

**STRIDE**

Advanced Marathon Training Plan

16 Weeks

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 Base	Cross Train or Rest	Strength Squats, lunges, box jumps, bounding	Threshold 8 miles incl. 4mi threshold	Rest Day	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 2 Base	Cross Train or Rest	AM Easy/PM Threshold AM 4mi easy / PM 5mi threshold	Track 10x400m target pace +5s	Strength Deadlifts, step ups, single leg hops	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 15 miles ■ Fuel every 40 mins
Week 3 Parkrun	Cross Train or Rest	Strength Hip bridges, calf raises, plyometric jumps	Track 6x1000m at target pace	Threshold 8 miles incl. 5mi threshold	Rest Day	Parkrun 5K race progress check	Long Run 16 miles ■ Fuel every 40 mins
Week 4 Build	Cross Train or Rest	AM Easy/PM Threshold AM 5mi easy / PM 6mi threshold	Track 5x1200m at target pace	Strength Squats, lunges, box jumps, bounding	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 17 miles ■ Fuel every 40 mins
Week 5 Build	Cross Train or Rest	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 18 miles ■ Fuel every 40 mins
Week 6 Parkrun	Cross Train or Rest	AM Easy/PM Threshold AM 4mi easy / PM 5mi threshold	Track 4x1600m at target pace	Strength Hip bridges, calf raises, plyometric jumps	Rest Day	Parkrun 5K race progress check	Long Run 18 miles ■ Fuel every 40 mins
Week 7 Half Prep	Cross Train or Rest	Strength Squats, lunges, box jumps, bounding	Track 8x400m race pace — sharp	Rest Day	Easy Run 5 miles easy, save energy	Rest Day	Long Run 14 miles ■ reduced — half next week
Week 8 PEAK ■	Cross Train or Rest	AM Easy/PM Threshold AM 5mi easy / PM 7mi threshold	Track 1200x3, 800x3, 400x2, 200x2 jog recovery between	Strength Deadlifts, step ups, single leg hops	Rest Day	Run to Parkrun ■ 3mi warm up run to parkrun! ■	Long Run 22 miles ■ tired legs long run ■
Week 9 Half Race!	Cross Train or Rest	Easy Run 5 miles easy, shake out legs	Easy Run 4 miles easy with strides	Rest Day	Rest Day	Rest Day	Half Marathon Race day! gauge your fitness

Week 10 Build	Cross Train or Rest	AM Easy/PM Threshold AM 5mi easy / PM 6mi threshold	Track 1200x3, 800x3, 400x2, 200x2 jog recovery between	Strength Hip bridges, calf raises, plyometric jumps	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 20 miles ■ Fuel every 40 mins
Week 11 Peak	Cross Train or Rest	Strength Squats, lunges, box jumps, bounding	Threshold 10 miles incl. 6mi threshold	Rest Day	Easy Run 7 miles easy pace	Cross Train or Rest	Long Run 22 miles ■ longest run!
Week 12 PEAK ■	Cross Train or Rest	AM Easy/PM Threshold AM 4mi easy / PM 6mi threshold	Yasso 800s 10x800m final fitness check!	Strength Deadlifts, step ups, single leg hops	Rest Day	Run to Parkrun ■ 2mi warm up run to parkrun! ■	Long Run 22 miles ■ tired legs long run ■
Week 13 Taper Start	Cross Train or Rest	Strength Light — squats, lunges only	Track 6x1000m at target pace	Threshold 8 miles incl. 4mi threshold	Easy Run 5 miles easy pace	Cross Train or Rest	Long Run 16 miles ■ Fuel every 40 mins
Week 14 Sharpening	Cross Train or Rest	AM Easy/PM Threshold AM 4mi easy / PM 5mi threshold	Track 10x400m race pace — sharp	Rest Day	Rest Day	Cross Train or Rest	Long Run 12 miles easy — protect the legs
Week 15 Taper	Cross Train or Rest	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/Optional	Double Day	Track	Threshold	Long + Fuel	Yasso 800s	Strength	Parkrun / Run to Parkrun ■	Half Marathon Race	Mon = cross train or rest after long Sunday · Half marathon race week 9 · ■ Back-to-back wks 8 & 12 · No Friday on parkrun weeks
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Advanced 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 2:45	6:18	3:54	38:58	1:22:30	2:04:30	2:45:00	2:45 per rep
Sub 3:00	6:51	4:16	42:33	1:30:00	2:15:00	3:00:00	3:00 per rep
Sub 3:15	7:26	4:37	46:10	1:37:30	2:27:00	3:15:00	3:15 per rep
Sub 3:30	8:00	4:58	49:46	1:45:00	2:37:30	3:30:00	3:30 per rep

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

Target	200m	400m	800m	1000m	1200m	Threshold pace	Easy pace	Yasso 800
Sub 2:45	49s	1:39	3:18	4:08	4:58	3:50/km	4:35/km	2:45
Sub 3:00	53s	1:47	3:34	4:28	5:22	4:10/km	4:58/km	3:00
Sub 3:15	58s	1:56	3:52	4:50	5:48	4:30/km	5:20/km	3:15
Sub 3:30	62s	2:04	4:08	5:10	6:12	4:50/km	5:42/km	3:30

■ **Monday — Cross Train or Rest** — After a long run Sunday your body needs recovery not more miles. Monday is cross train or rest throughout this plan. Swimming, cycling, yoga or walking all count. If you feel genuinely good you can run easy but never feel obligated. Protecting your body from overuse injury is more important than any single Monday run.

■ **Half Marathon Race — Week 9** — Find a half marathon race in your area around week 9. This is your biggest fitness test of the plan. Race it properly — fuel, pace strategy, race day nerves, the whole experience. Your half marathon time will confirm whether your marathon goal is realistic. A good rule: double your half marathon time and add 10-15 minutes for a realistic marathon target.

■ **Fuelling Strategy** — Fuel every 40 minutes on ALL long runs over 10 miles. At sub 3 hour marathon pace you burn glycogen fast — without fuelling you will hit the wall hard. Test gels, chews and drinks in training. Your gut needs training just like your legs. **Never try anything new on race day!**

■ ■ **Strength & Plyometrics** — Rotating sessions: (A) Squats, lunges, box jumps and bounding. (B) Deadlifts, step ups and single leg hops. (C) Hip bridges, calf raises and plyometric jumps. Plyometrics develop explosive leg power critical for maintaining form in the final 10K. Stop strength sessions 2 weeks before race day.

■ **Double Day Strategy** — AM easy run + PM threshold on the same day. Builds lactate tolerance on pre-fatigued legs — exactly what miles 20-26 demand. Keep AM truly easy. Eat and recover well between sessions. Every other week, peaking at weeks 8 and 12, dropping off in taper.

■ **Back-to-Back Weekends (weeks 8 and 12 only)** — Run warm up miles to parkrun Saturday, race the 5K hard, then 22 miles Sunday on tired legs. Simulates the fatigue of the final miles of a marathon. Only twice in the plan to keep it sustainable. One of the most powerful marathon training tools available.