



# Marathon Plan - Block 1

Week	Run 1	Run 2	Run 3	Run 4
1	3 E	10 min E - 2 ST - 10 min E	30 min E	5 LR
2	3 ST	10 min E - 15 min H - 10 min E	30 min E	7 LR
3	10 min E - 20 min H - 10 min ST	4 ST	30 min E	9 LR
4	10 min E - 3 x (5 min THR/3 min E) - 10 min E	3 ST	1 E - 4 x (1 min INT/3 min E) - 1 ST	7 LR
5	15 min E - 25 min H - 15 min E	4 ST	30 min E	11 LR
6	10 min E - 1 THR - 10 min E - 1 THR - 10 min E	45 min ST	3 PR	13 LR
7	10 min E - 3 x (2 min INT/4 min E) - 10 min E	5 ST	40 min E	15 LR (3@ PMP)
8	40 min ST	1 E - 1.5 THR - 1 E - 1.5 THR - 1 E	40 min E	7 LR



## Marathon Plan - Block 2

Week	Run 1	Run 2	Run 3	Run 4
9	6 ST	4 PR	3 E	17 LR (5@ PMP)
10	10 min E - 3 THR - 10 min E	45 min ST	1 E - 4 x (2 min INT/4 min E) - 1 ST	10 LR
11	10 min E - 2 x (15 min H/5 min E) - 10 min E	4 PR	5 E	13.1 LR (@ PMP)
12	1 E - 1 ST - 1 THR - 1 ST - 1 E	7 ST	3 E	19 LR (6@ PMP)
13	45 min ST	1 E - 1 ST - 2 THR - 1 ST - 1 E	3 E	21-22 LR (8@ PMP)
14	4 E	1 E - 3 x (0.5 THR - 0.5 ST) - 1 E	45 min ST	10 LR (5@ PMP)
15	30 min E	4 PR (Easy)		7 LR
16	3 ST	2 E		Marathon