

# SAMPLE 16 WEEK MARATHON PLAN for an intermediate runner, training 3 times per week

■ Easy Run 
 ■ Intervals 
 ■ Tempo 
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>5km</b> 5km Easy Run	Rest	<b>5km</b> 200m Repeats	Rest	Rest	<b>8km</b> 8km Long Run	Rest
WEEK 2	<b>5km</b> 5km Easy Run	Rest	<b>5km</b> 600s into 200s	Rest	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 3	<b>5km</b> 5km Easy Run	Rest	<b>6km</b> On off Ks	Rest	Rest	<b>13km</b> 13km Long Run	Rest
WEEK 4	<b>5km</b> 5km Easy Run	Rest	<b>5km</b> On and Offs	Rest	Rest	<b>7km</b> 7km Long Run	Rest
WEEK 5	<b>6km</b> 6km Easy Run	Rest	<b>6km</b> Descending Intervals	Rest	Rest	<b>15km</b> 15km Long Run	Rest
WEEK 6	<b>6km</b> 6km Easy Run	Rest	<b>7km</b> Tempo 5k	Rest	Rest	<b>18km</b> 18km Long Run	Rest
WEEK 7	<b>6km</b> 6km Easy Run	Rest	<b>7km</b> Half Easy Half Tempo	Rest	Rest	<b>21.1km</b> Half Marathon Long Run	Rest
WEEK 8	<b>6km</b> 6km Easy Run	Rest	<b>8km</b> Extended Kms	Rest	Rest	<b>10km</b> 10km Long Run	Rest

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WEEK 9	<b>7km</b> 7km Easy Run	Rest	<b>8km</b> Over and Unders 400m	Rest	Rest	<b>24km</b> 24km Long Run	Rest
WEEK 10	<b>8km</b> 8km Easy Run	Rest	<b>8km</b> Tempo 3ks	Rest	Rest	<b>26km</b> 26km Long Run	Rest
WEEK 11	<b>8km</b> 8km Easy Run	Rest	<b>9.2km</b> Descending Intervals	Rest	Rest	<b>30km</b> 30km Long Run	Rest
WEEK 12	<b>7km</b> 7km Easy Run	Rest	<b>7km</b> Tempo 4k	Rest	Rest	<b>12km</b> 12km Long Run	Rest
WEEK 13	<b>8km</b> 8km Easy Run	Rest	<b>9km</b> Rolling 500s	Rest	Rest	<b>22km</b> 22km Long Run	Rest
WEEK 14	<b>7km</b> 7km Easy Run	Rest	<b>11km</b> 600s into 200s	Rest	Rest	<b>18km</b> 18km Long Run	Rest
WEEK 15	<b>6km</b> 6km Easy Run	Rest	<b>9km</b> Rolling 300s	Rest	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 16	Rest	Rest	<b>7km</b> Marathon Pace Intervals	Rest	Rest	<b>42.2km</b> Marathon Race	Rest