



RUNMUMS

RUNMUMS Intermediate Marathon Training Programme

This intermediate running plan is designed to get you running a Marathon in twelve weeks. At this stage I would expect you to be able to comfortably complete a 10k and possibly have 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 12 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.

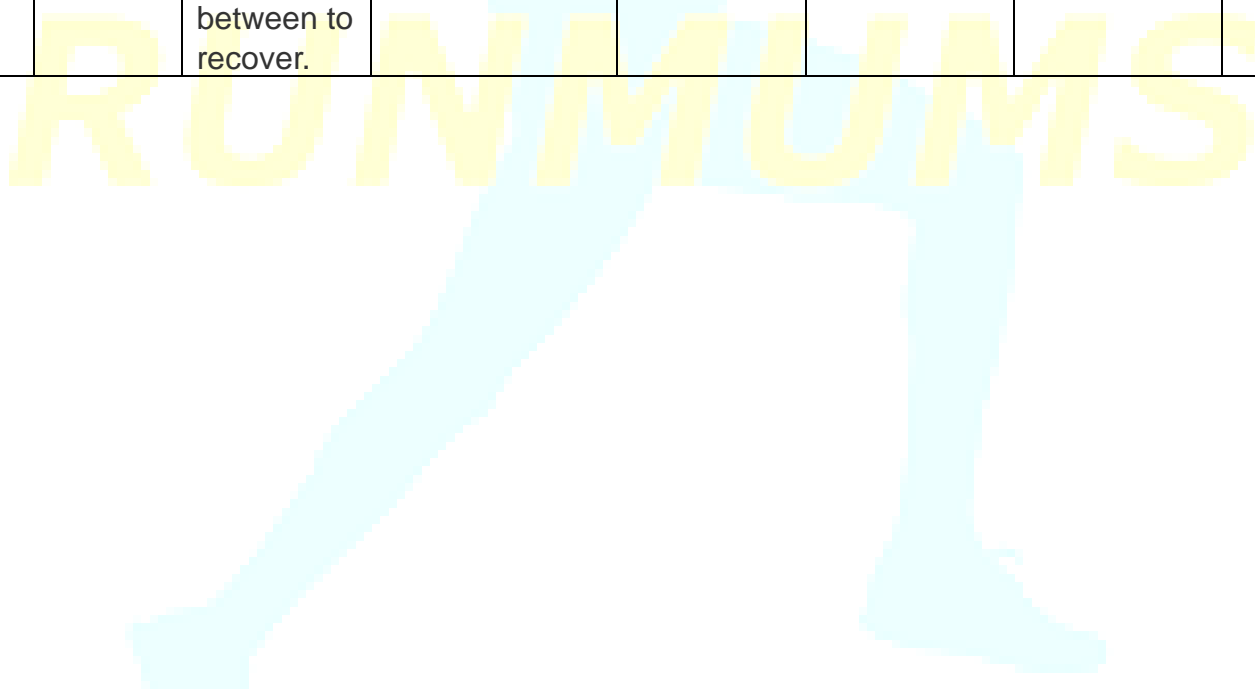
Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Long Run
1	Rest	40-min steady run	Core strength and conditioning	40-min easy run	Core strength and conditioning	30-min off road run and include some hills	8 to10 miles
2	Rest	40-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	50-min easy run	Core strength and conditioning	40-min off road run and include some hills	12-miles
3	Rest	45-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	60-min easy run	Core strength and conditioning	45-min off road run and include some hills	14-miles
4	Rest	45-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	70-min easy run	Core strength and conditioning	50-min off road run and include some hills	15-miles
5	Rest	50-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	75-min easy run	Core strength and conditioning	55-min off road run and include some hills	16-miles
6	Rest	50-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	80-min easy run	Core strength and conditioning	60-min off road run and include some hills	17-miles

7	Rest	55-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	90-min easy run	Core strength and conditioning	60-min off road run and include some hills	10k race or 18-miles.
8	Rest	55-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	90-min easy run	Core strength and conditioning	60-min off road run and include some hills	10k race or 20 to 21 miles
9	Rest	60-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	80-min easy run	Core strength and conditioning	60-min off road run and include some hills	18-miles



10	Rest	55-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	70-min easy run	Core strength and conditioning	50-min off road run and include some hills	15-miles
11	Rest	45-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	50-min easy run	Core strength and conditioning	30-min off road run and include some hills	8 to 10-miles
12	Rest	30-min steady run (inc 4 x 100m strides) walk in between to recover.	Core strength and conditioning	20-min easy run (inc 4 x 100m strides) walk in between to recover	Rest or 15-min jog, stretch.	Rest	Marathon Day!

Congratulations on reaching your Marathon GOAL!