

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

Training plan created by  runningwithus



CANCER RESEARCH UK RACE FOR LIFE

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 1</b> 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.	<b>Download our Fit in 5 workout plan and Stretching Guide from <a href="http://raceforlife.org/training">raceforlife.org/training</a> to help you over the next 16 weeks.</b>	<b>Easy run</b> 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.	<b>Rest</b> Consider trying some body conditioning at home using our <b>Fit in 5 workout</b> .	<b>Threshold run</b> Work out your max heart rate (120 – your age). Your "Threshold" = 80% of this. Go for a 30 min run and try 5 min at threshold – you should struggle to talk.	<b>Rest</b> If you haven't already, set up your online fundraising page. It's the easiest way to get sponsorship.	<b>Cross training or Rest</b> 30 min easy aerobic cross training, this could be swimming, cycling, rowing... whatever you fancy.	<b>Long run</b> 45 min total as: <ul style="list-style-type: none"> <li>• 20 min easy</li> <li>• 5 min walk</li> <li>• 20 min easy run</li> </ul>
<b>WEEK 2</b> Share your goal with family and friends and see if you can find others who may want to train with you.	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Easy run</b> 25 min continuous run. Get this done in the morning and you'll feel fab the rest of the day.	<b>Rest</b> Remember you need to try and make time for our <b>Fit in 5</b> conditioning workout in each week.	<b>Threshold run</b> 30 min total including: <ul style="list-style-type: none"> <li>• 3 x (4 min threshold/ 2 min jog/walk recovery)</li> </ul>	<b>Rest</b> Share your training photos using the selfie stickers from your pack and use #RaceforLife	<b>Cross training or Rest</b> Cross training will support your running and help prevent boredom.	<b>Long run</b> 60 min total as: <ul style="list-style-type: none"> <li>• 25 min easy</li> <li>• 5 min walk</li> <li>• Complete 2 times</li> </ul>
<b>WEEK 3</b> 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.	<b>Rest</b> Aim for 8 hours sleep. Not possible? Try to get an extra 15–30 min more than normal every night this week.	<b>Threshold run</b> 40 min total including: <ul style="list-style-type: none"> <li>• 3 x (5 min threshold/ 2 min jog recovery)</li> </ul>	<b>Rest</b> Taking a day off is just as vital as doing the miles. Throughout training you need to allow time for your muscles to heal and grow.	<b>Continuous hills</b> 40 min total run including: <ul style="list-style-type: none"> <li>• 3 x (4 min increased effort/ 2 min jog)</li> </ul>	<b>Rest</b> Ban smart phones and tablets from the bedroom and avoid caffeine or alcohol late at night.	<b>Cross training or Rest</b> If you are noticing the strain, take a day off from training.	<b>Long run</b> 75 min total as: <ul style="list-style-type: none"> <li>• 5 min walk</li> <li>• 20 min easy run</li> <li>• Complete 3 times</li> </ul>
<b>WEEK 4</b> If you're demotivated, use your Season Pass for a Race for Life event! This can really reinvigorate your motivation.	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Threshold run</b> 40 min total including: <ul style="list-style-type: none"> <li>• 4 x (5 min threshold / 2 min jog recovery)</li> </ul>	<b>Rest</b> Or strength and conditioning	<b>Continuous hills</b> 45 min total run including: <ul style="list-style-type: none"> <li>• 3 x (5 min increased effort/ 2 min jog)</li> </ul>	<b>Rest</b> Have you planned your first bake sale or quiz? You'll find everything you need in our fundraising packs at <a href="http://raceforlife.org/fundraise">raceforlife.org/fundraise</a>	<b>Cross training or Rest</b> 30 min easy exercise – find a local aerobics, zumba or step class and invite friends along for a laugh.	<b>Long run</b> 90 min total. Walk for 5 min every 20 min if necessary.
