# YOUR 16-WEEK RACE FOR LIFE
## MARATHON INTERMEDIATE

### Training plan

**WEEK 1**
The goal for this week is to set a good routine. Ring fence the training time in your diary and decide when is best to train.

Download our Fit in 5 workout plan and Stretching Guide from raceforlife.org/training to help you over the next 16 weeks.

**MON**

- **Easy run**
  - 20 min continuous run. It's only your first day so don't go too hard just because it's a short one! Pace yourself. You've got 16 weeks to go.

- **Rest**
  - Consider trying some body conditioning at home using our Fit in 5 workout.

**TUE**

- **Threshold run**
  - Work out your max heart rate (220 – your age). Your "threshold" = 80% of this. Go for a 30 min run and try to maintain it from 5 min threshold – you should struggle to talk.

- **Rest**
  - If you haven’t already, set up your online fundraising page. It’s the easiest way to get sponsorship.

**WEEK 2**

- **Share your goal with family and friends and see if you can find others who may want to train with you.**

- **Rest**
  - Yoga class.
  - Consider a Pilates or Yoga class.

**MON**

- **Easy run**
  - 25 min continuous run. Get this done in the morning and you’ll feel fab the rest of the day.

- **Rest**
  - Remember you need to try and make time for our Fit in 5 conditioning workout in each week.

**TUE**

- **Threshold run**
  - 30 min total including: • 3 x (5 min threshold / 2 min jog recovery)

- **Rest**
  - Share your training photos using the selfie stickers from your pack and use @raceforLife.

**WEEK 3**

- **You might start to notice fatigue building. Make sure you stretch after each run and focus as hard on your recovery as you do training.**

**MON**

- **Rest**
  - Aim for 8 hours sleep. Not possible? Try to get an extra 15–30 min more than normal every night this week.

- **Threshold run**
  - 40 min total including: • 3 x (5 min threshold / 2 min jog recovery)

- **Rest**
  - Yoga class.
  - Consider a Pilates or Yoga class.

**TUE**

- **Threshold run**
  - 40 min total including: • 4 x (5 min threshold / 2 min jog recovery)

- **Rest**
  - Stretching and Conditioning workout in our fundraising packs at raceforlife.org/fundraise.

**WEEK 4**

- **If you’re demotivated, use your Season Pass for a Race for Life event! This can really reinvigorate your motivation.**

**MON**

- **Rest**
  - Make sure you are getting a good range of vitamins and minerals to support your body to get stronger.

- **Threshold run**
  - 45 min total including: • 4 x (6 min threshold / 90s jog recovery)

- **Rest**
  - Body conditioning is really important. Doing Fit in 5 now, will keep you strong at the end on marathon day.

**TUE**

- **Threshold run**
  - 45 min total running including: • 3 x (5 min increased effort / 2 min jog)

- **Rest**
  - Consider trying some body conditioning at home using our Fit in 5 workout.

**WEEK 5**

- **Make this week about healthy eating! Enjoy a balanced diet full of fruit, vegetables and fibre.**

**MON**

- **Rest**
  - You might start to notice the strain, so take a day off if necessary.

- **Threshold run**
  - 45 min total running including: • 3 x (6 min increased effort / 2 min jog)

- **Rest**
  - Ban smart phones and tablets from the bedroom and avoid caffeine or alcohol late at night.

**TUE**

- **Continuous hills**
  - 45 min total running including: • 3 x (5 min increased effort / 2 min jog)

- **Rest**
  - Have you planned your first bake sale or quiz? You’ll find everything you need in our fundraising packs at raceforlife.org/fundraise.

**WEEK 6**

- **After 6 weeks of solid training now is a good time to look back on how far you’ve come and reassess – are you still pushing yourself?**

**MON**

- **Rest**
  - After 6 weeks of solid training, this could be a good time to look back on how far you’ve come and reassess – are you still pushing yourself?

- **Threshold run**
  - 45 min total including: • 2 x (10min threshold / 3 min jog recovery)

- **Rest**
  - You might start to notice the strain, so take a day off if necessary.

**TUE**

- **Threshold run**
  - 45 min total including: • 3 x (8 min threshold / 2 min jog recovery)

- **Rest**
  - Take some photos of your kit and find everything you need in our fundraising packs at raceforlife.org/fundraise.

