



FOR RUNNERS AIMING 55 TO 75 & 80 TO 100 MILES/WEEK

PREPARED BY MIKE GRATTON, 1983 LONDON MARATHON WINNER

These schedules are aimed at runners who have already reached a high level of training background and have been regularly training at up to 50 miles or above per week for the last 6 months to 1 year. Many will probably have run a marathon already, but not necessarily. 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; 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 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
|-----------|--|---|
| SUNDAY | 2 hrs steady | 2 hrs steady |
| MONDAY | Tempo - 45mins @ marathon pace | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | Am: 30mins easy/ Pm: 20 x 300m/100m jog rec @ 10km pace | Am: 45mins easy/ Pm: 5 sets of 5 x 300m/100 jog - 5 mins between sets @ 5 km pace |
| WEDNESDAY | 1 hr 20mins steady | Am: 45mins easy/ Pm: 1 hr 30mins steady |
| THURSDAY | Am: 30mins easy/ Pm: 30mins @ threshold pace + 8 x 400m/ 200 jog rec @ 10km pace | Am: 40mins easy/ Pm: 30mins @ threshold pace + 10 x 400m/ 200 jog rec @ 10km pace |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 1 hr steady | Am: 45mins fartlek/ Pm: 1 hr steady |
| WEEK 2 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | 2hr steady |
| MONDAY | Tempo - 45mins @ marathon pace | Am: 45 mins/ Pm: Tempo - 1 hr @ marathon pace |
| TUESDAY | Am: 30mins easy/ Pm: 20 x 300m/100m jog rec @ 10km pace | Am: 45mins easy/ Pm: 5 sets of 5 x 300m/100 jog - 5mins between sets @ 5 km pace |
| WEDNESDAY | 1 hr 20mins steady | Am: 45mins easy/ Pm: 1 hr 30mins steady |
| THURSDAY | Am: 30mins easy/ Pm: 30mins @ threshold pace + 8 x 400m/ 200 jog rec @ 10km pace | Am: 40mins easy/ Pm: 30mins @ threshold pace + 10 x 400m/ 200 jog rec @ 10km pace |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| WEEK 3 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | 2 hrs steady |
| MONDAY | Tempo - 45 mins @ marathon pace | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | Am: 30 mins easy/ Pm: Pyramid session 200/200 jog - 400/200 jog - 600/200 jog - 800/200 jog - 600/200 jog - 400/200 jog - 200. pace from 1 mile to 5km | Am: 30mins easy/ Pm: Pyramid session 200/200 jog - 400/200 jog - 600/200 jog - 800/200 jog - 600/200 jog - 400/200 jog - 200. pace from 1 mile to 5km |
| WEDNESDAY | 1 hr 20mins steady | Am: 45mins easy/ Pm: 1 hr 30mins steady |
| THURSDAY | 1 hr steady | Am: 40mins easy/ Pm: 1 hr steady |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | Warm-up - 20mins Kenyan hills - cool down | Am: 45mins easy/ Pm: warm-up - Kenyan hills - cool down |
| WEEK 4 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 1 hr steady | 1 hr steady |
| MONDAY | 45mins easy | Am: 30mins easy/ Pm: 45mins steady |
| TUESDAY | 45mins steady | Am: 30mins easy/ Pm: 45mins steady |
| WEDNESDAY | 1 hr steady | 1 hr steady |
| THURSDAY | 45mins fartlek | Am: 30mins easy/ Pm: 45mins fartlek |
| FRIDAY | 45mins easy | 45mins easy |
| SATURDAY | 1 hr steady | 1 hr steady |
| WEEK 5 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | Am: 2 hrs steady/ Pm: 30mins easy |
| MONDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| WEDNESDAY | 1 hr 30mins easy | Am: 45mins easy/ Pm: 1 hr 30mins easy |
| THURSDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| WEEK 6 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | Am: 2 hrs steady/ Pm: 30mins easy |
| MONDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | Am: 30mins easy/ Pm: 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| WEDNESDAY | 1 hr 30mins steady | Am: 45mins easy/ Pm: 1 hr 30mins steady |
| THURSDAY | Am: 30mins easy/ Pm: 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| WEEK 7 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | Am: 2 hrs steady/ Pm: 30mins easy |
| MONDAY | 1 hr on hilly course - maintain pace up and over the hills | Am: 45mins easy/ Pm: 1 hr on hilly course - maintain pace up and over the hills |
| TUESDAY | Am: 30mins easy/ Pm: 45mins fartlek | Am: 45mins easy/ Pm: 1 hr fartlek |

