



GULF BANK 642 MARATHON

KEY WORDS

ER	Easy Run
SR	Steady Run
TR	Threshold Run
HR	Hill Run
FR	Fartlek Run
IR	Interval Run
LR	Long Run
MP	Marathon Pace
2/1MP	Half Marathon Pace
H&N	Hydration & Nutrition Strategies

Advanced Training Plan

WEEK 1		WEEK 2	
Saturday	15min ER, 10minTR, 5min ER, 10min HR, 15min ER	Saturday	15min ER, 10min TR, 5min ER, 10min HR, 15min ER
Sunday	1hr15min LR	Sunday	1hr15min LR
Monday	Rest	Monday	Rest
Tuesday	30min SR	Tuesday	40min SR
Wednesday	45min ER	Wednesday	50min SR
Thursday	10min ER, 2 x (5min TR, 2min ER), 10min ER	Thursday	10min ER, 3 x (5min TR, 2.5min ER) 10min SR
Friday	Rest or cross train. Core & stretching	Friday	Rest or cross train. Core & stretching



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WEEK 3		WEEK 4	
Saturday	10min ER, 30min HR, 10min SR	Saturday	10min ER, 2 x (15min TR, 5min ER), 10min SR
Sunday	1hr30min LR	Sunday	1hr45min LR
Monday	Rest	Monday	Rest
Tuesday	45min ER	Tuesday	15min ER, 4 x (5min TR, 3min ER), 15min SR
Wednesday	60min ER	Wednesday	40min ER
Thursday	10min ER, 10min TR, 5min ER, 10min SR, 5min ER	Thursday	50min FR
Friday	Rest or cross train. Core & stretching	Friday	Rest or cross train. Core & stretching

WEEK 5	
Saturday	15min ER, 20min TR, 5min ER, 5 x 2min HR, 10min ER
Sunday	2hr LR
Monday	Rest
Tuesday	10min ER, 8 x 3min IR, 10min ER
Wednesday	45min SR
Thursday	50min FR
Friday	Rest or cross train. Core & stretching



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WEEK 6		WEEK 7	
Saturday	10min ER, 5 x 30secs IR, 10min ER	Saturday	10min ER, 5 x 2min HR, 10min ER
Sunday	12 miles LR with 4 miles MP at end	Sunday	60min LR
Monday	Rest	Monday	Rest
Tuesday	10min ER, 2 x (2min IR, 1min ER, 3min IR, 90sec ER, 4min IR, 2min ER, 5min IR, 2.5min ER), 10min ER	Tuesday	30min ER
Wednesday	45min SR	Wednesday	Rest
Thursday	10min ER, 25min TR, 10min ER	Thursday	15min ER, 15min SR, 15min ER
Friday	Rest or cross train. Core & stretching	Friday	Rest or cross train. Core & stretching

WEEK 8	
Saturday	10min ER 3x (12min TR, 3min ER) 10min ER
Sunday	14 miles LR with 4 miles MP in the middle. Practise H&N
Monday	Rest
Tuesday	10min ER, 10min TR, 5min ER, (5 x 3min IR, 90sec ER), 10min ER
Wednesday	45min SR
Thursday	15min ER, 30min TR, 10min ER
Friday	Rest or cross train. Core & stretching



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WEEK 9		WEEK 10	
Saturday	10min ER, 4 x 5min HR, 10min SR	Saturday	30min FR
Sunday	16 miles LR as 2 x (4 miles MP, 4 miles slower than MP). Practise H&N	Sunday	18 miles LR. Practise H&N
Monday	Rest	Monday	Rest
Tuesday	10min ER, 6 x (4min IR, 2min ER), 10min ER	Tuesday	10min ER, 10min TR, 5 x (3min IR, 1min ER), 10min ER
Wednesday	55min SR	Wednesday	60min SR
Thursday	10min ER, 20min TR, 10min ER	Thursday	15min ER, 12min TR, 2min ER, 2 x (6min TR, 90sec ER), 4 x 90sec HR, 10min ER
Friday	Rest or cross train. Core & stretching	Friday	Rest

WEEK 11	
Saturday	10min ER, 5 x 30sec strides, 10min ER
Sunday	Run a Half Marathon
Monday	Rest
Tuesday	10min ER, 12min TR, 5min ER, 6 x (3min IR, 1min ER), 15min ER
Wednesday	45min SR
Thursday	30min ER
Friday	Rest or cross train. Core & stretching



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WEEK 12		WEEK 13	
Saturday	10min ER, 4 x (5min TR, 2min ER), 5 x 30sec fast strides, 10min ER	Saturday	10min ER, 10min HR, 10min ER
Sunday	20 miles LR. Practise H&N	Sunday	20 miles LR. Practise H&N
Monday	Rest	Monday	Rest
Tuesday	10min ER, 3 x (10min TR, 2min ER), 5min ER, 5 x 1min IR, 10min ER	Tuesday	10min ER, 15min TR, 5 x (3min IR, 2min ER), 10min ER
Wednesday	60min SR	Wednesday	60min ER
Thursday	45min FR	Thursday	45min SR
Friday	Rest or cross train. Core & stretching	Friday	Rest or cross train. Core & stretching

WEEK 14	
Saturday	10 mins ER, 4 x 30 sec fast strides, 5min ER.
Sunday	22 miles LR. This will be your final long training run. Practise MP and H&N
Monday	Rest
Tuesday	30 mins SR
Wednesday	50 mins ER
Thursday	10 mins ER, 3 x (10 mins TR, 3 mins ER), 10 mins ER
Friday	Rest or cross train. Core & stretching



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WEEK 15		WEEK 16	
Saturday	3 miles SR, 2 miles TR, 3 miles SR	Saturday	10 mins ER, 2 x (5 mins IR, 2.30 mins ER), 10 mins SR,
Sunday	13 miles LR. Practise MP and H&N	Sunday	2 miles ER, 4 miles HMP, 2 miles ER
Monday	Rest	Monday	Rest
Tuesday	35 mins SR	Tuesday	10 mins ER, 15 mins TR, 10 mins ER
Wednesday	10 mins ER, 4 X (7 mins TR, 2 mins ER), 10 mins ER	Wednesday	30 mins SR
Thursday	45 min SR	Thursday	40 mins ER
Friday	Rest or cross train. Core & stretching	Friday	Rest or cross train. Core & stretching

WEEK 17	
Saturday	Rest
Sunday	Race day! Remember to stretch & warm down with a 15 min walk. Eat & drink well.
Monday	Rest
Tuesday	30 mins ER
Wednesday	Rest
Thursday	20 mins ER
Friday	10 mins ER, 4 x 30 seconds fast strides, 10 mins ER