

**STRIDE**

Intermediate Marathon Training Plan

16 Weeks

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 Base	Easy Run 6 miles easy pace	Strength Squats, lunges, box jumps, bounding	Threshold 7 miles incl. 3mi threshold	Rest Day	Rest Day	Parkrun 5K race base fitness check	Long Run 13 miles ■ Fuel every 40 mins
Week 2 Base	Easy Run 6 miles easy pace	Strength Deadlifts, step ups, single leg hops	Track 10x400m target pace +5s	Rest Day	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 3 Base	Easy Run 7 miles easy pace	Strength Hip bridges, calf raises, plyometric jumps	Threshold 8 miles incl. 4mi threshold	Rest Day	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 15 miles ■ Fuel every 40 mins
Week 4 Build	Easy Run 7 miles easy pace	Strength Squats, lunges, box jumps, bounding	Track 6x800m target pace +4s	Rest Day	Rest Day	Parkrun 5K race progress check	Long Run 16 miles ■ Fuel every 40 mins
Week 5 Build	Easy Run 7 miles easy pace	Strength Deadlifts, step ups, single leg hops	Threshold 9 miles incl. 5mi threshold	Rest Day	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 17 miles ■ Fuel every 40 mins
Week 6 Build	Easy Run 7 miles easy pace	Strength Hip bridges, calf raises, plyometric jumps	Track 5x1000m at target pace	Rest Day	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 18 miles ■ Fuel every 40 mins
Week 7 Peak	Easy Run 8 miles easy pace	Strength Squats, lunges, box jumps, bounding	Threshold 9 miles incl. 5mi threshold	Rest Day	Rest Day	Parkrun 5K race fitness check	Long Run 19 miles ■ Fuel every 40 mins
Week 8 Peak	Easy Run 8 miles easy pace	Strength Deadlifts, step ups, single leg hops	Track 4x1200m at target pace	Rest Day	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 20 miles ■ Fuel every 40 mins
Week 9 Peak	Easy Run 8 miles easy pace	Strength Hip bridges, calf raises, plyometric jumps	Threshold 10 miles incl. 6mi threshold	Rest Day	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 22 miles ■ Fuel every 40 mins

Week 10 Pyramid	Easy Run 7 miles easy pace	Strength Squats, lunges, box jumps, bounding	Track 1200x3, 800x3, 400x2, 200x2 jog recovery between	Rest Day	Rest Day	Parkrun 5K race race effort!	Long Run 20 miles ■ Fuel every 40 mins
Week 11 Pyramid	Easy Run 7 miles easy pace	Strength Deadlifts, step ups, single leg hops	Track 1200x3, 800x3, 400x2, 200x2 jog recovery between	Rest Day	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 22 miles ■ longest run!
Week 12 Build	Easy Run 7 miles easy pace	Strength Hip bridges, calf raises, plyometric jumps	Threshold 9 miles incl. 5mi threshold	Rest Day	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 20 miles ■ Fuel every 40 mins
Week 13 Yasso	Easy Run 6 miles easy pace	Strength Light — squats, lunges only	Yasso 800s 10x800m rep = marathon time!	Rest Day	Rest Day	Parkrun 5K race final fitness check!	Long Run 16 miles ■ Fuel every 40 mins
Week 14 Taper	Easy Run 6 miles easy, stay fresh	Rest Day	Track 6x400m race pace, stay sharp	Rest Day	Easy Run 5 miles easy with strides	Cross Train or Rest	Long Run 12 miles easy — protect the legs
Week 15 Taper	Easy Run 5 miles easy, stay fresh	Rest Day	Easy Run 4 miles easy with strides	Rest Day	Easy Run 3 miles very easy	Cross Train or Rest	Long Run 8 miles easy — save the legs
Week 16 Race Week	Easy Run 3 miles light activation	Rest Day	Easy Run 2 miles easy strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your Marathon! Everything has led to this!

Easy Run

Track

Threshold

Long + Fuel

Yasso 800s

Strength

Parkrun

No Friday run on parkrun weeks (wks 1,4,7,10,13) — protect legs before racing · Pyramid = 1200x3, 800x3, 400x2, 200x2 · ■ Fuel every 40 mins

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Intermediate Marathon — Pace Guides & Coaching Notes

16 Weeks

Marathon Pace Guide — Find your goal time and run to these splits

Target	Per Mile	Per KM	10K Split	Half Split	30K Split	Finish	Yasso 800 target
Sub 3:30	8:00	4:58	49:46	1:45:00	2:38:00	3:30:00	3:30 per rep
Sub 3:45	8:35	5:20	53:20	1:52:30	2:49:00	3:45:00	3:45 per rep
Sub 4:00	9:09	5:41	56:44	2:00:00	3:01:00	4:00:00	4:00 per rep

Track Session Pace Guide — Pyramid session: 1200x3, 800x3, 400x2, 200x2

Target	200m	400m	800m	1000m	1200m	Threshold pace	Easy pace	Yasso 800
Sub 3:30	58s	1:58	3:56	4:55	5:54	4:35/km	5:20/km	3:30
Sub 3:45	62s	2:07	4:14	5:17	6:20	4:55/km	5:42/km	3:45
Sub 4:00	67s	2:15	4:30	5:37	6:45	5:15/km	6:05/km	4:00

■ **Fuelling Strategy** — Fuel every 40 minutes on ALL long runs over 10 miles. Your gut needs training just like your legs — practice on every long run. Test gels, chews and energy drinks to find what works for you. **Never try anything new on race day!** At marathon pace you burn through glycogen fast — fuel or face the wall.

■ **Strength & Plyometrics (Tuesday)** — Rotating sessions across three focuses: (A) Squats, lunges, box jumps and bounding for power. (B) Deadlifts, step ups and single leg hops for stability and strength. (C) Hip bridges, calf raises and plyometric jumps for running economy. Plyometrics teach your legs to generate force quickly — exactly what you need in the final miles. 2-3 sets of 10-12 reps. Stop strength sessions 2 weeks before race day.

■ **Pyramid Track Session (Weeks 10 & 11)** — 1200x3, 800x3, 400x2, 200x2 with jog recovery. Start controlled on the 1200s — you have a lot of running ahead. Recovery jog = half the rep distance. The 400s and 200s at the end should feel fast and free — you are teaching your legs to change gear. Warm up 1 mile, cool down 1 mile.

■ **Yasso 800s Week 13** — 10x800m where your rep time in minutes:seconds predicts your marathon finish time in hours:minutes. Sub 3:30 = aim for 3:30 per rep. Recovery jog = same time as rep. Your final fitness check 3 weeks out from race day. Hit all 10 reps at target time and you are ready to race!

■ **Parkrun Weeks — No Friday Run!** — On parkrun weeks (1, 4, 7, 10, 13) Friday is a rest day. Running Thursday, Friday and Saturday back to back puts too much stress on the legs before racing. Protect your legs, race well on Saturday, then do your long run Sunday on the back of the parkrun effort.