**WEEK 7**

- **As your training builds it’s vital to give your body a bit of extra rest every now and again to allow it to absorb training and adapt.**

**MON**

- **Rest**
  - 50 min total.

- **Easy run**
  - 50 min total.

- **Rest**
  - Take some photos of your kit or fundraising and share them on social media. Then remind people to donate to your online fundraising page!

**TUE**

- **Threshold run**
  - 50 min total including: • 3 x (8 min threshold / 2 min jog recovery)

- **Rest**
  - Or 30 min easy cross training + consider strength and conditioning.

**WEEK 8**

- **Your body is a temple. Run in weather appropriate clothing, eat within 20 min after each run taking in plenty of vitamin c, b12, zinc and iron.**

**MON**

- **Rest**
  - 50 min total including: • 3 x (8 min threshold / 2 min jog recovery)

- **Threshold run**
  - 50 min total including: • 3 x (8 min threshold / 2 min jog recovery)

- **Rest**
  - Consider a Pilates or Yoga class.

**TUE**

- **Threshold run**
  - 40 min total including: • 3 x (4 min increased effort / 2 min jog)

- **Rest**
  - Consider a Pilates or Yoga class.

Registered charity in England and Wales (1089464), Scotland (SC041666) and Isle of Man (1103)
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<tr>
<th>MON</th>
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<tr>
<td><strong>WEEK 9</strong>&lt;br&gt;Get a feel for the pace you plan on running on race day and push yourself to pick it up at the end of your runs this week.&lt;br&gt;Rest&lt;br&gt;Consider a Pilates or Yoga class.</td>
<td>Progression run&lt;br&gt;• 15 min easy&lt;br&gt;• 15 min steady&lt;br&gt;• 15 min at threshold</td>
<td>Rest&lt;br&gt;Or 30 min easy cross training + strength and conditioning</td>
<td>Marathon pace practice:&lt;br&gt;60 min run total with the last 40 min at your target marathon pace.</td>
<td>Rest&lt;br&gt;Visit <em>cruk.org</em> to find out more about the amazing work we can do with the money you raise.</td>
<td>Cross training or run&lt;br&gt;30 min easy aerobic exercise, get this out the way in the morning and you’ll feel great the rest of the day.</td>
<td>Long run&lt;br&gt;2hr 30min easy pace total. Walk for 5 min every 30 min if necessary.</td>
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<td><strong>WEEK 10</strong>&lt;br&gt;This is the perfect week to get in a half marathon race. It will give you confidence and experience of running among other people.&lt;br&gt;Rest&lt;br&gt;Consider a Pilates or Yoga class.</td>
<td>Threshold run&lt;br&gt;• 45 min total including: 4 x (5 min threshold/2 min jog recovery)</td>
<td>Rest&lt;br&gt;Or 30 min easy cross training + consider a pilates class or strength and conditioning</td>
<td>Easy run&lt;br&gt;30 minute run</td>
<td>Easy run&lt;br&gt;Never overdo it the day before a race. Just jog 15 min easy then stretch.</td>
<td>Cross training or run&lt;br&gt;30 min easy aerobic cross training or 30 min easy run</td>
<td>Ideal day for a HALF MARATHON OR 2 hr 15 min run with the last 45–60 min at marathon pace.</td>
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<td><strong>WEEK 11</strong>&lt;br&gt;This week we have another cut back week. Make sure you focus more on rest and recovery but keep up with Fit in 5.</td>
<td>Easy run&lt;br&gt;30 min</td>
<td>Rest&lt;br&gt;Or 30 min easy cross training + consider strength and conditioning</td>
<td>Easy run&lt;br&gt;45 min</td>
<td>Rest&lt;br&gt;Plan your race day logistics and book any travel or accommodation well in advance.</td>
<td>Cross training or run&lt;br&gt;30 min easy aerobic cross training or 30 min easy run</td>
<td>Long run&lt;br&gt;75 min easy pace total! It’s July now (so we hope it’s hot!) make sure you stay hydrated on all your runs.</td>
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<td><strong>WEEK 12</strong>&lt;br&gt;Remember to stretch well after each run to help improve your flexibility and reduce stiffness the next day.&lt;br&gt;Rest&lt;br&gt;Easy run some energy gels and fluids for your long run and plan what food you will eat the day before your race.</td>
