10 Week Marathon Race Preparation Program
Level: Advanced

Who is This Program For?

This program is ideal for a serious 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 are looking to improve your marathon pb, this program is for you. We highly recommend you do at least a few months of base training before starting this program so you are ready for the hard workouts and long runs. We suggest following our 10 week marathon base training program

Program Overview

This is a 10 week training program which is designed to help you prepare for your target race. You should aim to start this program 10 weeks out from the date of your race.
If there are more than 10 weeks between now and your target race then follow our Experienced Base Training Program (which you can find on our website) then switch to this program when you are 10 weeks away from race day.
This program includes an average of 5 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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	Training Session	Notes
Monday	50 - 60' easy run + 4 - 5 x 15'' relaxed strides + 10' of core exercises	keep the run nice and easy (see our notes for definition of easy running and strides).
Tuesday	8 - 10 x 1k rec = 2' rest or very easy jog	Try to do these reps at, or close to, your 10k pace. You may need to start slightly slower than that and build up the pace throughout the session. See notes on Intervals for more info.
Wednesday	40 - 50' easy run + Circuit exercises	See notes on circuit exercises if you are not sure what to do here
Thursday	60 - 75' easy to moderate	You can decide if you keep the whole run easy, or go to a moderate pace in the last 15 – 30'. See notes on moderate running for more information about how this should feel
Friday	25' easy run + 3 - 4 strides 8 x 10'' hill sprints 15' easy to cool down	Hill sprints should be flat out, with powerful strides and short ground contact time. See our notes on hill sprints for more info on this
Saturday	rest or 30 - 40' easy run	Up to you if you take a full rest day or do a short easy run today
Sunday	30k progressive long-run	15k easy, 8k moderate, 5k at marathon pace (or close to it), 2k easy

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	Training Session	Notes
Monday	rest	
Tuesday	50 - 60' easy run + 4 - 5 x 15'' strides + 10' of core exercises	Keep the run easy today
Wednesday	Fartlek: 5' - 4' - 3' - 2' - 1' - 2' - 3' - 4' - 5' Rec = 1' at easy pace between each	Total of 37' of continuous running of which 29' is at high intensity. No 'target pace' today, but try to make it a tough workout, staying controlled for the first half of the session and working hard as you get near the end
Thursday	50 - 60' easy run + circuit exercises	See our notes on circuit exercises for more info on this
Friday	60 - 75' easy to moderate	You decide if you keep the whole run easy, or go to a moderate pace in the last 15 – 30'
Saturday	30 - 40' easy run	
Sunday	20k continuous run alternating 4 sets of (4k/1k) 4k at marathon pace followed by 1k easy to moderate	It is important that the 1K recovery is not super easy jogging, but 30-45" per K slower than your marathon pace.

Marathon Training Program   Week 3 (8 weeks from race day)   Level: Advanced

	Training Session	Notes
Monday	rest	
Tuesday	60 - 70' easy + 10' of core exercises	
Wednesday	25' easy, stretch and 3 - 4 strides 6 - 8 x 10'' hill sprints with 2' recovery + 15' easy cool down	Remember hill sprints should be at max effort with fast powerful strides. Take the full 2 minutes recovery to ensure you are able to hit your max on each rep
Thursday	6 x 1 mile rec = 2'	Aim to do these reps at your threshold or slightly faster. Start in a controlled way for the first 4 - 5 reps and if you feel good then open up a little in the final rep.
Friday	50 - 60' easy run + circuit exercises	
Saturday	30 - 40' easy run or rest	You decide what feels best today, rest or short easy jog
Sunday	32 - 33k progressive long run	Similar to 2 weeks ago; first half of the run easy and the second half moderate up to marathon pace.

Marathon Training Program   Week 4 (7 weeks from race day)   Level: Advanced

	Training Session	Notes
Monday	rest	
Tuesday	50 - 60' easy + 10' of core exercises	
Wednesday	50 - 70' easy to moderate	You decide if you keep the whole run easy, or go to a moderate pace in the last 15 – 20', but keep it on the comfortable side
Thursday	3 sets of (8 x 400m) rec = 1' and 2.30' between sets	Aim to do these reps at 10 - 5k race pace
Friday	50 - 70' easy run + circuit exercises	You can make the circuit exercises a little harder today, try adding some new exercises
Saturday	30' easy + 4 - 5 x 15'' strides	
Sunday	3k - 2k - 1k - 3k - 2k - 1k All rec = 2'30'' easy jog	3K reps at marathon to half marathon pace 2K reps at half marathon pace 1K reps at 10K pace

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	Training Session	Notes
Monday	30 - 40' easy + 10' of core exercises	Take it easy on the easy runs so you fully benefit from the extra recovery this week offers!
Tuesday	50 - 60' easy run + 3 - 5 x 15'' strides	
Wednesday	Fartlek: 15 x 1/1	1/1 = alternating 1' fast, 1' easy So a total of 30' non-stop No target pace, run according to how you feel but make it a pretty tough workout
Thursday	60 - 70' easy run + circuit exercises	Keep the run easy
Friday	rest	
Saturday	34 - 35k long-run	15K easy, 3K at marathon pace, 3K easy, 4K at marathon pace, 4K easy, 5K at marathon pace, 1K easy
Sunday	rest	

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Marathon Training Program — Week 6 (5 weeks from race day) — Level: Advanced

	Training Session	Notes
Monday	40 - 50' easy run + 10' of core	
Tuesday	50 - 60' easy to moderate	If you feel good today you can take the last 20' of the run to a moderate effort
Wednesday	10 - 12 x 1k rec = 200m jog	Like 5 weeks ago, try to do these at threshold to 10k pace
Thursday	40 - 50 easy + circuit exercises	
Friday	60 - 75' easy run + 4 - 6 x 15'' strides	Strides should be fast but relaxed, focusing on good running form and posture
Saturday	rest	
Sunday	25k continuous run alternating 5 sets of (4k/1k) 4k at marathon pace followed by 1k easy to moderate	Same as 4 weeks ago, but 1 set more. Remember that the 1K is not very easy jogging, but slightly moderate.

