

# TRAINING PLAN MARATHON - SUB 3.30



WEEK  
**1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RECOVERY RUN + CORE</b>	<b>INTERVAL RUN</b>	<b>EASY RUN or CROSS TRAINING + CORE</b>	<b>PROGRESSION RUN</b>	<b>REST DAY</b>	<b>CONTINUOUS HILLS</b>	<b>LONG RUN</b>
40-50 mins Easy run	50 mins 5/4/3/2/1 mins getting faster with each interval 90s jog recovery	45 mins Easy run or cross training	45 mins Progression from steady effort to 4-word answer effort in final 15-20 mins	Rest day Crucial to adapting to your training sessions	50 mins 4 x 6 mins of continuous hills 90s rest between sets	100 mins Steady run
RPE: 6 HR: 60-70%	RPE: 7-9 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%		RPE: 8 HR: 80-85%	RPE: 7 HR: 70-75%

WEEK  
**2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RECOVERY RUN + CORE</b>	<b>INTERVAL RUN</b>	<b>EASY RUN or CROSS TRAINING + CORE</b>	<b>PROGRESSION RUN</b>	<b>REST DAY</b>	<b>CONTINUOUS HILLS</b>	<b>LONG RUN</b>
40-50 mins Easy run	50 mins 3/2/1 mins at 5-10K effort and getting faster for the 2/1 mins 60s jog between	45 mins Easy run or cross training	45 mins Progression from steady effort to a 4-word answer effort in final 15-20 mins	Rest day	50-60 mins 3 x 8 mins of continuous hills 2 mins rest between sets	1 hour 45 mins Steady run
RPE: 6 HR: 60-70%	RPE: 7-9 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%		RPE: 8 HR: 80-85%	RPE: 6-7 HR: 65-75%

WEEK  
**3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RECOVERY RUN + CORE</b>	<b>INTERVAL RUN</b>	<b>EASY RUN or CROSS TRAINING + CORE</b>	<b>PROGRESSION RUN</b>	<b>REST DAY</b>	<b>CONTINUOUS HILLS</b>	<b>LONG RUN</b>
40-50 mins Easy run	50 mins 5/5/4/3/2/1 mins getting faster with 90s jog recovery	45 mins Easy run or cross training	45 mins Progression from steady effort to 4-word answer effort in final 15-20 mins	Rest day	60 mins 5 x 6 mins of continuous hills 90s rest between sets	1 hour 50 mins Steady run
RPE: 6 HR: 60-70%	RPE: 7-9 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%		RPE: 8 HR: 80-85%	RPE: 6-7 HR: 65-75%

WEEK  
**4**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RECOVERY RUN + CORE</b>	<b>PROGRESSION RUN</b>	<b>EASY RUN or CROSS TRAINING + CORE</b>	<b>EASY RUN</b>	<b>REST DAY</b>	<b>CONTINUOUS HILLS</b>	<b>LONG RUN</b>
30-40 mins Easy run	45 mins Progression from steady effort to 4-word answer effort in final 15-20 mins	30-40 mins Easy run or cross training	30-40 mins Easy run	Rest day This is a lighter week to allow you to adapt to the training you've banked so far	30-40 mins Easy run Add 4 x 80m strides	90 mins Include 10K race or 30 mins at marathon pace
RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 6 HR: 60-70%		RPE: 6 HR: 60-70%	

## USING THE PLANS

This page outlines the key elements of the plans

### EASY RUN

30 mins

Easy run

RPE: 6  
HR: 60-70%

The type of session you'll be running today

The colour shows the key HR zone you'll work today

This section gives you details of volume and effort through Rate of Perceived Exertion (from 0-10 (RPE) and Heart Rate (HR) as a % of Maximum HR (MHR).

**INTERVAL RUNNING:** This effort will see you running at 5-10K pace. Up to 5-10/10 running effort.

**CONTINUOUS HILLS & THRESHOLD RUNNING:** Continuous hills - run up and down a stretch of hill or a hilly loop at threshold effort. 5/10 running effort. This is a pace where you could only speak 3-4 words at a time.