<b>WEEK 5</b> Make this week about healthy eating! Enjoy a balanced diet full of fruit, vegetables and fibre.	<b>Rest</b> Make sure you are getting a good range of vitamins and minerals to support your body to get stronger.	<b>Threshold run</b> 45 min total including: <ul style="list-style-type: none"> <li>• 4 x (6 min threshold / 90s jog recovery)</li> </ul>	<b>Rest</b> Body conditioning is really important. Doing <b>Fit in 5</b> now, will keep you strong at the end on marathon day.	<b>Continuous hills</b> 50 min total run including: <ul style="list-style-type: none"> <li>• 3 x (6 min increased effort/ 2 min jog)</li> </ul>	<b>Rest</b> Find a local half marathon taking place about 6 weeks before your marathon and sign up. It's time to take on your first race!	<b>Cross training or Rest</b> 30 min easy exercise – don't push hard with this training. You shouldn't tire yourself before your weekly long run.	<b>Long run</b> 1hr 45 min total. Walk for 5 min every 30 min if necessary.
<b>WEEK 6</b> 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?	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Threshold run</b> 45 min total including: <ul style="list-style-type: none"> <li>• 2 x (10min threshold/3 min jog recovery)</li> </ul>	<b>Rest</b> Try increasing how long you spend on each <b>Fit in 5</b> exercise e.g. spend 45 sec rather than 30 before taking a break.	<b>Continuous hills</b> 50 min total run including: <ul style="list-style-type: none"> <li>• 4 x (5 min increased effort/ 2 min jog)</li> </ul>	<b>Rest</b>	<b>Cross training</b> 40 min easy aerobic exercise, or if you've really got the running bug now – just go for a 40 min run!	<b>Long run</b> 2hr easy pace total. Walk for 5 min every 30 min if necessary
<b>WEEK 7</b> 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.	<b>Rest</b>	<b>Easy run</b> 30 min total	<b>Rest</b> Take some photos of your kit or fundraising and share them on social media. Then remind people to donate to your online fundraising page!	<b>Easy run</b> 40 min	<b>Rest</b> Got a unique skill? Knitting or bicycle repairs, whatever your skill you can offer your services in exchange for donations.	<b>Cross training or run</b> 30 min easy aerobic exercise of your choice.	<b>Easy run</b> 60 min total. Walk 5 min at half way if necessary.
<b>WEEK 8</b> 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.	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Threshold run</b> 50 min total including: <ul style="list-style-type: none"> <li>• 3 x (8 min threshold/2 min jog recovery)</li> </ul>	<b>Rest</b> Or 30 min easy cross training + consider strength and conditioning	<b>Continuous hills</b> 50 min total run including: <ul style="list-style-type: none"> <li>• 4 x (6 min increased effort/ 2 min jog)</li> </ul>	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Cross training or run</b> 30 min easy exercise – if the weather's good, hop on your bike and go for a short ride.	<b>Long run</b> 2 hr 15 min easy pace total. Walk for 5 min every 30 min if necessary.

