

Advanced 24-week Marathon Training

WEEK 1

MON	Run 30 mins
TUES	Interval: Max effort 75sec, Walk 3mins Repeat x6
WED	Jog 10 mins, Run 20
THURS	Interval: Max effort 60sec, Walk 3mins Repeat x6
FRI	Jog 10 mins, Run 20
SAT	REST
SUN	Fartlek Total 45 mins

WEEK 2

MON	Run 30 mins
TUES	Interval: Max effort 75sec, Walk 3mins Repeat x6
WED	Jog 10 mins, Run 10, Jog 10
THURS	Interval: Max effort 75sec, Walk 3mins, Max effort 65sec, Walk 3mins, Max effort 55sec, Walk 2mins, Max effort 75sec
FRI	Jog 45 mins
SAT	REST
SUN	Run 45 mins

WEEK 3

MON	Jog 10 mins, Run 15
TUES	Interval: Max effort 60sec, Walk 3mins Repeat x8
WED	Jog 20 mins
THURS	Run 40 mins
FRI	Run 20 mins
SAT	REST
SUN	Run 35 mins

WEEK 4

MON	Jog 10 mins, Run 10
TUES	Interval: Max effort 60sec, Walk 3mins, Repeat x8
WED	Jog 10 mins, Run 5, Jog 10, Interval: Max effort 45sec, Walk 3mins Repeat x4
THURS	Jog 10 mins, Run 5
FRI	Run 30 mins
SAT	REST
SUN	Run 30 mins

WEEK 5

MON	Jog 10 mins, Run 10, Jog 10
TUES	Run 30 mins
WED	Fartlek Total 45 mins
THURS	Jog 10 mins, Run 10, Jog 10
FRI	Interval: Max effort 75sec, Walk 3mins Repeat x5
SAT	Jog 15 mins, Walk 15
SUN	Run 40 mins

WEEK 6

MON	Jog 30 mins
TUES	Interval: Max effort 60sec, Walk 3mins Repeat x6
WED	Jog 45 mins
THURS	Run 40 mins
FRI	Jog 20 mins
SAT	REST
SUN	RACE - 10 k (if not - Run 60 mins)

WEEK 7

MON	If Raced - REST, If not: Jog 30 mins
TUES	If Raced: Jog 20 mins, If not: Run 35 mins
WED	Jog 20 mins, Run 20
THURS	Run 45 mins
FRI	Run 30 mins
SAT	REST
SUN	Fartlek Total 70 mins

WEEK 8

MON	Run 30 mins
TUES	Interval: Max effort 60sec, Walk 3mins Repeat x6
WED	Jog 10 mins, Run 20
THURS	Fartlek Total 60 mins
FRI	Run 30 mins, Jog 15
SAT	REST
SUN	Run 75 mins

WEEK 9

MON	Jog 10 mins, Run 10, Jog 10
TUES	Interval: Max effort 75sec, Walk 3mins Repeat x6
WED	Jog 45 mins
THURS	Interval: Max effort 65sec, Walk 3mins Repeat x6
FRI	Jog 10 mins, Run 10, Jog 10
SAT	REST
SUN	Run 75 mins

WEEK 10

MON	Run 15 mins
TUES	Jog 10 mins, Run 35, Jog 10
WED	Interval: Max effort 70sec, Walk 3mins Repeat x6
THURS	Jog 10 mins, Run 10
FRI	Fartlek Total 60 mins
SAT	Walk 15 mins
SUN	Run 75 mins

WEEK 11

MON	Jog 45 mins
TUES	Interval: Max effort 75sec, Walk 3mins, Max effort 65sec, Walk 3mins, Max effort 45sec, Walk 3mins, Repeat x6
WED	Jog 15 mins
THURS	Fartlek Total 60 mins
FRI	Jog 15 mins, Run 15, Jog 15
SAT	REST
SUN	Fartlek Total 90 mins

WEEK 12

MON	Jog 10 mins, Walk 10
TUES	Interval: Max effort 45sec, Walk 3mins Repeat x4
WED	Jog 15 mins
THURS	Run 60 mins
FRI	Jog 25 mins
SAT	REST
SUN	RACE - Half marathon (If not - Run 13 miles best effort)

WEEK 13

MON	REST
TUES	Jog 30 mins

WED	Jog 15 mins, Run 20, Jog 15
THURS	Run 15 mins
FRI	Run 15 mins
SAT	REST
SUN	Run 45 mins

WEEK 14

MON	Run 25 mins
TUES	Fartlek Total 60 mins
WED	Run 30 mins
THURS	Fartlek Total 60 mins
FRI	Run 25 mins, Jog 10
SAT	REST
SUN	Fartlek Total 90 mins

WEEK 15

MON	Run 25 mins
TUES	Interval: Max effort 75sec, Walk 3mins Repeat x3
WED	Jog 10 mins, Run 25, Jog 10
THURS	Run 75 mins
FRI	Run 35 mins
SAT	REST
SUN	Run 100 mins

WEEK 16

MON	Jog 10 mins, Run 15
TUES	Interval: Max effort 75sec, Walk 3mins Repeat x6
WED	Jog 60 mins
THURS	Interval: Max effort 65sec, Walk 3mins Repeat x6
FRI	Jog 60 mins
SAT	REST
SUN	Run 110 mins

WEEK 17

MON	Jog 45 mins
TUES	Interval: Max effort 60sec, Walk 3mins Repeat x6
WED	Jog 45 mins
THURS	Run 45 mins
FRI	Run 30 mins
SAT	Jog 20 mins
SUN	Fartlek Total 110 mins

WEEK 18

MON	Jog 45 mins
TUES	Interval: Max effort 75sec, Walk 3mins Repeat x6
WED	Jog 29 mins, Run 15, Jog 15
THURS	Interval: Max effort 75sec, Walk 3mins Repeat x6
FRI	Jog 60 mins
SAT	REST
SUN	Run 110 mins

WEEK 19

MON	Jog 30 mins
TUES	Fartlek Total 60 mins
WED	Run 30 mins
THURS	Interval: Max effort 75sec, Walk 3mins, Max effort 65sec, Walk 3mins, Max effort 60sec, Walk 3mins Repeat x6
FRI	Jog 45 mins

SAT REST
SUN Run 120 mins

WEEK 20

MON Jog 30 mins
TUES Run 60 mins
WED Interval: Max effort 75sec, Walk 3mins Repeat x8
THURS Jog 20 mins
FRI Run 60 mins
SAT Jog 15 mins, Walk 15
SUN Run 120 mins

WEEK 21

MON Jog 25 mins
TUES Jog 10 mins, Run 45
WED Fartlek Total 75 mins
THURS Run 60 mins
FRI Run 35 mins
SAT REST
SUN Run 130 mins

WEEK 22

MON Jog 25 mins
TUES Interval: Max effort 75sec, Walk 3mins Repeat x8
WED Jog 15 mins, Run 15, Jog 15
THURS Interval: Max effort 75sec, Walk 3mins Repeat x6
FRI Jog 60 mins
SAT REST
SUN Fartlek Total 120 mins

WEEK 23

MON REST
TUES Run 35 mins
WED Interval: Max effort 75sec, Walk 3mins Repeat x8
THURS Jog 35 mins
FRI Run 60 mins
SAT REST
SUN Run 75 mins

WEEK 24

MON Jog 15 mins
TUES Jog 15 mins, Run 25, Jog 15
WED Jog 60 mins
THURS Jog 15 mins, Walk 15
FRI REST
SAT REST
SUN RACE

Disclaimer

AMREF can not accept any responsibility for death or injuries caused by any information con