**MARATHON PACED RUNS:** These runs will get you used to running at race pace.

**STEADY RUNNING:** A bit quicker than your easy training pace.

**EASY RUNNING:** Recovery and easy running between 60-70% MHR. You should be running at the speed of chat. 3-5/10 effort.

**REST:** This would include non-running activities such as walking and some core and gym work.

**CORE TRAINING**

**RUNNER'S**

# Runners Guide To A Marathon

**Amanda Brooks**



## Runners Guide To A Marathon:

**Marathon** Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon including training schedules advice on diet defensive running strategies and tips for staying motivated Marathon Running Matt Jordan, 2017-04-02 Marathon Running A Beginners Guide on Preparing to Run Your First Marathon This world famous race of 26 miles and 385 yards has become the benchmark that all long distance runners measure themselves against It can be a social activity or a solo one you can compete against other runners or you can try to beat your own best time But it s a goal to aim for something to strive towards a challenge to set yourself It s a huge accomplishment and it s something only a small proportion of the population ever manages to complete Take your first step to train and compete in your first marathon and get this guide now This book will guide you through everything you need to run your first marathon You will learn how to choose the right equipment what to eat to keep your body in the best shape the best exercises to do to make you stronger and more flexible how to stay injury free when you run how to choose your marathon and what to do on the day There s also a six month training schedule that will gradually build up the miles work on your strength and speed and push your endurance abilities slowly but surely transforming you from complete novice to long distance runner Discounted for a limited period only Usually 9 99 Are you ready to challenge yourself and test your limits Then get this guide now and discover just how far you can push yourself you ll be surprised just how much your mind and body can achieve regardless of your current fitness levels Remember this book is aimed at complete beginners and will prove to be the perfect guide on your quest to run your very first Marathon Here s A Preview Of What s Inside What is a Marathon A Brief History of the Marathon Essential Information To Get You Started Tips on Staying Injury Free A 26 Week Training Plan Choosing the Correct Clothing Footwear Staying Motivated Race Day Preparation And Much More **Marathon, All-New 4th Edition** Hal Higdon, 2011-09-27 Especially in tough economic times running offers an affordable and positive way to relieve stress and gain a sense of accomplishment Marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years New hunger for reliable information on marathon and half marathon training as well as new technologies that have revolutionized ordinary people s ability to train intelligently means the time is right for a new edition of longtime Runner s World contributor Hal Higdon s classic guide to taking the guesswork out of preparing for a marathon whether it s a reader s first or fiftieth At the core of the book is Higdon s clear and essential information on training injury prevention and nutrition With more than 25 percent new material this fourth edition of a running classic is a must own for both longtime runners and those new to the sport *A Beginner's Guide to Marathon Training (Running, Training, Fitness)* Jasmine Evans, 2012-02-24 ABOUT THE BOOK So you want to run a marathon Everyone who makes the decision to run a marathon has their own reasons Maybe you want to train for a particular race Or maybe you want to lose weight Or perhaps you just want to try a new form of exercise Or or or the list goes on and on If you are a

beginner and you have made the lofty decision to train to run a marathon then this is the guide for you Are you a beginner For this guide if you cannot yet run for 30 minutes straight you are a beginner If you cannot run 30 minutes or cannot run for just 10 minutes don't worry you will get there soon This guide will also be helpful for people who are in shape but do not run For instance if you have been doing martial arts for years consider yourself physically fit and do not run you can still benefit from this guide Running can have all sorts of benefits One of the most common benefits is the possibility of weight loss Combined with healthy eating running is a great way to lose excess body fat

MEET THE AUTHOR Jasmine Evans is a graduate of Princeton University who has been writing fiction and nonfiction on and off since the 8th grade At Princeton she majored in Sociology and minored in African American Studies She currently writes for two blogs one about education and the other about job hunting For fun Jasmine likes to read exercise and play with her bunny Penelope

EXCERPT FROM THE BOOK There are all kinds of fancy gadgets out there for runners From devices that go in your shoe to track your movements to running pants with reflectors on them for those who run at night there are so many things you could buy that it can be a little overwhelming The most important piece of running equipment you buy are the shoes Beat up shoes you pull from the back of your closet will not work Tennis shoes or shoes made for fashion will not work either You need a good pair of running shoes that will support your feet and ankles

