

INTERMEDIATE EXTENDED MARATHON PROGRAMME

Ideally, a marathon-specific programme would run over the course of between 16 and 20 weeks minimum. If you have followed the programmes this far in sequence, you will have built up nicely over the 5km, 10km and 21km distances culminating in that final 4 weeks of marathon prep.

We are extending the marathon programme by a further 4 weeks for both intermediate and advanced to ensure that you are offered an excellent 8-week marathon-specific programme.

You have two options.

The first option is to complete weeks 1 through 4 and run your first marathon. After this, you follow weeks 5-8 and compete at your second marathon hoping to better the time.

The other option is to use week 4's final race day as a "training day" instead and then push onto weeks 5-8 with your official marathon run coming at the end of 8 weeks and not 4. The programme is flexible either way and will work if you follow the sequence, are consistent and don't end up with injuries.

Unexpected injuries are our worst nightmare. As a coach, I cannot foresee the danger signs. You will have to use your own discretion and listen to the alarm bells if they ring. Generally though, with some cross training (swimming and biking if possible) and some gym work, you will be A-okay for that PB marathon time

Week 5:

- Monday Rest day
- Tuesday 8km easy recovery run
- Wednesday 10km easy recovery run
- Thursday Rest day
- Friday 10km tempo run/keep it flat
- Saturday Rest day
- Sunday 18km easy recovery run

Weekly mileage is back to 43km. A word of caution, this week is used entirely to recover from week 4's long marathon race or training run. Take it easy

Week 6:

- Monday Rest day
- Tuesday 2km easy/8km time trial at club/2km easy recover
- Wednesday 10km easy run/keep it flat
- Thursday 2km easy/3 x 1km hill hard up/moderate down/2km cool down
- Friday 8km easy
- Saturday Rest day
- Sunday 23km training run/do some undulating hill climbs during this set

Weekly mileage at 63km

Week 7:

- Monday Rest day
- Tuesday 2km easy/4 x 1km intervals tempo pace rest 45 secs/2km easy
- Wednesday 12km easy run recovery
- Thursday 8km tempo run – hilly course if possible
- Friday Rest day
- Saturday 35km long slow run
- Sunday Rest day

Weekly mileage peaks at 63km

Week 8

- Monday Rest day
- Tuesday 8km club time trial at moderate/tempo pace
- Wednesday 8km easy slow recover
- Thursday Rest day
- Friday Rest day
- Saturday 8km easy with a few short 100m semi sprints (5 of them) to loosen up
- Sunday 42km race after 8 week period

Weekly mileage sits at 66km
