



Full marathon intermediate plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Session Details	Run for 45mins.		Run for 60mins.		Run for 60mins.		Run for 80mins.
Focus	Steady pace, stay relaxed.		Find an undulating route with lots of little challenges.		Easy pace, stay relaxed.		Keep moving and run as much as you can during the 80mins.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Run	Jog	Run	Rest	Run
Session Details	Run for 45mins.		Interval training 40mins.	Jog for 25mins.	Run for 50mins.		Run for 90mins.
Focus	First back to back session - take it easy and stay relaxed.		Alternate between running fast for 10mins and slow for 3mins.	Steady pace, stay relaxed.	Try a different route, or go off-road to mix it up.		Keep moving and run as much as you can during the 90mins.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Run	Rest	Run
Session Details	Jog for 30mins.	Run for 50mins.		Run for 60mins.	Run for 35mins.		Run for 110mins.
Focus	This is your recovery jog after yesterday, take it slow.	Find an undulating route with lots of little challenges.		Steady pace, stay relaxed.	Steady pace, stay relaxed.		Keep moving and run as much as you can during the 110mins.

Week 4 - Changing the pace

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Jog	Run	Rest	Run
Session Details		Run for 35mins.	Hill repeats.	Jog for 35mins.	Run for 50mins.		Run for 50mins.
Focus		Steady pace, stay relaxed.	Run up a fairly steep hill and walk back down, repeat 6 times.	Steady pace, stay relaxed.	Find a pace just out of your comfort zone but still maintainable.		Push harder for this shorter run.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Run	Rest	Run	Rest	Run
Session Details	Jog for 25mins.	Run for 45mins.	Run for 60mins.		Run for 45mins.		Run for 120mins.
Focus	Recovery jog after yesterday, take it slow.	Steady pace, stay relaxed.	Try a different route, or go off-road to mix it up.		Easy pace, stay relaxed.		First 2 hour session! Keep moving and try to run for the whole 120mins.

Week 6 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Run	Rest	Run	Rest	Run
Session Details	Jog for 25mins.	Run for 45mins.	Interval training 30mins.		Run for 60mins.		Run for 130mins.
Focus	Recovery jog after yesterday, take it slow.	Steady pace, stay relaxed.	Alternate between sprinting for 3mins and slow for 3mins.		Steady pace, stay relaxed.		Keep moving and try to run for the whole 130mins.

Week 7 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Run	Rest	Run	Jog	Run
Session Details	Jog for 25mins.	Run for 45mins.	Run for 60mins.		Run for 50mins.	Jog for 25mins.	Run for 90mins.
Focus	Recovery jog after yesterday, take it slow.	Steady pace, stay relaxed.	Find an undulating route with lots of little challenges.		Steady pace, stay relaxed.	Easy pace, stay relaxed.	Run for the whole 90mins.

Week 8 - Race experience and confidence building

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Jog	10km
Session Details		Run for 45mins.		Run for 45mins.		Jog for 20mins.	Take on a 10km!
Focus		Try a different route, or go off-road to mix it up.		Steady pace, stay relaxed.		Easy pace, stay relaxed.	Sign up for a 10km event, push yourself and enjoy the experience! www.mencap.org.uk/runningevents

Week 9 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Run	Run	Rest	Run
Session Details		Run for 45mins.	Hill repeats.	Run for 45mins.	Run for 70mins.		Run for 145mins.
Focus		Easy pace, stay relaxed.	Run up a steep hill and walk back down, repeat 6 times.	Easy pace, stay relaxed.	Find a pace just out of your comfort zone but still maintainable.		Keep moving and try to run for the whole 145mins.

Week 10 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Run	Jog	Run
Session Details	Jog for 25mins.	Run for 45mins.		Run for 60mins.	Run for 45mins.	Jog for 20mins.	Run for 160mins.
Focus	Recovery jog after yesterday, take it slow.	Steady pace, stay relaxed.		Push hard for 30secs after every steady 10mins.	Easy pace, stay relaxed.	Very easy pace, stay relaxed.	Steady pace, stay relaxed. Start to experiment with your hydration and energy tactics.

Week 11 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Run	Run	Rest	Run
Session Details		Run for 50mins.	Interval training 40mins.	Run for 45mins.	Run for 25mins.		Run for 180mins.
Focus		Take it easy for the first and last 10mins.	Alternate between running fast for 15mins and slow for 4mins.	Try a different route, or go off-road to mix it up.	Easy pace, stay relaxed.		Steady pace, stay relaxed. Continue to experiment with your hydration and energy tactics.

Week 12 - 10km experience

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	*Run*	Run	Rest	Jog	Half Marathon
Session Details		Run for 45mins.	Run for 50mins.	Run for 45mins.		Jog for 20mins.	Take on a Half Marathon!
Focus		Steady pace, stay relaxed.	Optional jog - if your body is tired listen and rest instead.	Steady pace, stay relaxed.		Easy pace, stay relaxed.	Sign up for a Half Marathon event, push yourself and enjoy the experience! www.mencap.org.uk/runningevents

Week 13 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Run	Run	Run	Run	Rest	Run
Session Details	Run for 25mins.	Run for 45mins.	Interval training 40mins.	Run for 35mins.	Run for 50mins.		Run for 200mins.
Focus	Recovery run after yesterday, take it slow.	Steady pace, stay relaxed.	Alternate between running fast for 15mins and slow for 4mins.	Easy pace, stay relaxed.	Steady pace, stay relaxed.		Last long training run, keep the pace steady.

Week 14 - Start of taper

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Jog	Run	Rest	Run
Session Details		Run for 50mins.	Run for 60mins.	Jog for 35mins.	Run for 45mins.		Run for 130mins.
Focus		Steady pace, stay relaxed.	Find a pace just out of your comfort zone but still maintainable.	Steady pace, stay relaxed.	Steady pace, stay relaxed.		Run for the whole 130mins.

Week 15 - Taper week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Run	Rest	Run	Run
Session Details		Run for 25mins.	Run for 35mins.	Run for 45mins.		Run for 25mins.	Run for 50mins.
Focus		Easy pace, stay relaxed.	Steady pace, stay relaxed.	Steady pace, stay relaxed.		Easy pace, stay relaxed.	Wear your Marathon day kit, keep the pace steady.

Week 16 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Run	Rest	Jog	Event day
Session Details		Run for 15mins.	Run for 30mins.	Run for 25mins.		Jog for 15mins.	Today is the day!
Focus		Find a pace just out of your comfort zone.	Easy pace, stay relaxed.	Very easy pace, stay relaxed.		Very easy pace, stay relaxed in preparation for tomorrow.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!