| WEDNESDAY | 1 hr 30mins steady | Am: 45mins easy/ Pm: 1 hr 30mins |
|-----------|---|---|
| THURSDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 1 hr steady | Am: 1 hr steady/ Pm: 1 hr steady |
| WEEK 8 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs 30mins steady | Am: 2 hrs 30mins steady/ Pm: 30mins easy |
| MONDAY | Hilly 1 hr | Am: 45mins easy/ Pm: hilly 1 hr |
| TUESDAY | Am: 30mins easy/ Pm: 1 hr fartlek | Am: 45mins easy/ Pm: 1 hr fartlek |
| WEDNESDAY | 1 hr 30mins steady | Am: 45mins/ Pm: 1 hr 30mins steady |
| THURSDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| WEEK 9 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 1 hr steady | 1 hr steady |
| MONDAY | 45mins hilly run | 1 hr hilly run |
| TUESDAY | 1 hr steady | Am: 30mins easy/ Pm: 1 hr steady |
| WEDNESDAY | 1 hr steady | 1 hr steady |
| THURSDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins steady |
| FRIDAY | 45mins easy | 45mins steady |
| SATURDAY | 1 hr steady | 1 hr steady |
| WEEK 10 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | Am: 2 hrs steady/ Pm: 30mins easy |
| MONDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | Am: 30mins easy/ Pm: 15 x 400/100 jog recovery @ 10km pace | Am: 45mins easy/ Pm: 20 x 400/100 jog rec @ 10km pace |
| WEDNESDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| THURSDAY | Am: 30mins easy/ Pm: warm-up - 20mins Kenyan hills - cool down | Am: 45mins easy/ Pm: warm-up - 20 mins Kenyan hills - cool down |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 1 hr steady | Am: 1 hr steady/ Pm: 45mins easy |
| WEEK 11 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | Am: 2 hrs steady/ Pm: 30mins easy |
| MONDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | Am: 30mins easy/ Pm: 15 x 400/100 jog recovery @ 10km pace | Am: 45mins easy/ Pm: 20 x 400/100 jog recovery @ 10km pace |
| WEDNESDAY | 1 hr 30mins steady | Am: 45mins easy/ Pm: 1 hr 30mins steady |
| THURSDAY | Am: 30mins easy/ Pm: warm-up - 25 mins Kenyan hills - cool down | Am: 45mins easy/ Pm: warm-up - 25mins Kenyan hills - cool down |
| FRIDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| SATURDAY | Tempo - warm-up - 40mins at marathon pace - cool down | Am: 45mins easy/ Pm: Tempo run - warm-up - 40mins at marathon pace. |
| WEEK 12 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 3 hr steady | Am: 3 hr steady/ Pm: 30mins easy |
| MONDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | Am: 30mins easy/ Pm: 30mins tempo run @ marathon speed followed by 10 x 400m at 10km speed with 200 jog recoveries. | Am: 45mins easy/ Pm: 30 min tempo run @ marathon speed followed by 10 x 400m at 10km speed with 200 jog recoveries. |
| WEDNESDAY | 1 hr 30mins steady | Am: 45mins easy/ Pm: 1 hr 30mins steady |
| THURSDAY | Am: 30mins easy/ Pm: warm-up - 25mins Kenyan hills - cool down | Am: 30mins easy/ Pm: warm-up - 30mins Kenyan hills - cool down |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | Tempo - 40mins @ marathon pace | Am: 45mins easy/ Pm: Tempo - 40mins at marathon pace. |
| WEEK 13 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | 2 hrs steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | 3 sets of 400/800 @ 3km/5km pace, 200 jog between efforts, 5mins between sets. | Am: 45mins easy/ Pm: 5 sets of 400/800 @ 3km/5km pace, 200 jog between efforts, 5mins between sets. |
| WEDNESDAY | 1 hr steady | 1 hr steady |
| THURSDAY | 25mins Kenyan hills | Am: 45mins easy/ Pm: 30mins Kenyan hills |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |



