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	5km 5km Easy Run	Rest	5km 200m Repeats	Rest	Rest	8km 8km Long Run	Rest
WEEK 2	5km 5km Easy Run	Rest	5km 600s into 200s	Rest	Rest	10km 10km Long Run	Rest
WEEK 3	5km 5km Easy Run	Rest	6km On off Ks	Rest	Rest	13km 13km Long Run	Rest
WEEK 4	5km 5km Easy Run	Rest	5km On and Offs	Rest	Rest	7km 7km Long Run	Rest
WEEK 5	6km 6km Easy Run	Rest	6km Descending Intervals	Rest	Rest	15km 15km Long Run	Rest
WEEK 6	6km 6km Easy Run	Rest	7km Tempo 5k	Rest	Rest	18km 18km Long Run	Rest
WEEK 7	6km 6km Easy Run	Rest	7km Half Easy Half Tempo	Rest	Rest	21.1km Half Marathon Long Run	Rest
WEEK 8	6km 6km Easy Run	Rest	8km Extended Kms	Rest	Rest	10km 10km Long Run	Rest



Download Runna to personalise your own training plan with exciting workouts and specific pace targets. All of our plans sync with your favourite fitness devices and come with holistic advice, from strength training to injury management. Get the support that you need from our global in-app community and world-class coaching team.

Use code THRESHOLD for free trial

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



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