10mins easy run = 40mins
- Day 3 10mins easy run, 4mins hard run, 2mins easy run x 5, 10mins easy run = 50mins
- Day 4 1hr 30mins easy run. Practice your hydration and refuelling strategies

11 WEEKS TO GO:

BUILD YOUR STAMINA AND ECONOMY

- Day 1 30mins easy run
- Day 2 10mins easy run, 30mins tempo run, 10mins easy run = 50mins
- Day 3 10mins easy run, 5mins hard run, 3mins easy run x 4, 10mins easy run = 52mins
- Day 4 1hr 45mins easy run. Practice your hydration and refuelling strategies

10 WEEKS TO GO:

STEADY RUNNING WEEK

- Day 1 30mins steady run
- Day 2 45mins steady run
- Day 3 55mins steady run
- Day 4 1hr 55mins steady run. Practice your hydration and refuelling strategies

9 WEEKS TO GO:

RACE WEEK

- Day 1 Rest
- Day 2 10mins easy run, 30secs fast run, 60secs jog x 4, 10mins easy run = 26mins
- Day 3 30mins easy run
- Day 4 Race Half Marathon. A good opportunity to practice your race day preparation. What is your marathon race pace? If you run a half marathon your finish time will give you an approximate indication of your marathon finish time. Double your finish time (in minutes) and add 10% to estimate your target marathon time.

8 WEEKS TO GO:

BIG LONG RUNS

- Day 1 20mins easy run
- Day 2 10mins easy run, 5mins steady run, 5mins fast run, 5mins easy run x 2, 10mins easy run = 50mins
- Day 3 5mins easy run, 20mins steady run, 10mins brisk run, 5mins easy run = 40mins
- Day 4 2hr 10mins easy run. Practice your fuelling and hydration strategies

7 WEEKS TO GO:

PRACTICE ENERGY AND HYDRATION

- Day 1 25mins easy run
- Day 2 10mins easy run, 10mins at marathon pace, 3mins jog x 2, 10mins easy run = 46mins
- Day 3 15min easy run, 5mins fast run, 2mins easy run x 5, 15min easy run = 65mins
- Day 4 2hrs 30mins easy run. Practise your fuelling and hydration strategies

6 WEEKS TO GO:

LONG RUN DEVELOPMENT

- Day 1 30mins easy run
- Day 2 10mins easy run, 15mins at marathon pace, 3mins jog x 2, 10mins easy run = 56mins
- Day 3 15mins easy run, 5min fast run, 1min easy run x 5, 15mins easy run = 60mins
- Day 4 2hrs 45mins easy run. Practice your fuelling and hydration strategies

5 WEEKS TO GO:

A RACE WEEK OR A LIGHTER WEEK

- Day 1 45mins easy run
- Day 2 20mins easy run
- Day 3 15mins easy run
- Day 4 Race day (10 miles/10K/Half Marathon)

4 WEEKS TO GO:

YOUR LONGEST LONG RUN WEEK

- Day 1 30mins easy run
- Day 2 15mins easy run, 40mins run at marathon race pace, 15mins easy run = 70mins
- Day 3 15mins easy run, 8mins fast run, 2mins easy jog x 4, 15mins easy jog = 70mins.
- Day 4 3hrs easy run. Practice your fuelling and hydration strategies. Wear the kit and running shoes you plan to complete the marathon in to check they are comfortable.

3 WEEKS TO GO:

TAPER BEGINS

- Day 1 25mins easy run
- Day 2 10mins easy run, 5mins tempo run, 5mins easy run x 3, 10mins easy run = 50mins
- Day 3 45mins steady run
- Day 4 1hr 30mins easy run. Practice your fuelling and hydration strategies. Wear the kit and running shoes you plan to complete the marathon in to check they are comfortable.

2 WEEKS TO GO:

TAPER

- Day 1 Rest or 25mins easy run
- Day 2 10mins easy run, 15mins at marathon race pace, 1min brisk run, 1min steady walk x 6, 10mins easy run = 47mins
- Day 3 30mins easy run
- Day 4 60mins easy run

1 WEEK TO GO:

RACE WEEK - TAPER YOUR RUNNING AND REST UP

- Monday 20mins easy run
- Tuesday Rest
- Wednesday 10mins easy jog, run 1 mile at marathon race pace, 10mins easy jog, run 1 mile at marathon race pace, 10mins easy jog
- Thursday Rest
- Friday 10mins easy run
- Saturday Rest
- Sunday Marathon: Good luck. Start sensibly. Stick to your race and pace plan. You've done the training, you've prepared for this event and you are physically and psychologically ready to go the distance. Relax, have fun and enjoy yourself.

CHECK OUT OUR SUPER
SEASON TICKET DEALS

www.theyorkshirerunmarathon.com