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<b>WEEK 9</b> 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.	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Progression run</b> <ul style="list-style-type: none"> <li>• 15 min easy</li> <li>• 15 min steady</li> <li>• 15 min at threshold</li> </ul> <input type="checkbox"/>	<b>Rest</b> Or 30 min easy cross training + strength and conditioning	<b>Marathon pace practice:</b> 60 min run total with the last 40 min at your target marathon pace.	<b>Rest</b> Visit <a href="http://cruk.org">cruk.org</a> to find out more about the amazing work we can do with the money you raise.	<b>Cross training or run</b> 30 min easy aerobic exercise, get this out the way in the morning and you'll feel great the rest of the day.	<b>Long run</b> 2hr 30min easy pace total. Walk for 5 min every 30 min if necessary.
<b>WEEK 10</b> This is the perfect week to get in a half marathon race. It will give you confidence and experience of running around other people.	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 45 min total including:</li> <li>• 4 x (5min threshold/2 min jog recovery)</li> </ul> <input type="checkbox"/>	<b>Rest</b> Or 30 min easy cross training + consider a pilates class or strength and conditioning	<b>Easy run</b> 30 minute run	<b>Rest</b> Start working out your pre-race routine and give it a practice this weekend. If it's not right, you still have time to try other options.	<b>Easy run</b> Never overdo it the day before a race. Just jog 15 min easy then stretch.	Ideal day for a <b>HALF MARATHON</b> OR 2 hr 15 min run with the last 45–60 min at marathon pace.
<b>WEEK 11</b> This week we have another cut back week. Make sure you focus more on rest and recovery but keep up with <b>Fit in 5</b> .	<b>Rest</b> <b>Fit in 5</b> You can do this! This week give some of the 'progressions' for each exercise a try.	<b>Easy run</b> 30 min	<b>Rest</b> Or 30 min easy cross training + consider strength and conditioning	<b>Easy run</b> 45 min	<b>Rest</b> Plan your race day logistics and book any travel or accommodation well in advance.	<b>Cross training or run</b> 30 min easy aerobic cross training or 30 min easy run	<b>Long run</b> 75 min easy pace total It's July now (so we hope it's hot!) make sure you stay hydrated on all your runs.
<b>WEEK 12</b> Remember to stretch well after each run to help improve your flexibility and reduce stiffness the next day.	<b>Rest</b> Buy some energy gels and fluids for your long run and plan what food you will eat the day before your race.	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 60 min total including:</li> <li>• 3 x (10min threshold/2 min jog recovery)</li> </ul> <input type="checkbox"/>	<b>Rest</b> Or 30 min easy cross training + consider strength and conditioning	<b>'Speed-play' session</b> <ul style="list-style-type: none"> <li>• 6min run/90s easy</li> <li>• 5min fast/90s easy</li> <li>• 4min faster/90s easy</li> <li>• 3min faster/90s easy</li> <li>• 2min very fast/90s easy</li> <li>• 1min fastest. Go! Go! Go!</li> </ul> <input type="checkbox"/>	<b>Rest</b> Boost your fundraising by hosting a girls' night with manicures, a classic film or dinner. Download a pack from <a href="http://raceforlife.org/fundraise">raceforlife.org/fundraise</a>	<b>Cross training</b> 30 min easy aerobic cross training or 30 min easy run	<b>Long run</b> 2 hr 45 min easy pace total with the last 60 min at marathon pace.
<b>WEEK 13</b> This week sees your longest run before race day, so make sure you're well fueled with your pre-race breakfast.	<b>Rest</b> Make sure you really are resting. Hours of walking round shops or climbing to the top of city landmarks is not resting!	<b>Recovery run</b> 30 min total	<b>Rest</b> Or 30 min easy cross training + consider strength and conditioning	<b>Threshold session</b> 60 min run including 3x (10 min threshold/2 min jog)	<b>Rest</b> Finalise your choice of kit for the day and practice in it...new socks on race morning are never a good idea!	<b>Cross training</b> 30 min easy aerobic cross training or 30 min easy run	<b>Long run</b> 3 hr easy pace total with the last 60 min at marathon pace. Walk for 5 min every 30 min if necessary.
<b>WEEK 14</b> This is the 'taper' phase – where the volume of training is reduced – it's important to focus on recovery from the intense sessions.	<b>Rest</b> Consider a Pilates or Yoga class.	<b>Threshold run</b> 45 min total including: <ul style="list-style-type: none"> <li>• 4 x (5min threshold/2 min jog recovery)</li> </ul> <input type="checkbox"/>	<b>Rest</b> Or 30 min easy cross training + consider strength and conditioning	<b>Marathon pace practice</b> 75 min run with the last 45 min at marathon pace.	<b>Rest</b> Make sure you read all of the essential information for the marathon and are prepared for event day.	<b>Cross training</b> 30 min easy aerobic cross training or 30 min easy run	<b>Long run</b> 90–120 min easy pace. Walk 5 min every 30 min if necessary.
<b>WEEK 15</b> You are really close now, so look after your body. Eat healthily and always change into dry clothes after training.	<b>Rest</b> Running a marathon. This is beating cancer. Remind people that in 13 days you will be taking on a marathon and your sponsorship money will help save lives.	<b>Easy run</b> 45 min total	<b>Rest</b> Or 30 min easy cross training + consider strength and conditioning	<b>Threshold run</b> 75 min run with middle 45 min as alternating 3 min threshold/3 min steady	<b>Rest</b> You've been working hard! Treat yourself to a special 'Well Done' dinner (or get someone else to cook for you!)	<b>Cross training</b> 30 min easy aerobic cross training or 30 min easy run	<b>Easy run</b> 60–75 min easy run. Make sure you don't rush off – you're doing a marathon next week!
<b>WEEK 16</b> This week less is more. Your focus should be on feeling fresh for the marathon.	<b>Rest</b> Take a deep breath. Yes you have done enough training. Yes you are prepared.	<b>Easy run</b> 30 min total including: <ul style="list-style-type: none"> <li>• 3 x (5 min at marathon pace/2min jog recovery)</li> </ul> <input type="checkbox"/>	<b>Rest</b> Make sure you've shared your online fundraising page!	<b>Easy run</b> 25–30 min run	<b>Rest</b>	<b>Easy run</b> 10–15 min easy jog then stretch	<div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center; width: fit-content; margin: auto;"> <b>MARATHON RACE DAY!</b>            Good Luck!         </div> <input type="checkbox"/>