

SOURCE: RUNNERS WORLD

## RW's Basic Marathon Schedules: Advanced

Classic 16-week marathon schedules

Posted: 7 May 2000

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	5M easy, off-road	7M steady with a few strides	6M easy	Run to a hill, then 10 x 30 secs uphill, jog down	Rest or 5M easy	6-7M steady, off road	9-11M slow, no pressure
<b>Week 2</b>	5M easy	Warm up, then 3-4M at a brisk pace, timed. Warm down	6M steady	Warm up, then 8 x 90 secs fast, 90 secs slow	Rest or 5M easy	6-8M steady, cross-country	12M slow, no pressure
<b>Week 3</b>	5M easy	6M – run to a hill, then 10 x 30 secs uphill, jogging back down	6M easy	Warm up, then 4 x 5-6 mins, with 3-min recoveries. Don't push too hard at first	Rest or 5M easy	7-8M steady, cross-country or in a park	10M, slow, no pressure, but it should prove a little faster with no more effort
<b>Week 4</b>	5M easy, with a few strides	7M warm-up, then 3-4M at a brisk pace, timed. Warm down	5M easy	Warm up, then 6 x 3 mins fast, 2 mins slow (or 6 x 800m on track, with 400m jog recoveries)	Rest	3-5M easy	13M, starting slowly, finishing faster
<b>Week 5</b>	5M easy	7M – run to a hill, then 12 x 30 secs uphill, jogging back down	6M steady	8M. Start easily, then put in bursts of 100-200m, jogging after each until you've recovered	Rest or 5M easy	Rest or jog up to 4M	Half-marathon race
<b>Week 6</b>	5M easy, off-road	Hill session: 4 x 90 secs-2 mins hill	7M steady, no pressure	Warm up, then 4 x 5-6 mins, with 3	Rest or 5M easy	Warm up, then 6M at marathon	10-12M easy. Don't push

		climb, jogging back each time		mins rest between each. Time them		pace. Warm down	
<b>Week 7</b>	6M steady, with a few strides	Warm up, then 7 x 800m (or 7 x 3 mins), with 2-min recoveries	5M easy, off-road if possible	Hill running: 12 x 30 secs, or fartlek with 12-15 30-sec bursts	Rest or 5M easy, starting slowly	3M, jogging only	18M slow. Start easily
<b>Week 8</b>	5M easy, off-road	6M. Slow start, then speed up if you're not tired	Warm up, then 6M at a fast pace, timed	6M fartlek, inc bursts of 200-300m	Rest or 5M easy, off-road	4M, jogging only	Half-marathon race
<b>Week 9</b>	5M easy, off-road	Warm up, then 6 x 3 mins fast, 2 mins slow (or 6 x 800m on track, with 400m jog recoveries)	7M steady pace run, untimed	8M inc repetitions: 3 x 3K (or 3 x 10 mins), with 5-min recoveries	Rest or 4M, jogging only	5M easy with strides	20M. Set up some feeding stations where you can pick up carbohydrate drinks
<b>Week 10</b>	3M jog, off-road	6M steady, starting slowly	8M inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	8M inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	Rest or 7M steady, untimed	3M, jogging only	8M steady, inc 6M pace run
<b>Week 11</b>	5M easy	7M fartlek, inc sustained bursts of up to 400m	6M steady. Start slowly, finish fast	10M, inc 8M pace run	Rest or 3M jog	5-6M easy, with a few strides	18M easy
<b>Week 12</b>	5M jogging, off-road	7M steady, starting slowly	7M, inc 14 x 30 secs uphill	8M at brisk pace	Rest or 3M, jogging only	10M – inc 4 x 1M, with 5-min recoveries	13-15M easy, or half- marathon race
<b>Week 13</b>	6M, at whatever pace you like	7M of easy fartlek	10M steady, inc 8M pace run	7M, inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	5M easy, with some strides	3M, jogging only	20-22M – the last big training run

<b>Week 14</b>	5-6M easy, off-road	8M, starting slowly, then fartlek	6M easy	10M, inc 7M at marathon pace	Rest or 3M easy	4M jogging, plus some strides	15M steady, or half-marathon race
<b>Week 15</b>	5-6M easy, off-road	Warm up, then 4 x 1M at faster than marathon pace	8M steady, not pushing	10M, with two 3M stretches at marathon pace	Rest or 3M jog	Warm up, then 4-5M at a brisk pace	10M steady. Practise your marathon preparation
<b>Week 16</b>	5M easy	Warm up, then 1M at race pace. Warm down	4M easy, with a few strides	3M easy, in racing kit	Rest	30 mins jogging, with easy strides	<b>RACE DAY</b>