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Marathon Training Program   Week 7 (4 weeks from race day)   Level: Advanced

	Training Session	Notes
Monday	30' easy + 10' of core exercises	
Tuesday	50 - 60' easy run	
Wednesday	3 x 10'' hill sprints (rec = 2') 5 x 7' at threshold pace (rec = 2' easy jog)	Make sure you include a good warm-up including some strides before doing the hill sprints. 7' reps at threshold pace. Last rep at 10k pace or slightly faster if you can
Thursday	40 - 50' easy run	
Friday	60 - 70' easy run + circuit exercises	
Saturday	rest	
Sunday	36 - 37k progressive long-run	19 – 20K easy, 8K moderate, 8K at marathon pace, 1K cooldown

	Training Session	Notes
Monday	Rest	
Tuesday	60 - 75' easy + 10' of core exercises	
Wednesday	50 - 60' easy + 4 - 5 x 15'' strides	strides should be fast but in a relaxed way, with good running form and posture
Thursday	3 sets of (8 x 400m) rec = 40'' and 2' between sets	Do these resp at your 10k pace today, or thereabout
Friday	44 - 60' easy run + circuit exercises	circuit: do half of the normal amount of exercises you would normally do. Today is the last circuit, you have done the hard work, this is just a maintenance session
Saturday	rest	
Sunday	20k at marathon pace or if this sounds too tough then consider: 3 x 6-7k at marathon pace with 5' rec	Really control the effort today, this should be no faster than marathon pace, and if you have to start a little slower in the first few km then that's okay too

	Training Session	Notes
Monday	rest	
Tuesday	30' easy run + 10' of core	
Wednesday	40 - 50' easy run and 4 - 5 x 15'' strides	Strides should be fast but relaxed, as usual
Thursday	5 x 1600m rec = 2'	Aim to do these at your threshold pace. So this should not be a 'really' hard session, but still a pretty tough workout. You should finish feeling like you could do another rep at the same pace, but if you did, that would be hard.
Friday	30 - 40' easy	
Saturday	rest	
Sunday	90' run with some marathon pace efforts	30' easy, then 3 x (10 - 15' at marathon pace, followed by 5' easy)

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	Training Session	Notes
Monday	rest	
Tuesday	40 - 50' easy + 3 - 5 x 15'' relaxed strides + 10' of light core exercises	Keep the core exercises light again today and the easy run nice and relaxed. Strides should still be fast, but relaxed, focusing on good running form and posture
Wednesday	6 x 1k rec = 2'	First 3 reps at marathon pace, last 3 reps at half marathon pace. So this should not be a hard session, since it's only 6k at half - full marathon pace. Keep it really controlled and don't be tempted to go faster than this, even if you feel good
Thursday	40 - 50' easy run	
Friday	rest	If you prefer to take a full rest day before your race then you can move tomorrow's run to today
Saturday	30' easy + 4 - 5 x 15'' relaxed strides	Keep it easy and enjoy the feeling of being in great shape and ready to race
Sunday	**Marathon!**	

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The final week of this program is designed to have you feeling fresh and ready for your race. Of course, your race may not fall on a Sunday and so you may need to make some adjustments to the program. Regardless of what day your race is on, you should aim to include a small quality session (such as 6 x 1k, as we present in this program) 4 - 5 days before your race and then keep everything nice and easy. An easy run with some strides will keep your body ready and primed to run well, rather than rest days alone which may feel you leaving a little 'stale'. It's a good idea to include some faster running in the final week but with largely reduced volume.

Try to eat well and get plenty of sleep leading up the race (of course, this should be a goal all the time if you want to become a better runner, but particularly this week!)

Try to limit your stress at work and with other commitments as much as possible. Of course, we fully understand that this is not always possible and that sometimes other commitments take precedent over training/racing. But to have the best race possible, try to make your work and every day life stress free. Maybe that means shifting some of your overtime to next week, or letting your partner take the kids out for the day so you can relax!!

The day before your race try to eat foods that you know work for you and don't upset your stomach in any way, don't try anything new for example drinking a new sports drink that your friend recommended or taking a new energy gel, unless you have tried it in your training and you know it works.
Try to take a good breakfast the morning of your race (again, something you know works well for you), and stay hydrated.
Prepare the right clothing for your race, pack for the weather and know what the situation is of getting to the race course (parking, where the start line/finish line is, know what the course is like, etc)

Finally, know your body! You have trained for this race, you have ran at the right pace in your training sessions, you have done the right workouts and you are ready to run fast! But at the same time, with all the nerves and adrenaline that go hand-in-hand with race day, it is very easy to go off too fast, don't do this! Go at the pace you know you can do and if you feel good in the last few miles - that is when you can show what you are made of. Good luck and tell us how you do!

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