

A woman with blonde hair, wearing a light blue athletic tank top and black shorts, is running on a paved road. She is wearing white earbuds. The background shows a scenic landscape with mountains, a winding road, and some buildings in the distance. The overall tone is bright and motivational.

# MARATHON TRAINING GUIDE

12 WEEKS • INTERMEDIATE

# Next level

12 week intermediate marathon training guide

If you've got a couple of marathons under your belt and now you want to push yourself further, this is the training guide for you. Over 12 weeks, you'll build your strength, speed and endurance to hit a new personal best.

Everyone is an individual and your base level of fitness may vary. For those who already have been doing some running, this general program should give you the extra speed and endurance to take your performance to the next level.

This **12 week** training guide is just that, a guide, so feel free to be a little flexible with it and make it work for you. Mix up days and runs when you need to, and if you miss a session you can make it up. The real aim is to be consistent with your training, and the overall details won't matter as much.

Here is an explanation of the terms used in this training guide:

→ **Long runs:** The key to the guide is the long run on weekends, which ranges from 13 km to 32 km. Consistency and quality is the goal of these long runs – run at a comfortable pace, find your rhythm and enjoy building your endurance.

→ **Run slow:** Do your long runs at a comfortable pace, one that would allow you to converse with a training partner, at least during the beginning of the run. If you finish the long run at a pace significantly slower than your early pace, you need to start much slower. It's better to run too slow during these long runs, than too fast, the purpose is covering the prescribed distance.



→ **Walking breaks:** It is okay to walk during the marathon – it's a long distance so listen to your body. You can walk during training runs too. In a race the best time to walk is entering a drinks station, that way you can drink more easily while walking as opposed to running.

→ **Cross-training:** Mondays in the training guide are for cross-training. The best cross-training exercises are swimming, cycling or walking. You don't have to cross-train the same way each week, feel free to mix it up. And you could even combine two or more exercises: walking and cycling, jogging or swimming and riding an exercise bike in a gym. Cross-training on Monday will help you recover after your Sunday long runs – so make sure you treat it as a recovery session.

→ **Midweek training:** Sessions during the week should be done at an easy pace.


→ **Pace:** This is defined as the pace you need to run to take your running to the next level. If you are aiming to achieve a 3:30 marathon time then your pace would be 4:58 / km. Therefore when you run your pace runs you need to run them at this speed.

→ **Rest:** Days designated to rest are very important. Muscles actually regenerate and get stronger during rest and rest helps prevent injury. The key to this guide is consistency – so if you are feeling particularly tired at any stage, take an extra rest day and get your energy back to keep going.



**Don't forget to stretch!** It's important to start each training session with some stretches and gentle movement to prepare your body for your workout. After your session, cool down with more stretches to help with recovery.

# 12 week intermediate marathon training guide

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 hr cross-training Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	8 km run Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest	8 km pace Notes: <input type="checkbox"/>	13 km run Notes: <input type="checkbox"/>
2	1 hr cross-training Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	8 km run Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest	8 km run Notes: <input type="checkbox"/>	15 km run Notes: <input type="checkbox"/>
3	1 hr cross-training Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	10 km run Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest	10 km pace Notes: <input type="checkbox"/>	18 km run Notes: <input type="checkbox"/>
4	1 hr cross-training Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	10 km run Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest	10 km run Notes: <input type="checkbox"/>	20 km run Notes: <input type="checkbox"/>
5	1 hr cross-training Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	11 km run Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	Rest	11 km pace Notes: <input type="checkbox"/>	22 km run Notes: <input type="checkbox"/>
6	1 hr cross-training Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	11 km run Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	Rest	11 km run Notes: <input type="checkbox"/>	24 km run Notes: <input type="checkbox"/>
7	1 hr cross-training Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	13 km run Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	Rest	13 km run Notes: <input type="checkbox"/>	29 km run Notes: <input type="checkbox"/>
8	1 hr cross-training Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	13 km run Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	Rest	8 km pace Notes: <input type="checkbox"/>	32 km run Notes: <input type="checkbox"/>
9	1 hr cross-training Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	8 km run Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	Rest	13 km run Notes: <input type="checkbox"/>	<b>Half Marathon (21.1 km)</b> Notes: <input type="checkbox"/>
10	1 hr cross-training Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	13 km run Notes: <input type="checkbox"/>	9 km run Notes: <input type="checkbox"/>	Rest	8 km pace Notes: <input type="checkbox"/>	32 km run Notes: <input type="checkbox"/>
11	1 hr cross-training Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	8 km run Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	Rest	5 km run Notes: <input type="checkbox"/>	13 km run Notes: <input type="checkbox"/>
12	1 hr cross-training Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	6 km run Notes: <input type="checkbox"/>	Rest	Rest	3 km run Notes: <input type="checkbox"/>	 <b>Race day</b>

**Fact:** If you do follow this guide to the letter you will have completed nearly **625 km** of running – pat on the back! **Exercise safely:** Talk to your GP before starting a new exercise program, especially if you have any existing health conditions.

The training guide is just that, a guide – it is important to make it work for you. If you want to do long runs on Saturday rather than Sunday, simply change the days. Or if you miss a run you can make it up on one of your rest days.

Check off your training each day to keep track of your achievements. Each step gets you closer to your goal!