

Marathon Training Schedule - Advanced I							
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3 m run	5 m run	3 m run	3 x hill	rest	5 m pace	10
2	3 m run	5 m run	3 m run	30 Tem	rest	5 m run	11
3	3 m run	6 m run	3 m run	4 x 800	rest	6 m pace	8
4	3 m run	6 m run	3 m run	4 x hill	rest	6 m pace	13
5	3 m run	7 m run	3 m run	35 Tem	rest	7 m run	14
6	3 m run	7 m run	3 m run	5 x 800	rest	7 m pace	10
7	3 m run	8 m run	4 m run	5 x hill	rest	8 m pace	16
8	3 m run	8 m run	4 m run	40 Tem	rest	8 m run	17
9	3 m run	9 m run	4 m run	6 x 800	rest	9 m pace	12
10	3 m run	9 m run	4 m run	6 x hill	rest	9 m pace	19
11	4 m run	10 m run	5 m run	45 Tem	rest	10 m run	20
12	4 m run	6 m run	5 m run	7 x 800	rest	6 m pace	12
13	4 m run	10 m run	5 m run	7 x hill	rest	10 m pace	20
14	5 m run	6 m run	5 m run	45 tem	rest	6 m run	12
15	5 m run	10 m run	5 m run	8 x 800	rest	10 m pace	20
16	5 m run	8 m run	5 m run	6 x hill	rest	4 m pace	12
17	4 m run	6 m run	4 m run	30 Tem	rest	4 m run	8
18	3 m run	2 m run	3 m run	4 x 400	rest	2 m run	race

Marathon Training Schedule - Advanced I							
Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3 m run	3 x hill	3 m run	30 Tem	rest	5 m pace	10
2	3 m run	30 Tem	3 m run	3 m pace	rest	5 m run	11
3	3 m run	4 x 800	3 m run	30 Tem	rest	6 m pace	8
4	3 m run	4 x hill	3 m run	35 Tem	rest	6 m pace	13
5	3 m run	35 Tem	3 m run	3 m pace	rest	7 m run	14
6	3 m run	5 x 800	3 m run	35 Tem	rest	7 m pace	10
7	3 m run	5 x hill	4 m run	40 Tem	rest	8 m pace	16
8	3 m run	40 Tem	4 m run	3 m pace	rest	8 m run	17
9	3 m run	6 x 800	4 m run	40 Tem	rest	9 m pace	12
10	3 m run	6 x hill	4 m run	45 Tem	rest	9 m pace	19
11	4 m run	45 Tem	5 m run	4 m pace	rest	10 m run	20
12	4 m run	7 x 800	5 m run	45 Tem	rest	6 m pace	12
13	4 m run	7 x hill	5 m run	50 Tem	rest	10 m pace	20
14	5 m run	45 tem	5 m run	5 m pace	rest	6 m run	12
15	5 m run	8 x 800	5 m run	40 Tem	rest	10 m pace	20
16	5 m run	6 x hill	5 m run	30 Tem	rest	4 m pace	12
17	4 m run	30 Tem	4 m run	4 m pace	rest	4 m run	8
18	3 m run	4 x 400	3 m run	rest	rest	2 m run	race