

Improvers 16 week marathon schedule:

This schedule is for you if you are able to run for 60mins without stopping and plan to run 4 days a week in your marathon training.

Days to run are not fixed to enable them to be fitted around your lifestyle and other commitments. It is advisable to follow a run day with an easy day or rest day. For example, weekly runs days could be, Day 1 Monday, Day 2 Wednesday, Day 3 Friday, Day 4 Sunday.

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:

	Build a routine
Day 1	15mins easy
Day 2	10min easy run. 10min 'steady' run. 10min easy run = 30mins
Day 3	10min easy run. (Then 1min hard run, 3min easy run) x 4. 10min easy run = 36mins
Day 4	Run 50mins easy run.

15 weeks to go:

	Build a routine
Day 1	20mins easy
Day 2	10min easy run. 15min steady run. 10min easy run = 35mins
Day 3	10min easy run. (Then 2min hard run, 3min easy run) x 4. 10min easy run = 40mins
Day 4	Run 60mins easy run.

14 weeks to go:

	Consolidate a routine
Day 1	20mins easy
Day 2	10min easy run. 10min 'tempo' run. 10min easy run = 30mins
Day 3	10min easy run. (Then 3min hard run, 2min easy run) x 4. 10min

	easy run = 40mins
Day 4	Run 60mins easy run.

13 weeks to go:

	Build your base
Day 1	20mins easy
Day 2	10min easy run. 15min 'tempo' run. 10min easy run = 35mins
Day 3	10min easy run. (Then 3min hard run, 2min easy run) x 5. 10min easy run = 45mins
Day 4	Run 1hr 15min easy run. Practice your hydration and refueling strategies.

12 weeks to go:

	Build your base
Day 1	25mins easy
Day 2	10min easy run. 20min 'tempo' run. 10min easy run = 50mins
Day 3	10min easy run. (Then 4min hard run, 2min easy run) x 5. 10min easy run = 50mins
Day 4	Run 1hr 30min easy run. Practice your hydration and refueling strategies.

11 weeks to go:

	Build your stamina and economy
Day 1	30mins easy
Day 2	10min easy run. 30min 'tempo' run. 10min easy run = 50mins
Day 3	10min easy run. (Then 5min hard run, 3min easy run. Repeat 4x) 10min easy run = 52mins
Day 4	Run 1hr 45min easy run. Practice your hydration and refueling strategies.

10 weeks to go:

	Steady running week
Day 1	30mins steady running
Day 2	45mins steady running
Day 3	55mins steady running
Day 4	Run 1hr 55 steady. Practice your fuelling and hydration strategies.

9 weeks to go:

	Race week
Day 1	Rest
Day 2	Run 10min easy. (Run 30s fast. Jog 60s. Repeat 4x) Run 10min easy = 26mins
Day 3	30mins easy running
Day 4	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.

8 weeks to go:

	Big long runs
Day 1	Run 20mins easy.
Day 2	10mins easy, (5mins steady, 5mins faster, 5mins easy) x2. 10mins easy. = 50mins
Day 3	5min easy run. 20min steady run, 10min brisk run, 5min easy run = 40mins
Day 4	Run 2hr 10 easy pace. Practice your fuelling and hydration strategies.

7 weeks to go:

	Practise energy and hydration
Day 1	25mins easy running

Day 2	10mins easy running, (10mins at marathon pace, 3min jog rec) x 2, 10mins easy = 46mins
Day 3	15min easy run, (5min fast run, 2min easy run. Repeat 5x) 15min easy = 65mins
Day 4	Run 2hrs 30min easy pace. Practice your fuelling and hydration strategies.

6 weeks to go:

	Long run development
Day 1	30mins easy running
Day 2	10mins easy running, (15mins at marathon pace, 3min jog rec) x 2, 10mins easy = 53mins
Day 3	15min easy run, (5min fast run, 1min easy run. Repeat 5x) 15min easy = 60mins
Day 4	Run 2hrs 45min easy pace. Practice your fuelling and hydration strategies.

5 weeks to go:

	A race week or a lighter week
Day 1	45mins easy run
Day 2	20mins easy run
Day 3	15mins easy run
Day 4	RACE DAY (10 MILES, OR A HALF MARATHON)

4 weeks to go:

	Your longest long run week!
Day 1	30mins easy running
Day 2	15min easy, run 40mins at 'marathon race pace'. Run 15min easy = 70mins
Day 3	Run 15min easy, (8min fast, jog 2min easy. Repeat 4x) Jog 15min easy = 70mins.
Day 4	Run 3hrs 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.
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3 weeks to go:

	Taper begins
Day 1	25mins easy running
Day 2	Run 10min easy, (5mins tempo, 5mins easy) x 3, 10min easy = 50mins
Day 3	Run 45min steady
Day 4	Run 1hr 30min 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.

2 weeks to go:

	Taper
Day 1	Rest or 25mins easy running.
Day 2	Run 10min easy, run 15min at marathon race pace then run (4x60secs brisk runs with 60sec walking recovery) Run 10min easy = 43mins
Day 3	30mins easy running
Day 4	60mins easy running.

1 week to go:

	Race week- Taper your running and rest up.
Monday	20mins easy running
Tuesday	Rest
Wednesday	Jog 10min easy. Run 1 mile at marathon race pace, jog 10min easy, run 1 mile at marathon race pace, jog 10min easy.
Thursday	Rest
Friday	10mins easy running
Saturday	Rest
Sunday	Edinburgh Marathon; Good luck. Start sensibly. Stick to your race and pace plan. You've done the training, you've prepared for this event and you are physically and psychologically ready to go the distance. Relax, have fun and enjoy yourself.