Active.com Basic Gear for a Beginning Runner It is also not as simple as going to your nearest shoe store and picking out the prettiest running shoe There are three different kinds of running shoes Buy a copy to keep reading

**Runner's Guide** Dr. Rajani Patil, 2025-05-08 *Runner's Guide Book* The New Runners Marathon Manual Training Tips and Nutritional Guide J. Todd Jennings, 2024-08-01 The joy of running is often described as a unique blend of physical exhilaration and mental clarity For those embarking on the journey to complete their first marathon this joy is not just a fleeting moment it becomes a profound part of the training and race experience As you lace up your shoes and hit the pavement each stride brings you closer to the Finish line both literally and metaphorically Embracing the joy of running helps you cultivate a passion for the sport that will sustain you through the challenges and triumphs of marathon training

*The Complete Idiot's Guide to Marathon Training* David Levine, Paula Petrella, 2011-05-03 A comprehensive guide to get you ready for race day According to the rule books a marathon is 26.2 grueling yet exhilarating miles Millions of people run marathons around the world Many more millions dream of doing it But novice or veteran runners marathons require training and plenty of it Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear jargon free language Includes dozens of instructional photos Practical advice that addresses the needs of men and women of all ages

*Runner's World Guide to Injury Prevention* Dagny Scott Barrios, Editors of Runner's World Magazine, 2004-11-04 The last word on preventing and treating running injuries from the magazine known the world over as the most reliable and authoritative source of running know how The world of running and running injury prevention has evolved greatly in the last decade New thinking on injury and

recovery suggests that runners can continue to train while injured And alternative practices such as acupuncture chiropractic and massage are now virtually mainstream and an essential part of any runner s injury arsenal Not only is the sport dramatically more popular but women runners and beginning runners who are a large part of the growth have very different needs in the areas of injury and health that have not been covered adequately in previous books Research in sports medicine also has advanced All this and much more is covered in *Runner s World Guide to Injury Prevention* making it the best most authoritative guide in the field Here you ll find The most important stretches for runners and why you should not stretch an injured muscle How and why to change your biomechanics and stride length How to incorporate cross training to prevent and heal injury The most important strength training exercises for runners How to cope with the mental side of injury Special concerns for young runners women and older Runners The newest thinking in hydration Beginners and veterans alike will benefit from this expert guidance from the cutting edge of sports medicine and science *The Ultimate Guide to Marathons* Dennis Craythorn, Rich Hanna, 1998-05 From tiny backwoods races to gigantic urban events this guide details the top 120 marathons in the United States and Canada Also included is information on the course event history race related activities accommodations and contacts 50 photos 40 in color *Master the Marathon* Ali Nolan, 2021-09-14 A must have for any woman targeting the distance Runner s World A no nonsense interactive guide that empowers all women at all levels to run their strongest best marathon ever As recently as 1966 women were forbidden to run in the marathon Professionals including doctors believed it was physically impossible and dangerous for women to run more than a mile and a half But as with many other barriers women have faced over time we fought our way in Today women make up almost half of the marathoning population Yet most marathon training manuals are written by men And while these men are experts when it comes to how men can and should train women need training programs tailored to our bodies to our unique strengths and weaknesses so that we can avoid injuries and run at our peak The programming in this book was created by a woman specifically for women *Master the Marathon* is a comprehensive guide to marathon training for women at all levels of running beginner intermediate and advanced The book takes you through everything you need to know to be prepared for the 26 2 miles of the marathon including detailed training plans strength training programs building your mental awareness of your physical body nutrition guidance on finding the best marathon for you identifying and avoiding potential injuries inspirational advice and other unexpected pieces of wisdom Both incredibly practical and deeply motivating *Master the Marathon* will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon **The Complete Idiot's Guide to Running** Bill Rodgers, Scott Douglas, 2003 Offers motivation to begin running plus warm up exercises and tips for building stamina avoiding injury and choosing the right shoes and clothing [Chicago Running Guide](#) Brenda Barrera, Eliot Wineberg, 2000 Equips runners with the information they need to enjoy Chicago s top running routes With the 31 best training routes and nine most popular racecourses in and around the city the 40 entries

show distance scenery terrain hill ratings available facilities and tips on how to best enjoy each run *The Art of Running* Daisy Edzel,2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won t use Instead I ll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOu will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here s what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad Pain Having a Proper Form and Breathing Technique Which Part of Your Foot Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here

