



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

Intermediate Training Plan

WEEK 1		WEEK 2	
Saturday	40min SR	Saturday	10min ER, 5 x (2min IR, 2min ER), 10 min SR
Sunday	60min LR	Sunday	1hr10min LR
Monday	Rest	Monday	Rest
Tuesday	30min ER	Tuesday	10min ER, 20min SR, 10min ER
Wednesday	Rest or cross train. Core & stretching	Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 15min SR, 10min ER	Thursday	40min SR
Friday	Rest	Friday	Rest



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WEEK 3		WEEK 4	
Saturday	10min ER, 25min HR, 10min ER	Saturday	10min ER, 2 x (10min TR, 4min ER), 10min ER
Sunday	1hr20min LR	Sunday	1hr30min LR
Monday	Rest	Monday	Rest
Tuesday	10min ER, 2 x (5min TR, 2min ER), 10min SR, 10min ER	Tuesday	40min FR
Wednesday	Rest or cross train. Core & stretching	Wednesday	Rest or cross train. Core & stretching
Thursday	45min SR	Thursday	60min SR
Friday	Rest	Friday	Rest

WEEK 5	
Saturday	10min ER, 3 x (10min TR, 3min ER), 10min ER
Sunday	10 miles LR
Monday	Rest
Tuesday	45min FR
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 3 x (8min TR, 2min ER), 10min ER
Friday	Rest



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WEEK 6		WEEK 7	
Saturday	10min ER, 25min HR, 10min ER	Saturday	5min ER, 5 x 90sec HR, 5min ER
Sunday	10 miles LR with miles 7-3 at MP	Sunday	50min LR
Monday	Rest	Monday	Rest
Tuesday	10min ER, 7 x (3min IR, 2min ER), 10min ER	Tuesday	25min ER
Wednesday	Rest or cross train. Core & stretching	Wednesday	Rest or cross train. Core & stretching
Thursday	50min SR	Thursday	10min ER, 15min SR, 10min ER
Friday	Rest	Friday	Rest

WEEK 8	
Saturday	10min ER, 10min TR, 5min ER, 10min SR, 10min ER
Sunday	14 miles LR. Practise H&N
Monday	Rest
Tuesday	40min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10min ER, 2 x (15min TR, 2min ER), 10min ER
Friday	Rest



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WEEK 9		WEEK 10	
Saturday	40min FR	Saturday	10min ER, 20min HR, 10min ER
Sunday	16 miles LR include 4 miles at MP at start and end. Practise H&N	Sunday	18 miles LR. Practise H&N
Monday	Rest	Monday	Rest
Tuesday	10min ER, 15min SR, 10min ER	Tuesday	10min ER, 2 x (2min IR, 1min ER, 3min IR, 90sec ER, 4min IR, 2min ER, 5min IR, 2.5min ER), 10min ER
Wednesday	Rest or cross train. Core & stretching	Wednesday	Rest or cross train. Core & stretching
Thursday	60min SR	Thursday	60min SR
Friday	Rest	Friday	Rest

WEEK 11	
Saturday	10min ER, 5 x 30sec fast strides, 5min ER
Sunday	Run a Half Marathon
Monday	Rest
Tuesday	10min ER, 12 x (2min IR, 1min ER), 10min ER
Wednesday	Rest or cross train. Core & stretching
Thursday	40min ER
Friday	Rest



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WEEK 12		WEEK 13	
Saturday	15min ER, 2 x (10min TR, 3min ER), 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	40min ER	Tuesday	10min ER, 15min TR, 5 x (3min IR, 2min ER), 10min ER
Wednesday	Rest or cross train. Core & stretching	Wednesday	60min ER
Thursday	5min ER, 10min SR, 10min TR, 10min SR, 10min ER	Thursday	45min SR
Friday	Rest	Friday	Rest or cross train. Core & stretching

WEEK 14	
Saturday	Rest
Sunday	22 miles LR. This will be your final long training run. Practise MP and H&N
Monday	Rest
Tuesday	35 mins ER
Wednesday	Rest or cross train. Core & stretching
Thursday	10 mins ER, 8 x (3 mins IR, 2 mins ER), 10 mins ER
Friday	Rest



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WEEK 15		WEEK 16	
Saturday	10 mins ER, 15 mins TR, 10 mins ER	Saturday	35 mins SR
Sunday	13 miles LR. Practise MP and H&N	Sunday	8 miles ER
Monday	Rest	Monday	Rest
Tuesday	35 mins ER	Tuesday	40 mins ER
Wednesday	Rest or cross train. Core & stretching	Wednesday	Rest or cross train. Core & stretching
Thursday	10 mins ER, 2 x (10 mins TR, 5 mins ER), 3 x (4 mins IR, 2 mins ER), 10 mins ER	Thursday	10 mins ER, 20 mins MP, 5 x (2 mins IR, 2 mins ER), 10 mins ER
Friday	Rest	Friday	Rest

WEEK 17	
Saturday	Rest
Sunday	Race day! Remember to stretch & warm down with a 15 min walk. Eat & drink well.
Monday	Rest
Tuesday	40 mins ER
Wednesday	Rest or cross train. Core & stretching
Thursday	Rest
Friday	10 mins ER, 5 x 30 seconds fast strides, 10 mins ER