

10 Week Base Training Program for Marathon Runners

Level: Advanced

Who is This Program For?

This program is ideal for an experienced runner who feels confident with doing hard, quality workouts such as threshold runs and interval training. If you are used to training, on average, 6 times per week, including quality workouts and long-runs, and are looking to improve your marathon pb, this program is for you.

Program Overview

This is a 10 week 'Base Training Program' which is designed to provide you with a good foundation on which you can then start your race preparation phase. See our website for more info on the purpose of 'Base Training'.

You should aim to start this program 20 weeks out from the date of your main race then switch to our Marathon Race Prep Program when you are 10 weeks away from race day.

This program includes an average of 6 runs per week as well as some 'non-running' based workouts, such as circuit training, throughout the program.

Sharing This Program

Please share this program with your friends, family and training partners and help each other become better runners! Please feel free to share this program on social media; tag us using the Instagram handle below and use the hashtag #Trainsmarterrunfaster so we can see your training progress!



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RUN FASTER



| | Training Session | Notes |
|-----------|---|--|
| Monday | 40 - 50' easy run + 3 - 5 x 15" relaxed strides + 10' of core exercises | Keep the run nice and easy. See notes on strides for more details. core exercises can be 10' of a mix of static holds such as plank, side plank, etc as well as dynamic exercises such as leg raises and sit ups |
| Tuesday | Fartlek: 4 x 3/1 + 4 x 2/1 + 4 x 1/1 | After warming-up, do a 35' continuous run alternating 3' fast, 1' easy (4 sets) and then 2' fast, 1' easy (4 sets) and finally 1' fast, 1' easy (4 sets). 3' reps around 10k effort with the 2' and 1' reps slightly faster |
| Wednesday | 45 - 60' easy run + circuit exercises | See notes on circuit exercises for more info |
| Thursday | 25' easy run + 3 - 4 x 10" relaxed strides. Followed by 5 x 10" hill sprints with 2' rec. 20' easy run | Hill sprints should be flat out (see notes for more details), if you feel comfortable with hill sprints then this week you can go up to 5 reps. If you are not used to fast hill sprints then stick with 2 or 3 reps for today |
| Friday | 5 x 1 mile rec = 2' rest or easy jog | mile reps should be at, or slightly faster than, threshold pace. Keep the first 4 reps controlled and if you feel good then you can pick up the pace in the final rep. See notes for more on the definition of 'threshold' |
| Saturday | rest | |
| Sunday | 20k long-run: 10k easy, followed by 3 x (2k at moderate pace, 1k easy), finish with easy running until you reach a total of 20k | See our notes for more on the definition of moderate running |



| | Training Session | Notes |
|-----------|--|--|
| Monday | 40 - 50' easy + 10' of core exercises | |
| Tuesday | 3 sets of (8 x 400m) rec = 1' rest and 2'30" between sets | Hard session! Try to do the first set at your 10k race pace, second set slightly faster and the final set at (or close to) your 5k race pace |
| Wednesday | rest or 30' easy run | Very tough workout yesterday, so take it very easy today to give your body a chance to recover |
| Thursday | 45 - 60' easy run + 4 - 6 x 15" strides + circuit exercises | See notes for more about circuit exercises |
| Friday | 12k alternating 1k moderate, 1k fast | Try to keep the 1k moderate efforts at (close to) marathon pace and the 1k fast efforts at slightly faster than threshold pace |
| Saturday | rest | |
| Sunday | 22 - 24k long run | Keep it mostly easy today. If you feel good, then you pick it up to a moderate pace in the last 5k, but don't feel pressure to do so |



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| | Training Session | Notes |
|-----------|--|--|
| Monday | 30' easy run + 4 - 6 x 15" strides + 10' of core exercises | |
| Tuesday | 8 x 20" hill reps with slow jog back recovery followed by a 5' easy jog followed by a 4k tempo run | Hill reps should be hard efforts, with powerful strides and short ground contact time. 4k tempo should be at threshold effort, you should feel like you could continue for another 5' at the end of the run |
| Wednesday | 50 - 70' easy run + circuit exercises | |
| Thursday | 30- 45' easy run + 3 - 4 x 15" relaxed stride | Keep the strides nice and relaxed today, focusing on good technique and coordination |
| Friday | 50' tempo run | Tempo run at marathon effort. The first 35 - 40' should feel pretty relaxed with the last 10' becoming a relatively hard effort. Include a 15' warm up & cool down for a total of 80' |
| Saturday | rest | |
| Sunday | 50 - 70' easy + circuit exercises | |



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| | Training Session | Notes |
|-----------|--|---|
| Monday | 15 x 600m rec = 1' | Start at 10k race effort for the first 10 - 12 reps and try to increase the pace towards the end |
| Tuesday | 40 - 50' easy + 10' of core exercises | |
| Wednesday | warm up, including some strides 6 x 10" hill sprints, with 2' rec followed by 25' easy to moderate | hill sprints should be as fast as possible with powerful strides 25' afterwards can either be fully easy, or starting at an easy pace and finishing at a moderate pace |
| Thursday | 40 - 50' easy + circuit exercises | |
| Friday | 15k alternating: 5 x 2k / 1k | 15k alternating: 2k at (or close to) half marathon pace 1k moderate (close to marathon effort) |
| Saturday | rest | |
| Sunday | 24 - 26k long-run | Keep the whole run at an easy pace today |



