

SOURCE: RUNNERS WORLD

RW's Basic Marathon Schedules: Intermediate

Classic 16-week marathon schedules

Posted: 7 May 2000

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest or 5M easy, off-road if possible	6M. Start slowly, finish faster	7M. Warm up, then 10 x 1 min fast, 2 mins slow,	6M easy	Rest	5-7M steady, off-road	8M steady
Week 2	Rest or 5M easy	5M: first and last mile slow, middle 3M faster	6M steady	Warm up, then 4 x 3 min fast, 2 min slow	Rest	6M easy, off-road	10M slow
Week 3	Rest or 5M easy	6M steady, with a few faster stretches	Run to a hill, then 8 x 40 secs uphill, jogging back for recovery. Run home	5M easy	Rest	6-8M steady, off-road.	12M slow – take it easy!
Week 4	Rest or 5M easy	Warm up, then 3 x 1000m (or 3 x 4 mins), with 3-min jog recoveries. Warm down	5M easy	Run to hill, then 9 x 40 secs uphill, jogging back for recovery. Run home	Rest	Warm up, then 3M at a good speed. Warm down	10M steady, as Wk 2, but with more confidence
Week 5	Rest or 5M easy	6M – start slow, then put in repeated bursts over 200m, jogging about 400m after each	6M. – start slowly, finish faster	Hill session, as Wk 4, but add 1 more rep	Rest, or jog up to 3M	4M easy	Half-marathon race
Week 6	Rest or 5M easy, off-road	6M – start slowly, work up to faster pace if not tired	Warm up, then repetition session: 3 x 1M approx,	7M steady, with some strides at the end	3M jogging only, off-road	5M fartlek, inc some fast 200m bursts	13M steady – don't kill yourself!

			with 5-min recoveries after each				
Week 7	Rest or 5M easy, off-road	Warm up, then 3 x 10 mins at half-marathon pace or faster, with 4-min recoveries	4M easy, off-road	6M steady with a few surges	Rest	Warm-up, then 3M at a brisk pace. Warm-down	18M. – take your time, and take drinks, too
Week 8	Rest or 4M easy, off-road	5M – another easy run	6M. – to hill, then 9 x 40 secs uphill, jogging back for recovery.	6M. – start slowly, finish strongly	Rest or 3M jog	5M steady, inc a few fast strides	Half-marathon race
Week 9	Rest or 5M easy, off-road	6M steady pace run, no pressure	6M. – slow start, then put in fast strides of 30 secs, with 1-min jog recoveries	Warm up, then 4 x 1M, with 5-min recoveries	Rest	Warm up, then brisk 3M. Warm down	16-18M – another endurance run. Take it steadily
Week 10	Rest or 5M easy, off-road	5M easy, with a few fast strides	8M steady, inc 6M at marathon pace	6M. – start slow, then put in fast strides of 30 secs, with 1-min jog recoveries	Rest or 3M jog	6M, inc 3M at a brisk pace (omit if racing)	11-13M steady, or race 10-13M
Week 11	Rest or 5M easy	Warm up, then 6 x 45 secs fast, 3 mins jog. Warm down	8M at marathon pace	6M. – start slowly, finish fast	Rest	5M easy, with a few strides	18M endurance run
Week 12	Rest or 5M easy, off-road	5M easy	Repetition runs: 4 x 1M at 10K pace	6M steady	Rest	4M jogging and easy strides	Half-marathon race
Week 13	Rest or 5M easy, off-road	6M steady	6M, inc 10 x 30 secs fast, with 1-min jog recoveries	8M, inc 2 x 3M at marathon pace	3M jogging and strides	Rest	20M endurance run – the last long one! Start easily, and take drinks with you
Week 14	Rest or 4M jog, off-road	8M steady	Warm up, then 6 x 800m (with 2	6M easy	Rest	7M, inc 5M timed, at	10-12M, inc a race or fast run of 6-10M

			mins rest) or 6 x 3 mins fast, 2 mins slow. Warm down			marathon pace	
Week 15	Rest or 5M easy, off-road	6M steady	Warm up, then 10 x 400m (with 90-sec recoveries) or 1 2 x 1 min fast, 1 min slow	5M easy	Rest	Warm up, then 2 x 2M at marathon pace, timed	10M steady. Practise your marathon preparation
Week 16	Rest or 3M jog	Warm up, then 1M timed, at race pace. Warm down	4M easy, with a few strides	3M jog, in racing kit	Rest	20 mins jogging, inc easy strides	RACE DAY