

**Improvers 16 week marathon schedule**

You will embark on this schedule if you are able to run for approximately 60mins without stopping and plan to run 3-4 days a week. Your running days are not fixed so you can fit these in around your lifestyle and weekly commitments. You can change the order of the runs but do try and have an easier day following a harder days running. Be flexible with your training but at the same time, firm with your commitment to getting out of the door.

16 weeks to go:

	<b>Get started and build your routine.</b>
<b>Day 1</b>	15mins easy
<b>Day 2</b>	10min easy run. 10min 'tempo' run. 10min easy run = 30mins
<b>Day 3</b>	10min easy run. (Then 1min hard run, 3min easy run) x 4. 10min easy run = 36mins
<b>Day 4</b>	Run 60mins easy run.

15 weeks to go:

<b>Day 1</b>	15mins easy
<b>Day 2</b>	10min easy run. 15min 'tempo' run. 10min easy run = 35mins
<b>Day 3</b>	10min easy run. (Then 2min hard run, 3min easy run) x 4. 10min easy run = 40mins
<b>Day 4</b>	Run 1hr 15min easy run. Practice your hydration and refueling strategies.

14 weeks to go:

<b>Day 1</b>	15mins easy
<b>Day 2</b>	10min easy run. 20min 'tempo' run. 10min easy run = 50mins
<b>Day 3</b>	10min easy run. (Then 3min hard run, 3min easy run) x 4. 10min easy run = 44mins
<b>Day 4</b>	Run 1hr 30min easy run. Practice your hydration and refueling strategies.

13 weeks to go:

<b>Day 1</b>	15mins easy
<b>Day 2</b>	10min easy run. 30min 'tempo' run. 10min easy run = 50mins
<b>Day 3</b>	10min easy run. (Then 5min hard run, 3min easy run. Repeat 4x) 10min easy run = 52mins
<b>Day 4</b>	Run 1hr 45min easy run. Practice your hydration and refueling strategies.

12 weeks to go:

	<b>A low intensity week: consolidate your previous 4 weeks.</b>
<b>Day 1</b>	20mins steady running
<b>Day 2</b>	45mins steady running
<b>Day 3</b>	55mins steady running
<b>Day 4</b>	Run 1hr 55 steady. Practice your fuelling and hydration strategies.

11 weeks to go:

<b>Day 1</b>	20mins easy
<b>Day 2</b>	10min easy run. 35min 'tempo' run. 10min easy run = 55mins
<b>Day 3</b>	10min easy run. (10mins tempo with 3mins jog rec Repeat 3x) 10min easy run = 56mins
<b>Day 4</b>	Run 2 hours easy run. Practice your hydration and refueling strategies.

10 weeks to go:

	<b>Taper week into a race:</b>
<b>Day 1</b>	Rest
<b>Day 2</b>	Run 10min easy. (Run 30s fast. Jog 60s. Repeat 4x) Run 10min easy = 26mins
<b>Day 3</b>	30mins easy running
<b>Day 4</b>	<b>Race Half Marathon.</b> A good opportunity to practice your race day preparation. What is your marathon race pace? Your finish time in this half marathon event will give you an approximate indication of your marathon finish time. To give you something to aim for multiply your half marathon time by 2 and add a further 30minutes to give you an expected finish time. So, if your half marathon took you 2hrs you should expect your marathon to take you around 4.5hrs.

9 weeks to go:

	<b>Recover from your race and build back into your routine</b>
<b>Day 1</b>	Run 20mins easy.
<b>Day 2</b>	10mins easy, (5mins steady, 5mins faster, 5mins easy) x2. 10mins easy. = 50mins
<b>Day 3</b>	5min easy run. 20min steady run, 10min brisk run, 5min easy run = 40mins
<b>Day 4</b>	Run 2hr 10 easy pace. Practice your fuelling and hydration strategies.

8 weeks to go:

	<b>Your long runs become more important. Focus on them.</b>
<b>Day 1</b>	25mins easy running
<b>Day 2</b>	10mins easy running, (10mins at marathon pace, 3min jog rec) x 2, 10mins easy = 46mins
<b>Day 3</b>	15min easy run, (5min fast run, 2min easy run. Repeat 5x) 15min easy = 65mins
<b>Day 4</b>	Run 2hrs 30min easy pace. Practice your fuelling and hydration strategies.

7 weeks to go:

	<b>Practise your marathon target finish time</b>
<b>Day 1</b>	30mins easy running
<b>Day 2</b>	10mins easy running, (10mins at marathon pace, 3min jog rec) x 2, 10mins easy = 46mins
<b>Day 3</b>	15min easy run, (5min fast run, 2min easy run. Repeat 5x) 15min easy = 65mins
<b>Day 4</b>	45mins easy pace, 15mins at your marathon race pace, 30mins easy, 20mins at your marathon race pace, 10mins very easy = 2hrs. Practice your fuelling and hydration strategies.

6 weeks to go:

	<b>Bank a good long run this week.</b>
<b>Day 1</b>	30mins easy running
<b>Day 2</b>	10mins easy running, (15mins at marathon pace, 3min jog rec) x 2, 10mins easy = 53mins
<b>Day 3</b>	15min easy run, (5min fast run, 1min easy run. Repeat 5x) 15min easy = 60mins
<b>Day 4</b>	Run 2hrs 45min easy pace. Practice your fuelling and hydration strategies.

5 weeks to go:

	<b>A race week or a lighter week. Consolidate your training again</b>
<b>Day 1</b>	45mins easy run
<b>Day 2</b>	20mins easy run
<b>Day 3</b>	15mins easy run
<b>Day 4</b>	RACE DAY (10 MILES, OR A HALF MARATHON) or 75mins easy

4 weeks to go:

	<b>Your longest long run week!</b>
<b>Day 1</b>	30mins easy running
<b>Day 2</b>	15min easy run 40mins at 'marathon race pace'. Run 15min easy = 70mins
<b>Day 3</b>	Run 15min easy, (8min fast, jog 2min easy. Repeat 4x) Jog 15min easy = 70mins.
<b>Day 4</b>	Run 3hrs easy. 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:

	<b>The taper is starting!</b>
<b>Day 1</b>	25mins easy running
<b>Day 2</b>	Run 10min easy, (5mins tempo, 5mins easy) x 3, 10min easy = 50mins
<b>Day 3</b>	Run 45min steady
<b>Day 4</b>	Run 1hr 30min easy. 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:

	<b>You are in the taper phase now.</b>
<b>Day 1</b>	Rest or 25mins easy running.
<b>Day 2</b>	Run 10min easy, run 15min at marathon race pace then run (4x60secs brisk runs with 60sec walking recovery) Run 10min easy = 43mins
<b>Day 3</b>	30mins easy running
<b>Day 4</b>	60mins easy running.

1 week to go:

	<b>Race week- Taper your running and rest up.</b>
<b>Monday</b>	20mins easy running
<b>Tuesday</b>	Rest
<b>Wednesday</b>	Jog 10min easy. Run 1 mile at marathon race pace, jog 10min easy, run 1 mile at marathon race pace, jog 10min easy.
<b>Thursday</b>	Rest
<b>Friday</b>	10mins easy running
<b>Saturday</b>	Rest
<b>Sunday</b>	<b>Race your 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.</b>