



@MARATHONTALK

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



ADVANCED 16 WEEK MARATHON SCHEDULE

This schedule is for you if you run regularly and have the experience of longer distance running. It includes 5 or 6 runs per week.

Monday is an easy running day for active recovery after the weekend effort. Tuesday is an 'interval day' intended to develop your speed endurance and tempo/threshold running. Wednesday is about developing core and leg strength if you can get to the gym or for active recovery through swimming. Thursday is for steady running and just putting in the miles. Fridays are for rest. The weekend is for building stamina and strength to help you go the distance and practice your race day pace and hydration strategies.

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:

ESTABLISH A ROUTINE

Monday	15mins easy run
Tuesday	30mins easy run
Wednesday	Rest, gym or swim - including plenty of mobility
Thursday	40mins steady run
Friday	Rest
Saturday	10mins easy run, 10mins steady run, 20mins easy run = 40mins
Sunday	1hr easy run

15 WEEKS TO GO:

BUILD YOUR ROUTINE

Monday	20mins easy run
Tuesday	40mins steady run
Wednesday	Rest, gym or swim - including plenty of mobility
Thursday	50mins steady run
Friday	Rest
Saturday	10mins easy run, 20mins steady run, 10mins easy run = 40mins
Sunday	1hr easy run

14 WEEKS TO GO:

CONSOLIDATE YOUR ROUTINE

Monday	25mins easy run
Tuesday	15mins easy run, 2mins hard run, 2mins easy jog x 5, 15mins easy run = 50mins
Wednesday	Rest, gym or swim - including plenty of mobility
Thursday	50mins steady run
Friday	Rest
Saturday	10mins easy run, 20mins steady run, 10mins easy run = 40mins
Sunday	1hr 15mins easy run

13 WEEKS TO GO:

BUILD YOUR BASE

Monday	25mins easy run
Tuesday	15mins easy run, 3mins hard run, 2mins easy jog x 5, 15mins easy run = 55mins
Wednesday	Rest, gym or swim - including plenty of mobility
Thursday	45mins easy run
Friday	Rest
Saturday	10mins easy run, 25mins steady run, 10mins easy run = 45mins
Sunday	1hr 20mins easy run - time on feet



12 WEEKS TO GO:

BUILD YOUR BASE

Monday	25mins easy run
Tuesday	15mins easy run, 4mins hard run, 2mins easy jog x 5, 15mins easy run = 60mins
Wednesday	Rest, gym or swim – including plenty of mobility
Thursday	50mins easy run
Friday	Rest
Saturday	10mins easy run, 30mins steady run, 10mins easy run = 50mins
Sunday	1hr 30mins easy run

11 WEEKS TO GO:

THRESHOLD INTRODUCTION

Monday	30mins easy run
Tuesday	15mins easy run, 5mins tempo run, 2mins easy jog x 5, 15mins easy run = 65mins
Wednesday	Rest, gym or swim – including plenty of mobility
Thursday	60mins easy run
Friday	Rest
Saturday	10mins easy run, 35mins steady run, 10mins easy run = 55mins
Sunday	1hr 40mins easy run

10 WEEKS TO GO:

BUILD YOUR EFFICIENCY

Monday	35mins easy run
Tuesday	15mins easy run, 3mins steady run, 2mins hard run, 2mins easy jog x 5, 15mins easy run = 65mins
Wednesday	Rest, gym or swim – including plenty of mobility
Thursday	60mins easy run
Friday	Rest
Saturday	10mins easy run, 40mins steady run, 10mins easy run = 60mins
Sunday	30mins easy run, 30mins steady run, 20mins easy run, 20mins steady run, 15mins easy run = 1hr 55mins. Practice your fuelling and hydration strategies

9 WEEKS TO GO:

DEVELOP YOUR STAMINA

Monday	35mins easy run
Tuesday	15mins easy run, 5mins fast run, 2mins easy jog x 4, 15mins easy run = 58mins
Wednesday	Rest, gym or swim – including plenty of mobility
Thursday	10mins easy run, 35mins steady run, 10mins easy run = 55mins
Friday	Rest
Saturday	10mins easy run, 40mins fartlek run, 10mins easy run = 60mins
Sunday	10mins very easy run, 1hr 50mins steady run, 10mins easy run = 2hr 10mins. Practice your fuelling and hydration strategies

8 WEEKS TO GO:

RACE WEEK

Monday	20mins easy run
Tuesday	20mins easy run, 20mins steady run, 20mins easy run = 60mins
Wednesday	Rest, gym or swim – including plenty of mobility
Thursday	40mins steady run
Friday	Rest
Saturday	15mins easy run
Sunday	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.

7 WEEKS TO GO:

FUELLING PRACTICE

Monday	Rest
Tuesday	Steady 40mins run
Wednesday	Rest, gym or swim – including plenty of mobility
Thursday	80mins easy run
Friday	Rest
Saturday	40mins easy run
Sunday	30mins easy run, 60mins steady run, 30mins easy run, 20mins steady run, 10mins easy run = 2hrs 30mins. Practice your fuelling and hydration strategies

6 WEEKS TO GO:

RACE WEEK OR A LIGHTER WEEK PACE PRACTICE

Monday	30mins easy run
Tuesday	15mins easy run, 3mins marathon pace run, 2mins steady jog x 4 = 35mins
Wednesday	Rest, gym or swim – include plenty of mobility
Thursday	20mins easy run
Friday	15mins easy run
Saturday	Rest
Sunday	Race Half Marathon/10milla/10K race

5 WEEKS TO GO:

LONG RUN FOCUS

Monday	35mins easy run
Tuesday	10mins easy run, 30mins tempo run, 5mins easy jog, 20mins tempo run, 10mins easy jog = 75mins
Wednesday	Rest, gym or swim – include plenty of mobility
Thursday	70mins easy run
Friday	Rest
Saturday	40mins steady run
Sunday	3hrs 10mins 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.

4 WEEKS TO GO:

PACE FOCUS WEEK

Monday 20mins easy run
Tuesday 10mins easy run, 50mins marathon pace run, 10mins easy run = 70mins
Wednesday Rest, gym or swim – include plenty of mobility
Thursday 15mins easy run, 8mins fast run, 2mins easy jog x 4, 15mins easy run = 70mins
Friday Rest
Saturday 40mins easy run
Sunday 30mins easy run, 60mins marathon pace run, 30mins easy run = 2hrs

3 WEEKS TO GO:

BEGIN THE TAPER

Monday 25mins easy run
Tuesday 15mins easy run, 30mins tempo run, 15mins easy run = 60mins
Wednesday Rest, gym or swim – include plenty of mobility
Thursday 45mins steady run
Friday Rest
Saturday 20mins easy run
Sunday 1hr 30mins steady 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 PERIOD

Monday Rest
Tuesday 10mins easy run, 20mins marathon pace run, 1min brisk run, 1min easy walk x 4, 10mins easy run = 48mins
Wednesday Light stretching and mobility
Thursday 30mins easy run
Friday 20mins easy run
Saturday Rest
Sunday 1hr easy run

1 WEEK TO GO!

RACE WEEK - TAPER YOUR RUNNING AND REST UP!

Monday Rest
Tuesday 10mins easy jog, 1 mile at marathon pace, 10mins easy jog, 1 mile at marathon pace, 10mins easy jog
Wednesday Rest
Thursday 15mins easy jog
Friday 10mins easy run
Saturday Rest
Sunday Marathon: Good luck. Start at your marathon race pace and aim to run strongly in the last 6miles.



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