<td>Threshold run&lt;br&gt;• 60 min total including: 5 x (10 min threshold/2 min jog recovery)</td>
<td>Rest&lt;br&gt;Or 30 min easy cross training + consider strength and conditioning</td>
<td>‘Speed-play’ session&lt;br&gt;• 60 min run/90s easy&lt;br&gt;• 5 min fast/90s easy&lt;br&gt;• 4 min faster/90s easy&lt;br&gt;• 3 min faster/90s easy&lt;br&gt;• 2 min very fast/90s easy&lt;br&gt;• 1 min fastest. Go! Go! Go!</td>
<td>Rest&lt;br&gt;Boost your fundraising by hosting a girls’ night with manicures, a classic film or dinner. Download a pack from raceforlife.org/fundraise</td>
<td>Cross training&lt;br&gt;30 min easy aerobic cross training or 30 min easy run</td>
<td>Long run&lt;br&gt;2hr 45 min easy pace total with the last 60 min at marathon pace.</td>
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<td><strong>WEEK 13</strong>&lt;br&gt;This week sees your longest run before race day, so make sure you’re well fueled with your pre-race breakfast.&lt;br&gt;Rest&lt;br&gt;Makesure you really are resting. Hours of walking round shops or climbing to the top of city landmarks is not resting!</td>
<td>Recovery run&lt;br&gt;30 min total</td>
<td>Rest&lt;br&gt;Or 30 min easy cross training + consider strength and conditioning</td>
<td>Threshold session&lt;br&gt;60 min run including 3x (10 min threshold/2 min jog)</td>
<td>Rest&lt;br&gt;Finalise your choice of kit for the day and practice in it…new socks on race morning are never a good idea!</td>
<td>Cross training&lt;br&gt;30 min easy aerobic cross training or 30 min easy run</td>
<td>Long run&lt;br&gt;3 hr easy pace total with the last 60 min at marathon pace.</td>
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<td><strong>WEEK 14</strong>&lt;br&gt;This is the ‘taper’ phase – where the volume of training is reduced – it’s important to focus on recovery from the intense sessions.&lt;br&gt;Rest&lt;br&gt;Consider a Pilates or Yoga class.</td>
<td>Threshold run&lt;br&gt;45 min total including: 4 x (5 min threshold/2 min jog recovery)</td>
<td>Rest&lt;br&gt;Or 30 min easy cross training + consider strength and conditioning</td>
<td>Marathon pace practice:&lt;br&gt;75 min run with the last 45 min at marathon pace.</td>
<td>Rest&lt;br&gt;Make sure you read all of the essential information for the marathon and are prepared for event day.</td>
<td>Cross training&lt;br&gt;30 min easy aerobic cross training or 30 min easy run</td>
<td>Long run&lt;br&gt;90–120 min easy pace. Walk for 5 min every 30 min if necessary.</td>
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<td><strong>WEEK 15</strong>&lt;br&gt;You are really close now, so look after your body. Eat healthily and always change into dry clothes after training.&lt;br&gt;Rest&lt;br&gt;Running a marathon. This is beating cancer. Remember people that in 13 days you will be taking on a marathon and your sponsorship money will help save lives.</td>
<td>Easy run&lt;br&gt;45 min total</td>
<td>Rest&lt;br&gt;Or 30 min easy cross training + consider strength and conditioning</td>
<td>Threshold run&lt;br&gt;75 min run with middle 45 min as alternating 3 min threshold/3 min steady</td>
<td>Rest&lt;br&gt;You’ve been working hard! Treat yourself to a special ‘West Done’ dinner or get someone else to cook for you!</td>
<td>Cross training&lt;br&gt;30 min easy aerobic cross training or 30 min easy run</td>
<td>Long run&lt;br&gt;60–75 min easy run. Make sure you don’t rush off – you’re doing a marathon next week!</td>
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<td><strong>WEEK 16</strong>&lt;br&gt;This week less is more. Your focus should be on feeling fresh for the marathon.&lt;br&gt;Rest&lt;br&gt;Take a deep breath. Yes you have done enough training. Yes you are prepared.</td>
<td>Easy run&lt;br&gt;30 min total including: 3 x (5 min at marathon pace/2 min jog recovery)</td>
<td>Rest&lt;br&gt;Make sure you’ve shared your online fundraising page!</td>
<td>Easy run&lt;br&gt;25–30 min run</td>
<td>Easy run&lt;br&gt;10–15 min easy jog then stretch</td>
<td>Rest</td>
<td>Rest</td>
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