

TRAINING PLAN:

INTERMEDIATE 'RED' MARATHON



WRITTEN FOR COMBAT STRESS

	MON	TUE	WED	THU	FRI	SAT	SAT
WEEK 1	Red BMF	4M slow with some short sprints	6M slow	5M steady	Rest	Green BMF / 5M	12M slow
WEEK 2	Red BMF	1M jog, 6x1M fast with 200m jog, 1M jog	7M slow	1M jog, 3M brisk, 1M jog	Rest	Green BMF / 5M	14M slow
WEEK 3	Red BMF	1M jog, 4x1.5M fast with 400m jog, 1M jog	8M slow	7M steady	Rest	Green BMF / 5M	16M slow
WEEK 4	Red BMF	1M jog, 7x800m fast with 200m jog, 1M jog	9M slow	1M jog, 4M brisk, 1M jog	Rest	4M easy	1M jog, 5/10k Race, 1M jog
WEEK 5	Red BMF	1M jog, 6M Fartlek (mixed pace), 1M jog	10M slow	1M jog, 4M brisk, 1M jog	Rest	Green BMF / 5M	16M slow
WEEK 6	Red BMF	1M jog, 15x2min hill run, jog back, 1M jog	11M slow	7M steady	Rest	Green BMF / 5M	18M slow
WEEK 7	Red BMF	1M jog, 15x400m fast with 200m jog, 1M jog	12M slow	8M steady	Rest	Green BMF / 5M	20M slow
WEEK 8	Red BMF + jog	1M jog with strides, 16x200m fast with 200m jog, 1M jog	10M slow	1M jog, 3M brisk, 1M jog	Rest	4M easy	Half-Marathon
WEEK 9	Red BMF	1M jog, 15x2min hill run, jog back, 1M jog	9M slow	10M steady	Rest	Green BMF / 5M	22M slow
WEEK 10	Red BMF + jog	1M jog, 3x2M fast with 400m jog, 1M jog	10M slow	1M jog, 4M brisk, 1M jog	Rest	3M easy	Half-Marathon
WEEK 11	Red BMF	1M jog, 6x1M fast with 200m jog, 1M jog	11M slow	1M jog, 4M brisk, 1M jog	Rest	Green BMF / 5M	20M slow
WEEK 12	Red BMF	1M jog, 15x2min hill jog back, 1M jog	10M slow	1M jog, 5M brisk, 1M jog	Rest	Green BMF / 5M	22M slow
WEEK 13	Red BMF	1M jog, 12x400m fast with 200m jog, 1M jog	6M slow	1M jog, 3M brisk, 1M jog	Rest	Green BMF / 5M	12M steady
WEEK 14	Red BMF	1M jog, 8x800m fast with 100m jog, 1M jog	8M slow	10M steady	Rest	Green BMF / 5M	18M slow
WEEK 15	Red BMF	1M jog, 12x400m fast with 200m jog, 1M jog	6M slow	1M jog, 3M brisk, 1M jog	Rest	Green BMF / 5M	12M slow
WEEK 16	Red BMF + jog	1M jog, 12x200m fast with 200m jog, 1M jog	4M easy	3M easy with strides	Rest	2M easy	Race – woohoo!

KEY

M: mile
m: metre

Steady pace:
Your marathon pace

Brisk: your half marathon pace

Strides:
interspersing 50 metre faster running into your jog to warm up your muscles

Easy: approx 50 seconds per mile slower than marathon pace

Slow:
1-2 minutes per mile slower than marathon pace

Fartlek:
a session of mixed distances and speeds - freestyle