The Complete Guide to Running Earl W. Fee,2005 In The Complete Guide to Running the secrets of Earl Fee a world master s champion are revealed that helped him achieve over 30 world records in running This material is supported by hundreds of references Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on mental training nutrition physiology inspiration and motivation Ten chapters reveal the how and why of running training for sprinting middle and long distance hurdles and running in the pool Athletes from 9 to 90 will benefit from this information since all are bound by the same training principles Precautions and training are explained for the extreme young and old

How to Run a Marathon Vassos Alexander,2021-09-30 *The Complete Idiot's Guide to Running, 3rd Edition* Bill Rodgers,Scott Douglas,2010-12-07 The perfect book to get readers up and running by a major name in marathons The Complete Idiot s Guide to Running Third Edition offers instruction on developing ideal running techniques for personal fitness or competition Through easy to follow steps designed to gradually build their abilities readers learn how to choose reliable running gear and create an effective training and running program Features expert tips on nutrition reducing stress with exercise avoiding and treating injuries and entering 5K 10K and half and full marathons Provides basic training plans and illustrations of stretching positions muscle diagrams running apparel and more Run to the Finish Amanda Brooks,2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as

an average runner In her first book popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners they re not trying to win Boston or even qualify for Boston they just want to get strong and stay injury free so they can continue to enjoy running Run to the Finish is not your typical running book While it is filled with useful strategic training advice throughout at its core it is about embracing your place in the middle of the pack with humor and learning to love the run you ve got without comparing yourself to other runners Mixing practical advice like understanding the discomfort vs pain the mental side of running and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line Brooks is the down to earth inspiring guide for everyone who wants to be happier with their run

**San Francisco Running Guide** Bob Cooper,1998 With nearly a million acres of beautiful parklands countless breathtaking mountain and canyon trails spectacular cityscapes around every corner and hundreds of miles of gorgeous coastline the toughest part of running in San Francisco may be deciding on a route to explore first San Francisco Running Guide was written to help make the difficult decision of where to run in the Bay Area an easy one The book introduces local and visiting runners alike to 35 of the best running routes plus it gives complete course information about the top 10 races from 5Ks to marathons held annually in the Bay Area For each running route included the book provides an explanation of why it was selected a detailed map showing roads and trails to follow on the route an icon key that shows route distance scenery terrain hill ratings and available facilities access information that tells how to get to the starting point course information that describes every step of the run and Foot Notes that provide additional information to make the run more enjoyable Author Bob Cooper a former Running Times executive editor a competitive runner and a longtime Bay Area resident scouted each route himself so runners don t have to waste their own time exploring unsuitable or less than enjoyable routes Visitors running the routes will get to experience the unique beauty of San Francisco and the Bay Area firsthand while resident runners will discover routes they never knew existed **Be Your Best At Marathon Running** Tim Rogers,2010-02-26 Want to enter a marathon but don t even know how to get a place Be Your Best at Marathon Running doesn t just give you a complete set of training plans fitness advice and nutritional guidance it also shows you where and how to apply which marathon to enter and how to raise money for charity It is written by the founder of the UK s leading running website [www.realrunners.co.uk](http://www.realrunners.co.uk) and also features a foreword from the founder of the London Marathon Dave Bedford NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of how to run a marathon FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it **The Runner's**

**World Big Book of Marathon and Half-Marathon Training** Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Magazine, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half Marathon Training gives readers the core essentials of marathon training nutrition injury prevention and more The editors of Runner's World know marathon training better than anyone on the planet They have spent the last few years inviting readers to share the long sweaty journey to the starting line putting themselves on call to personally answer readers questions 24 7 This book includes testimonials from real runners more than 25 training plans for every level and ability workouts a runner's dictionary and sample meal plans Runner's World Big Book of Marathon and Half Marathon Training is a powerful and winning resource the ultimate tool kit for anyone who wants to get from the starting line to the finish line



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### **Runners Guide To A Marathon Introduction**

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