



RUNMUMS

RUNMUMS Fast Marathon Training Programme

This Advanced Fast Marathon Training plan is designed to get you running a fast Marathon in sixteen weeks. At this stage you will probably already be doing a minimum of 35-40 miles a week and have previously completed a half-marathon or something similar before and want to take your running up to the next level.

Just a few things to bear in mind:

- Follow our RUNMUMS Marathon programme and make a commitment to run six times a week for 16 weeks.
- 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	Wed	Thursday	Friday	Saturday	Sunday
1	45-min easy/steady run. Weights session	1-mile warmup, 6 x 3 min reps (10k pace) with 2 mins recovery in-between, 1-mile cool-down	8-mile steady/easy run. Weights session.	1-mile jog, 6-mile tempo, 1-mile jog	Core strength and conditioning	8-mile run good pace, include some hills.	14-miles long run off-road if possible
2	50-min easy/steady run. Weights session	1-mile warmup, 6 x 5 min reps with 2 mins recovery in-between, 1-mile cool-down	8-mile steady/easy run. Weights session	1-mile jog, 7-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warmup, 40-mins up at 200-300m hill, 1-mile cool-down.	15-miles long run off-road if possible
3	50-min easy/steady run. Weights session	1-mile warmup, 8 x 3 min reps with 2 mins recovery in-between, 1-mile cool-down	8-mile steady/easy run. Weights session	1-mile jog, 8-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 40 mins fartlek, pick up the pace between 20 secs to 3-mins, jog to recover, 1-mile cool-down.	17-miles long run off-road if possible
4	50-min easy/steady run. Weights session	1-mile warmup, 5 x 6 min reps ((85% of max HR) with 2 mins recovery in-between, 1-mile cool-down	10-mile steady/easy run Weights session.	1-mile jog, 9-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 45 mins fartlek, 1-mile cool-down.	18-miles long run off-road if possible
5	50-min easy/steady run. Weights session	1-mile warmup, 9 x 3 min reps with 2 mins recovery in-between, 1-mile cool-down	10-mile steady/easy run. Weights session	1-mile jog, 9-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 45 mins fartlek with half a mile to 1-mile as pace, recover in-between, 1-mile cool-down.	16-miles long run off-road if possible
6	50-min easy/steady run. Weights session	1-mile warmup, 5 x 6 hard efforts with 2 mins recovery in-between, 1-mile cool-down	8-mile steady/easy run. Weights session	1-mile warmup, 8 x 1 min controlled pace (fast, not hard) with 2 mins recovery in-between, 1-mile cool-down	Core strength and conditioning	Rest day if racing tomorrow or 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	50-min easy/steady run. Weights session	1-mile warmup, If racing, 6 x 3 min reps (min effort) with 2 mins recovery in-between. If not racing 8-10 reps. 1-mile cool-down	8-mile steady/easy run. Weights session	1-mile jog, 10-mile tempo, 1-mile jog	Core strength and conditioning	Rest day if racing tomorrow or 1-mile warm-up, 45 mins fartlek inc hills,, 1-mile cool-down.	10k race, if you didn't race last weekend, or 18-miles long run off-road if possible
8	50-min easy/steady run. Weights session	1-mile warmup, 5 x 6 hard efforts with 2 mins recovery in-between, 1-mile cool-down	10-mile steady/easy run. Weights session	1-mile jog, 9-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 50 mins fartlek, 1-mile cool-down.	21-miles long run off-road if possible
9	50-min easy/steady run. Weights session	1-mile warmup, 5 x 6 hard efforts with 2 mins recovery in-between, 1-mile cool-down	10-mile steady/easy run. Weights session	1-mile jog, 10-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 50 mins fartlek, 1-mile cool-down.	23-miles long run off-road if possible
10	50-min easy/steady run. Weights session	1-mile warmup, 5 x 6 hard efforts with 2 mins recovery in-between, 1-mile cool-down	10-mile steady/easy run. Weights session	1-mile jog, 10-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, Hill reps: 40-mins of reps on a 250-300m hill, jog down to recover, 1-mile cool-down.	22-miles long run off-road if possible
11	45-min easy/steady run. Weights session	1-mile warmup, 8 x 2-min reps with 2 mins recovery in-between, 1-mile cool-down	10-mile steady/easy run. Weights session	If racing, 40-min steady/easy run. If not, 1-mile jog, 8-mile tempo, 1-mile jog	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	45-min easy/steady run. Weights session	1-mile warmup, 8 x 2-min reps, with 2 mins recovery in-between. If not racing 8-10 x 3-min efforts, 1-mile cool-down	10-mile steady/easy run. Weights session	If racing, 40-min steady/easy run. If not, 1-mile jog, 8-mile tempo, 1-mile jog	Core strength and conditioning	Rest if racing tomorrow or 1-mile warm-up, 50 mins fartlek, 1-mile cool-down.	Half-marathon race or 22-miles long run off-road if possible

13	50-min easy/steady run. Weights session	1-mile warmup, 5 x 6 min efforts with 2 mins recovery in-between, 1-mile cool-down	10-mile steady/easy run. Weights session	1-mile jog, 10-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 40 mins hill reps, jog-down recover between each, 1-mile cool-down.	18-miles long run off-road if possible
14	50-min easy/steady run. Weights session	1-mile warmup, 8 x 3.5 min efforts with 2 mins recovery in-between, 1-mile cool-down	9-mile steady/easy run. Weights session	1-mile jog, 7-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 45 mins fartlek, 1-mile cool-down.	15-miles long run off-road if possible
15	40-min easy/steady run. Weights session	1-mile warmup, 5 x 4.5 min efforts with 2 mins recovery in-between, 1-mile cool-down	7-mile steady/easy run. Weights session	1-mile jog, 5-mile tempo, 1-mile jog	Core strength and conditioning	1-mile warm-up, 35 mins fartlek, 1-mile cool-down.	10-miles long run off-road if possible
16	Rest Day. Easy core session.	6-mile easy run. 4 x 100m strides.	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!