

# Marathon Training Plan (intermediate)



## Run - Intermediate Marathon Training Plan - Hilly Course (20 Weeks)

	Monday	Tuesday	Wednes day	Thursda y	Friday	Saturday	Sunday	Total Weekly Run Volume
Week 1 Base 1	SP2 2 X 8	3.5	OFF	2.5 with Z1 Pace Setting	SP2 2 X 8	6.0	2.5 ZR	14.5
Week 2 Base 1	SP2 2 X 10	4.0	OFF	3.0	SP2 2 X 10	7.0	2.5 ZR	16.5
Week 3 Base 1	SP2 2 X 12	4.5	OFF	3.5	SP2 2 X 12	8.0	2.5 ZR	18.5
Week 4 Base 1	SP2 1 X 12 Or OFF	3.0	OFF	2.5 ZR	SP2 1 X 12	5.5	2.5 ZR	13.5
Week 5 Base 2	SP3 2 X 8	5.0 Hills	OFF	3.5 with 3 x 30 Pick- Ups	SP3 2 X 8	9.0	3.0 ZR	20.5
Week 6 Base 2	SP3 2 X 10	5.75 Hills	OFF	4.0 with 4 x 30 Pick- Ups	SP3 2 X 10	10.25	3.0 ZR	23.0
Week 7 Base 2	SP3 2 X 12	6.5 Hills	OFF	4.5 with 5 x 30 Pick- Ups	SP3 2 X 12	11.5	3.0 ZR	25.5
Week 8 Base 2	SP3 1 X 12 or OFF	4.0	OFF	3.5 ZR/Z1	SP3 1 X 12	8.0	2.5 ZR	18.0
Week 9 Build 1	SP4 2 X 8	6.5	OFF	4.5 with 8 x 1 min hill repeats	SP4 2 X 8	11.5	3.0 ZR	25.5
Week 10 Build 1	SP4 2 X 10	7.25	OFF	5.0 with 8 x 1:30 min hill repeats	SP4 2 X 10	13.0	3.0 ZR	28.25

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Run Volume
Week 11 Build 1	SP4 2 X 10	8.0	OFF	5.5 with 8 x 2 min hill repeats	SP4 2 X 10	14.5	3.0 ZR	31.0
Week 12 Build 1	SP4 1 X 10 Or OFF	5.5	OFF	4.0 with optional 3K TT	SP4 1 X 10	10.0	2.5 ZR	22.0
Week 13 Build 2	SP4 2 X 12	8.0 with 4 x 1.0 at Tempo Z2/MP	2.0 ZR	5.5 (12 x 400 option)	SP4 2 X 12	14.5	3.0 ZR	33.0
Week 14 Build 2	SP4 2 X 12	10.0 with 5 x 1 at Z2 Tempo/MP	2.0 ZR	5.5 (6 x 800 option)	SP4 2 X 12	16.5	3.0 ZR	37.0
Week 15 Build 3	SP4 1 X 12 Or OFF	6.0	OFF	4.0 ZR/Z1	SP4 1 X 12	12.0 with Final 3.0 at Tempo Z2/MP	3.0 ZR	25.0
Week 16 Peak	SP2 2 X 12	10.0 with 5 x 1.0 at Tempo Z2/MP	3.0 ZR	7.0 (8 x 800 option)	SP2 2 X 12	18.0 (split run option)	3.0 ZR	41.0
Week 17 Peak	SP2 2 X 12	12.0 with 6 x 1.0 at Tempo Z2/MP	3.0 ZR	7.0 (16 x 400 option)	SP2 2 X 12	20.0 (split run option)	3.0 ZR	45.0
Week 18 Taper	SP2 2 X 8	4.0 ZR/Z1	OFF	9.0 with 4 x 1.0 at Tempo Z2/MP	SP2 2 X 8	15.0 with Final 4.0 at Tempo Z2/MP	3.0 ZR	32.0
Week 19 Taper	SP2 2 X 8	3.0 ZR/Z1	OFF	6.0 with 6 x 0.5 at Tempo Z2/MP	SP2 2 X 8	11.0 with Final 2.0 at Tempo Z2/MP	2.0 ZR	22.0
Week 20 Taper/ Race	OFF	3.0 ZR	OFF	SP1 1 X 12	4.0 with 4 x 2 min at Tempos Z2/MP	OFF	Su - Shake-Out Run 2.0 with 3 x 20 Pick-Ups  Mo - RACE - 26.2	35.2

Walk/Run

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**Notes:**

*\*Begin each Run Session with at least a 5 minute walk where you gradually increase your pace.*

*\*Finish each Run Session with a 5 minute easy walk.*

*\*Unless otherwise indicated, runs should be done at Aerobic Z1 (rate of perceived exertion of 4-6 on a scale of 10) or comfortable conversation pace, and may be done as a continuous run or as run/walk intervals.*

*\*Pick-Ups are short bursts in which speed is increased by focusing on quicker leg turnover*

*\*Hill Repeats (weeks 9-11) should be done on a hill with a consistent grade of 3-5% at 5K-10K effort (rate of perceived exertion 8-9 on a scale of 1-10) with easy back down for recovery.*

*\*Track Workouts (optional in weeks 13, 14, 16 & 17) should be done at 5K-10K pace (rate of perceived exertion 8-9 on a scale of 10) and should include an extended warm-up.*

*\*Z2 Tempo efforts should be done at target marathon race pace (rate of perceived exertion of 7 on a scale of 10).*

*\*Week 16 and 17 long runs may be done as split runs - i.e., half of the distance in the morning and the other half in the evening.*

*\*Saturday and Sunday sessions may be swapped.*

***For a more detailed & immersive training or coaching plan, contact  
[amy@qt2systems.com](mailto:amy@qt2systems.com)***