Training Session

Notes

Monday

30 - 45' easy run + 10' of core exercises

Tuesday

50 - 60' easy run + 4 - 6 x 15" strides

If you feel good then you can go to a moderate pace in the last 15 - 20' of the run today

Wednesday

3 sets of (5 x 400m)
rec = 1' rest and 2'30" between sets

aim to do these reps at 5 - 3k race effort

Thursday

25 - 35' easy run + circuit exercises

Friday

40 - 50' easy run

Saturday

8k tempo run

Try to make the run at threshold effort: when you finish it should feel like you do 1 - 2k more, but if you did that would be tough

Sunday

rest



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| | Training Session | Notes |
|-----------|---|--|
| Monday | 50 - 70' easy run + 3 - 5 x 15" relaxed strides + 10' of core exercises | You can also add some strides to the end of the run today |
| Tuesday | Fartlek: 5 x 3/1, 5 x 2/1, 5 x 1/1 | Alternating 3' fast, 1' easy (x5), then 2' fast, 1' easy (x5), then 1' fast, 1' easy (x5) 3' at threshold, 2' at 10k effort and 1' at 5k effort total of 45' of continuous running |
| Wednesday | 50 - 70' easy + circuit exercises | |
| Thursday | 25' easy run + stretching and strides then, 6 x 10" hill sprints with 2' rec | remember, these short hill sprints should be flat out |
| Friday | 6 x 1 mile rec = 2' rest or very easy jog | Aim to do these reps at or slightly faster than threshold pace |
| Saturday | rest | |
| Sunday | 25k long-run | Keep it mostly at an easy pace today, but if you are feeling good then you can pick it up to a moderate pace in the last 5 - 6 km |



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| | Training Session | Notes |
|-----------|--|--|
| Monday | 30 - 45' easy + 10' of core | |
| Tuesday | 3 sets of (8 x 400m) rec = 1' rest and 2'30" between sets | Same session as in week 2. Try to run a little faster than you did then, but keep it controlled at the beginning |
| Wednesday | rest or 30' easy run | You choose today, rest or a very easy run |
| Thursday | 50 - 60' easy run + circuit exercises | |
| Friday | 14k alternating: 1k moderate / 1k fast | 1k moderate (close to) marathon pace 1k fast at threshold to 10k pace |
| Saturday | rest | |
| Sunday | 26 - 28k long-run | keep it mostly easy today. If you feel good then you can pick it up to a slightly moderate pace towards the end of the run |



| | Training Session | Notes |
|-----------|--|--|
| Monday | 30 - 40' easy + 10' of core exercises | |
| Tuesday | 8 x 30" hill reps with slow jog back recovery followed by a 5' easy jog followed by a 4k tempo run | Hill reps should be hard efforts, with powerful strides and short ground contact time. 4k tempo should be at threshold effort, you should feel like you could continue for another 5' at the end of the run |
| Wednesday | 60 - 70' easy run | |
| Thursday | 45' easy run including some relaxed accelerations | after 35' of running do 5 x (30" accelerating to 10k race pace, followed by 1'30" back at easy pace) |
| Friday | 60' easy + circuit exercises | If you prefer, you can move today's run to Sunday and take a rest day before your tempo tomorrow |
| Saturday | 60' tempo run | Try to do today's run at marathon effort, or starting slightly slower and finishing slightly faster. Plus 15' easy warm up & cool down for a total of 90' |
| Sunday | rest | |



| | Training Session | Notes |
|-----------|--|--|
| Monday | 45 - 60' easy run + 10' of core exercises | |
| Tuesday | 12 x 800m rec = 200m jog at easy run pace | Aim to do the 800m reps at 10k effort |
| Wednesday | 60 - 75' easy | keep it nice and easy today |
| Thursday | 40 - 50' easy + 4 - 6 x 15" strides + circuit exercises | |
| Friday | 18k alternating: 6 x 2k / 1k | 2k at (or close to) half marathon pace 1k moderate (close to marathon pace) |
| Saturday | rest | |
| Sunday | 28 - 30k long-run | Keep the whole run at an easy pace today |



| | Training Session | Notes |
|-----------|--|--|
| Monday | 30 - 45' easy + 10' of core exercises | A relatively easy week this week before starting your marathon preparation phase |
| Tuesday | 50 - 60 easy | You can make the last 10 - 15' of the run a moderate pace if you feel good |
| Wednesday | 13 x 400m rec = 1.45 - 1.30 - 1.15 - 1' - 45" - 30", then back to 1.45 and repeat, 1.30 - 1.15 etc | Hard workout today, going down to only 30" recovery between hard 400m reps is tough! No 'target pace' today, go by how you feel but try to make it a hard workout |
| Thursday | 30' easy run + circuit exercises | |
| Friday | 40 - 50' easy run | |
| Saturday | 8k tempo run | At threshold effort: it should feel like you could continue for 1k more, but that would make it really hard |
| Sunday | rest | |

