



# ***RUNMUMS***

## **RUNMUMS Advanced Marathon Training Programme**

This Advanced Marathon Training plan is designed to get you running a Marathon in sixteen weeks. At this stage I would expect you to be able to comfortably complete a 10k and possibly done some of our half-marathon training and running at least four days a week.

Just a few things to bear in mind:

- Follow our RUNMUMS Marathon programme and make a commitment to run five times a week for 16 weeks. It does not matter which days are your run days but it's important to have those rest days, especially after your long run.
- On your long run make sure to take an energy drink and/or snack at least a couple of times.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches and finish with a 5-10 stretching programme.
- There is nothing to suggest you need to run continuously either. If you feel tired, then walk until recovered but try and walk purposefully if you can.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for those in-between rest days is to stretch or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- The programme is only a guide so please feel free to make any minor changes or swap the days around.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.  
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Weights session	1-mile jog, 6-mile tempo, 1-mile jog	7-mile easy run	7-mile steady run	Core strength and conditioning	8-mile run good pace, include some hills.	12-miles long run off-road if possible
2	Weights session	1-mile jog, 6-mile tempo, 1-mile jog	8-mile easy run	7-mile steady run	Core strength and conditioning	9-mile run good pace, include some hills.	14-miles long run off-road if possible
3	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	9-mile easy run	1-mile warmup, 5 x 5 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 40 mins fartlek, 1-mile cool-down.	14-miles long run off-road if possible
4	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 5 x 5 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 45 mins fartlek, 1-mile cool-down.	16-miles long run off-road if possible
5	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 6 x 5 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 2 sets x 8 hills (200-250m), jog down to recover, 1-mile cool-down	16-miles long run off-road if possible
6	Weights session	1-mile jog, 6-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 5 x 5 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 45 mins fartlek inc hills, 1-mile cool-down.	10k race or 16-miles long run off-road if possible
7	Weights session	1-mile jog, 6-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 5 x 5 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	Rest if racing tomorrow or 1-mile warm-up, 45 mins fartlek, 1-mile cool-down.	10k race or 18-miles long run off-road if possible

8	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	11-mile easy run	1-mile warmup, 5 x 6 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 2 sets x 8 hills (200-250m), jog down to recover, 1-mile cool-down.	20-miles long run off-road if possible
9	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	11-mile easy run	1-mile warmup, 5 x 6 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 50 mins fartlek, 1-mile cool-down.	22-miles long run off-road if possible
10	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 6 x 6 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 2 sets x 8 hills (200-250m), jog down to recover, 1-mile cool-down.	18-miles long run off-road if possible
11	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 5 x 6 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	Rest if racing tomorrow or 1-mile warm-up, 45 mins fartlek, 1-mile cool-down.	Half-marathon race or 18-miles long run off-road if possible
12	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 5 x 6 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	Rest if racing tomorrow or 1-mile warm-up, 50 mins fartlek, 1-mile cool-down.	Half-marathon race or 20-miles long run off-road if possible
13	Weights session	1-mile jog, 7-mile tempo, 1-mile jog	10-mile easy run	1-mile warmup, 5 x 6 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 2 sets x 8 hills (200-250m), jog down to recover, 1-mile cool-down.	18-miles long run off-road if possible

14	Weights session	1-mile jog, 6-mile tempo, 1-mile jog	9-mile easy run	1-mile warmup, 5 x 6 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 45 mins fartlek, 1-mile cool-down.	15-miles long run off-road if possible
15	Core strength and conditioning	1-mile jog, 5-mile tempo, 1-mile jog	7-mile easy run	1-mile warmup, 5 x 4 mins hard effort (80% of max HR) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	1-mile warm-up, 35 mins fartlek, 1-mile cool-down.	10-miles long run off-road if possible
16	Core strength and conditioning	6-mile easy run inc 4 x 100m strides walk in between	5-mile easy run inc 4 x 100m strides walk in between	3-mile jog inc 4 x 100m strides	Core strength and conditioning	Rest Day	Marathon Race Day

**Congratulations on reaching your Marathon GOAL!**

