



# FOR RUNNERS AIMING AT 25 TO 40 & 40 TO 55 MILES/WEEK

PREPARED BY MIKE GRATTON, 1983 LONDON MARATHON WINNER

These schedules are aimed at runners who have already reached a fair level of regular training and have been running for 6 months to 1 year and have probably already completed shorter races. The aim is to establish long runs fairly early on so that marathon endurance is established before specific

speed work brings you to a peak. Maximum mileage will thus be reached 2 months before the marathon and once this is achieved the aim is then to make you faster while maintaining the endurance base. For explanation on terminology used see Notes for 2:09 Events training Plans

WEEK 1	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	1 hr 45mins steady	2 hrs steady
MONDAY	50mins steady	1 hr steady
TUESDAY	Warm-up, 15 x 1 min fast/1 min slow, cool down	Warm-up, 18 x 1 min fast/1 min slow, cool down
WEDNESDAY	1 hr steady	1 hr 15mins steady
THURSDAY	1 hr - running last 10mins at 10km pace	Pm: 1 hr steady
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Pm: 1 hr steady
WEEK 2	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	1 hr 45 min steady	2 hr steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	Warm-up, 8 x 3mins fast/2mins slow (efforts at 10km pace), cool down	Warm-up, 10 x 3mins fast/2mins slow (efforts at 10km pace), cool down
WEDNESDAY	1 hr steady	1 hr 15 mins steady
THURSDAY	1 hr fartlek	Pm: 1 hr fartlek
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 30mins easy/ Pm: 1hr steady
WEEK 3	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	1 hr steady	1 hr steady
MONDAY	40mins easy	45mins easy
TUESDAY	40mins steady	1 hr steady
WEDNESDAY	40mins steady	1 hr steady
THURSDAY	40mins easy	45mins easy
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	1 hr steady
WEEK 4	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	2 hrs steady	2 hrs 30mins steady
MONDAY	1 hr hilly course	1 hr hilly course
TUESDAY	Warm-up, 20mins threshold pace, cool down	Warm-up, 30mins at threshold pace, cool down
WEDNESDAY	1 hr 15mins steady	1hr 30mins steady
THURSDAY	1 hr steady	Am: 30mins easy/ Pm: 1 hr steady
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 30mins easy/ Pm: 1 hr steady
WEEK 5	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	2 hrs steady	2 hrs 30mins steady
MONDAY	1 hr hilly course	1 hr steady
TUESDAY	Warm-up, 25mins at threshold pace, cool down	Warm-up, 35mins at threshold pace, cool down
WEDNESDAY	1 hr 15mins steady	1 hr 30mins steady
THURSDAY	1 hr steady	am: 30mins easy/ Pm: 1 hr steady
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 30mins easy/ Pm: 1 hr steady
WEEK 6	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	3 hrs steady	3 hrs steady
MONDAY	1 hr easy	1 hr easy
TUESDAY	Warm-up, 30mins at threshold pace, cool down	Warm-up, 40mins threshold, cool down
WEDNESDAY	1 hr 15mins steady	1 hr 30mins steady
THURSDAY	1 hr steady	Am: 30mins easy/ Pm: 1 hr steady
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Pm: 1 hr steady
WEEK 7	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	1 hr 30mins steady	1 hr 30mins steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down
WEDNESDAY	1 hr steady	1 hr steady
THURSDAY	Warm-up, run 10mins in one direction, rest 5mins, run 10mins back to start point, cool down (5km pace session)	Warm-up, run 15mins in one direction, rest 5mins, run 15mins back to start point (5km pace session)
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	1 hr steady

WEEK 8	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	2 hrs steady	2 hrs steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down
WEDNESDAY	1 hr 30mins steady	1 hr 30mins steady
THURSDAY	Warm-up, run 10mins in one direction, rest 5mins, run 10mins back to start point, cool down (5km pace session)	Warm-up, run 15 mins in one direction, rest 5mins, run 15mins back to start point (5km pace session)
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 45mins steady/ Pm: 1 hr steady
WEEK 9	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	2 hrs steady	2 hrs 30mins steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down
WEDNESDAY	1 hr 30mins steady	1 hr 30mins steady
THURSDAY	Warm-up, Up & down the clock - start with 1 min fast/1 min slow, then 2mins fast/2mins slow - up to 6mins, then back down to 1 min fast/1 min slow - pace range from 5km to 10km, cool down.	Am: 30mins easy/ pm: Warm-up, Up & down the clock - start with 1 min fast/1 min slow, then 2mins fast/2mins slow - up to 6mins, then back down to 1 min fast/1 min slow - pace range from 5km to 10km, cool down.
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 30mins easy/ Pm: 1 hr steady
WEEK 10	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	2 hrs steady	2 hrs 30mins steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down	Warm-up, 5 x 1 mile/3mins rec @ 10km pace, cool down
WEDNESDAY	1 hr 30mins steady	Pm: 1 hr 30mins steady
THURSDAY	5 miles at threshold pace - then, 10 x 400m at 10km pace, 200m jog recs	Am: 45mins steady / Pm: 5 miles at threshold pace - then, 10 x 400m at 10km pace, 200m jog recs
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	1 hr steady
WEEK 11	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	2 hrs steady	2 hrs 30mins steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	1 hr steady	1 hr steady
WEDNESDAY	1 hr steady	1 hr steady
THURSDAY	1 hr steady	Am: 45mins steady/ Pm: 1 hr steady
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 45 mins easy/ Pm: 1 hr steady
WEEK 12	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	3 hrs steady	3 hrs steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	Warm-up, 3 sets 5 x 300m/100m jog rec @ 5km pace, 5mins rec between sets	4 sets, 5 x 300m/100m jog rec @ 5km pace, 5mins rec between sets
WEDNESDAY	1 hr 30mins steady	1 hr 30mins steady
THURSDAY	5 miles at threshold pace - then, 10 x 400m at 10km pace, 200m jog recs	Am: 45mins steady / Pm: 5 miles at threshold pace - then, 10 x 400m at 10km pace, 200m jog recs
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 45 mins easy/ Pm: 1 hr steady
WEEK 13	25-40 MILES PER WEEK	40-55 MILES PER WEEK
SUNDAY	2 hrs steady	2 hrs steady
MONDAY	1 hr steady	1 hr steady
TUESDAY	Warm-up, 12 x 400m/200m jog rec @ 5km pace	12 x 400m/200m jog rec @ 5km pace
WEDNESDAY	1 hr 30mins	1 hr 30mins steady
THURSDAY	Warm-up, 5 x 1km/2mins rec @ 5km pace	Am: 45mins steady/ Pm: 6 x 1 km/2mins rec @ 5km pace
FRIDAY	Rest	Rest
SATURDAY	1 hr steady	Am: 45mins easy/ Pm: 1 hr steady