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| SATURDAY | 1 hr steady | 1 hr steady |
| WEEK 14 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 3 hrs steady | Am: 3 hrs steady/ Pm: 30mins easy |
| MONDAY | Tempo - warm-up - 2 x 15mins at 10km pace/10mins jog between -long cool down | Am: 45mins easy/ Pm: tempo - warm-up - 2 x 15mins at 10km pace/10mins jog between - long cool down |
| TUESDAY | Am: 30mins easy/ Pm: Pyramid - 200/400/600/800/600/400/200 - 200 jog recovery - pace from 1 mile to 5km | Am: 45mins easy/ Pm: Pyramid - 200/400/600/800/600/400/200 - 200 jog recovery - pace from 1 mile to 5km |
| WEDNESDAY | 1 hr 30mins | Am: 45mins easy/ Pm: 1 hr 30mins |
| THURSDAY | Am: 30mins easy/ Pm: 5 x 1km @ 5km pace, 2mins recovery | Am: 45mins easy/ Pm: 5 x 1 mile @ 5km pace, 3mins recovery |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | 6 miles: start with mile 1 @ marathon pace, then mile 2 @ 10km pace - alternate between the two paces for the rest of the run. | Am: 45mins easy/ Pm: 8 miles: start with mile 1 at marathon pace, then mile 2 @ 10km pace - alternate between the two paces for rest of run. |
| WEEK 15 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | Am: 2 hrs steady/ Pm: 30mins easy |
| MONDAY | Tempo Run: 2 x 10mins @ 5km pace, 5mins recovery between. | Am: 45mins/ Pm: Tempo Run: 3 x 10mins @ 5km pace, 5mins recovery between. |
| TUESDAY | Am: 45mins easy/ Pm: 12 x 400/200 jog recovery @ 5km pace | Am: 45mins easy/ Pm: 12 x 400/200 jog recovery @ 5km pace |
| WEDNESDAY | 1 hr 30mins steady | Am: 45mins easy/ Pm: 1 hr 30mins steady |
| THURSDAY | Am: 45mins easy/ Pm: 12 x 400/200 jog recovery @ 5km pace | Am: 45mins easy/ Pm: 12 x 400/200 jog recovery @ 5km pace |
| FRIDAY | Am: 45mins easy/ Pm: 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | Threshold run - warm-up - 20mins - cool down | Am: 45mins easy Threshold run - warm-up - 30mins - cool down |
| WEEK 16 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 2 hrs steady | 2 hrs steady |
| MONDAY | 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| TUESDAY | Am: 45mins easy/ Pm: 8 x 400/200 jog recovery @ 1 mile pace | Am: 45mins easy/ Pm: 8 x 400/200 jog recovery @ 1 mile pace |
| WEDNESDAY | Am: 30mins easy/ Pm: 1 hr steady | Am: 45mins easy/ Pm: 1 hr steady |
| THURSDAY | Am: 45mins easy/ Pm: 5 x 1km @ 5km pace, 3mins rec | Am: 45mins easy/ Pm: 5 x 1km @ 5km pace, 3mins rec |
| FRIDAY | 45mins easy | Am: 45mins easy/ Pm: 45mins easy |
| SATURDAY | Threshold - warm-up, 20mins threshold pace - cool down | Threshold - warm-up, 30mins threshold pace - cool down |
| WEEK 17 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 1 hr 30mins steady - picking up pace to run last 30mins at marathon pace | 1 hr 30mins steady - picking up pace to run last 30mins at marathon pace |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | 8 x 400/200 jog rec @ mile pace | 8 x 400/200 jog rec @ mile pace |
| WEDNESDAY | 1 hr steady - last 20mins picking up pace to finish fast | 1 hr steady - last 20mins picking up pace to finish fast |
| THURSDAY | 3 x 1 mile @ 5km pace/4mins rec | 3 x 1 mile @ 5kmpace/4mins rec |
| FRIDAY | 45mins easy | 45mins easy |
| SATURDAY | Tempo - 20mins at marathon pace | Tempo - 20mins at marathon pace |
| WEEK 18 | 55-75 MILES PER WEEK | 80-100 MILES PER WEEK |
| SUNDAY | 1 hr steady | 1 hr steady |
| MONDAY | 1 hr steady | 1 hr steady |
| TUESDAY | 10 x 200m/200m jog recovery @ 3km pace | 10 x 200/200m jog rec @ 3km pace |
| WEDNESDAY | 20mins easy | 20mins easy |
| THURSDAY | 15mins easy | 15mins easy |
| FRIDAY | 10min jog | 10min jog |
| SATURDAY | 10min jog | 10min jog |
| WEEK 19 | MARATHON DAY | MARATHON DAY |