

Advanced 16 week marathon schedule:

This schedule is for you if you run regularly and have the experience of longer distance running. It includes 5 or 6 runs per week.

Monday is an easy running day for active recovery after the weekend effort. Tuesday is an 'interval day' intended to develop your speed endurance and tempo/threshold running. Wednesday is about developing core and leg strength if you can get to the gym or for active recovery through swimming. Thursday is for steady running and just putting in the miles. Friday's are for rest. The weekend is for building for stamina and strength to help you go the distance and practice your race day pace and hydration strategies.

You should ensure you are fit to participate in a running training programme before beginning. A medical check up from a GP is recommended.

16 weeks to go:

	Establish a routine
Monday	15mins easy running.
Tuesday	30mins easy running
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	40mins steady running
Friday	Rest
Saturday	Run 10min easy, 10min steady, 10mins easy, 10min easy
Sunday	Run 1hr min easy

15 weeks to go:

	Build your routine
Monday	20mins easy running.
Tuesday	40mins steady running
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	50mins steady running
Friday	Rest
Saturday	Run 10min, easy 20min steady, 10min easy
Sunday	Run 1hr easy

14 weeks to go:

	Consolidate your routine
Monday	25mins easy running.
Tuesday	Run 15min easy. (Run 2 minutes hard, jog 2 minutes easy. Repeat 5x) Run 15 min easy.
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	50mins min steady
Friday	Rest
Saturday	Run 10min, easy 20min steady, 10min easy

Sunday	Run 1hr 15min easy
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13 weeks to go:

	Build your base
Monday	25mins easy running.
Tuesday	Run 15min easy. (Run 3 minutes hard, jog 2 minutes easy. Repeat 5x) Run 15 min easy.
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	45mins min easy
Friday	Rest
Saturday	Run 10min, easy 25min steady, 10min easy
Sunday	Run 1hr 20min easy- time on feet.

12 weeks to go:

	Build your base
Monday	25mins easy running.
Tuesday	Run 15min easy. (Run 4 minutes hard, jog 2 minutes easy. Repeat 5x) Run 15 min easy.
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	50mins min easy
Friday	Rest
Saturday	Run 10min, easy 30min steady, 10min easy
Sunday	Run 1hr 30min easy

11 weeks to go:

	Threshold introduction
Monday	30mins easy running.
Tuesday	Run 15min easy. (Run 5 minutes 'tempo', jog 2 minutes easy. Repeat 5x) Run 15 min easy.
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	60mins min easy
Friday	Rest
Saturday	Run 10min, easy 35min steady, 10min easy
Sunday	Run 1hr 40min easy running

10 weeks to go:

	Build your efficiency
Monday	35mins easy running.
Tuesday	Run 15min easy. (Run 3 minutes steady, 2 min hard, jog 2 minutes easy. Repeat 5x) Run 15 min easy.
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	60mins min easy
Friday	Rest
Saturday	Run 10min, easy 40min steady, 10min easy
Sunday	Run 1hr 50min. Run 30min easy, 30min steady, 20min easy,

	20min steady, 15min easy. Practice your fuelling and hydration strategies.
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9 weeks to go:

	Develop your stamina
Monday	35mins easy
Tuesday	Run 15min easy. (Run 5min fast pace, jog 2min at easy pace. Repeat 4x) Run 15min easy = 58mins
Wednesday	Rest or gym or swim - including plenty of mobility
Thursday	Run 10min, easy 35min steady, 10min easy = 55mins
Friday	Rest
Saturday	Run 10min easy. 40min fartlek, run 10min easy = 60mins
Sunday	Run 10min very easy, run 1hr 50min steady, run 10min easy. Practice your fuelling and hydration strategies = 2hours 10mins

8 weeks to go:

	Race week
Monday	20mins easy
Tuesday	Run 20min easy, 20min steady, 20min easy = 60mins
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	40 mins steady running
Friday	Rest
Saturday	15mins easy
Sunday	Sun: Race Half Marathon. A good opportunity to practice your race day preparation. What is your marathon race pace? If you run a half marathon your finish time will give you an approximate indication of your marathon finish time. Double your finish time (in minutes) and add 10% to estimate your target marathon time.

7 weeks to go:

Monday	Rest
Tuesday	Steady 40min run
Wednesday	Rest or gym or swim - including plenty of mobility
Thursday	80mins easy
Friday	Rest
Saturday	40mins easy
Sunday	Run 2hrs 30min. Include 30min easy, 60min steady, 30min easy, 20min steady, 10min easy. Practice your fuelling and hydration strategies.

6 weeks to go: Race week or a lighter week

	Pace practice
Monday	30mins easy
Tuesday	Run 15min easy. (Then run 3mins@ marathon pace, jog for 2mins. Repeat 4 times). Then run 15min easy
Wednesday	Rest or gym or swim - including plenty of mobility
Thursday	20mins easy
Friday	15mins easy
Saturday	Rest
Sunday	Race a half-marathon/10mile/10k race.

5 weeks to go:

	Long run focus
Monday	35mins easy
Tuesday	Run 10min easy. Run 30min tempo; jog 5min easy, then 20min tempo. Jog 10min easy = 75mins
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	70 mins easy
Friday	Rest
Saturday	Run 40min steady
Sunday	Run 3hrs 10min easy. Practice your fuelling and hydration strategies. Wear the kit and running shoes you plan to complete the marathon in to check they are comfortable.

4 weeks to go:

	Pace focus week
Monday	20mins easy
Tuesday	Run 10min easy. Run 50min at marathon 'race pace', then run 10min easy = 60mins
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	Run 15min easy. (Run 8minutes fast. 2min easy jog. Repeat 4x) Run 15min easy = 70mins
Friday	Rest
Saturday	40mins easy
Sunday	Run 30mins easy, 60mins at marathon pace, 30mins easy. = 2hours.

3 weeks to go:

	Begin the taper
Monday	25mins easy
Tuesday	Run 15min easy, run 30mins tempo run, 15mins easy = 60mins
Wednesday	Rest or gym or swim - including plenty of mobility.
Thursday	Run 45min steady.
Friday	Rest
Saturday	20mins easy

Sunday	Run 1hr 30min at a steady pace. Practice your fuelling and hydration strategies. Wear the kit and running shoes you plan to complete the marathon in to check it's comfortable.
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2 weeks to go:

	Taper period
Monday	Rest
Tuesday	Run 10min easy, run 20min at marathon race pace, then (4x60s brisk runs with 60s walking recovery). Run 10min easy.
Wednesday	Light stretching and mobility.
Thursday	30min easy run.
Friday	20mins easy run.
Saturday	Rest
Sunday	1hr easy pace.

1 week to go!

	Race week- Taper your running and rest up.
Monday	Rest
Tuesday	Jog 10min easy. Run 1 mile at marathon race pace, jog 10min easy, run 1 mile at marathon race pace, jog 10min easy.
Wednesday	Rest
Thursday	15mins easy jog
Friday	10mins easy running
Saturday	Rest
Sunday	Edinburgh Marathon; Good luck. Start at your marathon race pace and aim to run strongly in the last 6 miles.