<b>WEEK 14</b>	<b>25-40 MILES PER WEEK</b>	<b>40-55 MILES PER WEEK</b>
<b>SUNDAY</b>	3 hrs steady	3 hrs steady
<b>MONDAY</b>	1 hr steady	Pm: 1 hr steady
<b>TUESDAY</b>	Warm-up, 8 x 400m/200 jog rec @ 1 mile pace, cool down	Warm-up, 8 x 400m/200 jog recovery @ 1 mile pace
<b>WEDNESDAY</b>	1 hr 30mins	1 hr 30mins
<b>THURSDAY</b>	Warm-up, 5 x 1km/2mins rec @ 5km pace	Am: 45mins steady/ Pm: 6 x 1 km/2mins rec @ 5km pace
<b>FRIDAY</b>	Rest	Rest
<b>SATURDAY</b>	1hr steady	Am: 45mins easy/ Pm: 1 hr steady
<b>WEEK 15</b>	<b>25-40 MILES PER WEEK</b>	<b>40-55 MILES PER WEEK</b>
<b>SUNDAY</b>	2 hrs steady	2 hrs steady
<b>MONDAY</b>	1 hr steady	1 hr steady
<b>TUESDAY</b>	Warm-up, 8 x 400m/200m jog rec @ 1 mile pace	8 x 400m/200 jog rec @ 1 mile pace
<b>WEDNESDAY</b>	1 hr 30mins steady	1 hr 30mins steady
<b>THURSDAY</b>	Warm-up, 5 x 1km/2mins rec @ 5km pace	Am: 45mins steady/ Pm: 6 x 1 km/2mins rec @ 5km pace
<b>FRIDAY</b>	Rest	Rest
<b>SATURDAY</b>	1 hr steady	1 hr steady
<b>WEEK 16</b>	<b>25-40 MILES PER WEEK</b>	<b>40-55 MILES PER WEEK</b>
<b>SUNDAY</b>	2 hrs steady, run each 30mins progressively quicker finishing at marathon pace	2 hrs steady, run each 30mins progressively quicker finishing at marathon pace
<b>MONDAY</b>	1 hr steady	1 hr steady
<b>TUESDAY</b>	Warm-up, 16 x 200m on grass, 1 min rec, cool down (controlled sprint speed - i.e. not flat out)	Warm-up, 20 x 200m on grass, 1 min rec, cool down (controlled sprint speed - i.e. not flat out)
<b>WEDNESDAY</b>	1 hr steady	1 hr 15 steady
<b>THURSDAY</b>	Warm-up, 30mins @ marathon pace, cool down	Warm-up, 30mins @ marathon pace, cool down
<b>FRIDAY</b>	Rest	Rest
<b>SATURDAY</b>	45mins steady	1 hr steady
<b>WEEK 17</b>	<b>25-40 MILES PER WEEK</b>	<b>40-55 MILES PER WEEK</b>
<b>SUNDAY</b>	1 hr 30mins steady	1 hr 30mins steady
<b>MONDAY</b>	45mins steady	1 hr steady
<b>TUESDAY</b>	Warm-up, 16 x 200m on grass, 1 min rec, cool down (controlled sprint speed - i.e. not flat out)	Warm-up, 16 x 200m on grass, 1 min rec, cool down (controlled sprint speed - i.e. not flat out)
<b>WEDNESDAY</b>	1 hr steady	1 hr steady
<b>THURSDAY</b>	Warm-up, 30mins @ marathon pace, cool down	Warm-up, 30mins @ marathon pace, cool down
<b>FRIDAY</b>	Rest	Rest
<b>SATURDAY</b>	45mins steady	45mins steady
<b>WEEK 18</b>	<b>25-40 MILES PER WEEK</b>	<b>40-55 MILES PER WEEK</b>
<b>SUNDAY</b>	1 hr steady	1 hr steady
<b>MONDAY</b>	40mins steady, last 10mins at 10km pace	40mins steady, last 10mins at 10km pace
<b>TUESDAY</b>	Warm-up, 10 x 200m, / 200m jog rec (controlled speed)	Warm-up, 10 x 200m, / 200m jog rec (controlled speed)
<b>WEDNESDAY</b>	20mins easy	20mins easy
<b>THURSDAY</b>	15mins easy	15mins easy
<b>FRIDAY</b>	10min jog	10min jog
<b>SATURDAY</b>	10min jog	10min jog
<b>WEEK 19</b>	<b>MARATHON DAY</b>	<b>MARATHON DAY</b>