

PREPARING TO RUN A MARATHON

Your 16-week improver
training plan

In partnership with



runningwithus.com



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Well done for deciding to run a marathon

We're here to encourage and support you every step of the way to the finish line.

Who is this plan for?

If you're new to running or starting to run longer distances this plan is ideal for you. It takes you through 14 weeks of training based on a mix of running and walking sessions. And it will get you to the starting line for a fantastic experience on marathon day.

Our training plans are suitable for people with and without diabetes.

If you have diabetes there are things you need to know to get the most from your training and help you manage your diabetes.

If you have type 1 diabetes, please read our web page about exercising and managing your condition.

www.diabetes.org.uk/sport-type-1

If you have type 2 diabetes, please read our web page about exercising and managing your condition.

www.diabetes.org.uk/sport-type-2

How much training will I have to do?

You'll be training five days a week. On one of your two rest days, you can opt to do a different type of exercise. Your training will include a half a marathon and a couple of Parkruns.

The training plan isn't set in stone: it's just one approach to get you in great shape. Feel free to adapt it and shift sessions to different days that may work better for you.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient.

Getting the balance right

To make real gains in getting fitter, faster and stronger, you'll need to put as much focus on eating well and resting as you do the training.

Training tips

- Eat within 20 to 30 minutes of finishing a session.
- Stretch well after each session.
- For faster runs do a 15-minute warm-up and cool-down.



Training plan for marathon improvers

This 16 week training plan will get you to ready to run a marathon

Ideal if you can run for 75 to 90 min and want to step up to a marathon or improve on a recent marathon performance.

Quick guide to terms used:

- Easy run: can hold a conversation.
- Steady run: can exchange a sentence or two.
- Threshold run: can only say a word or two.
- Marathon pace: the pace you're planning to run the marathon.
- Cross training: exercise that's different to your normal running such as yoga, swimming, cycling or Pilates.

Plan ahead

Book yourself a place on a half marathon for two months' from now – week nine – and aim to do a couple of Parkruns.

Good luck - be amazed at what your body can do!

Prep week 1		Here we go, let's get started.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min progression run 10 min easy, 10 min steady, 10 min threshold.	30 min easy run or 30 min aerobic cross training session with core exercises.	30 min easy or steady run.	Rest	45 min hill running Include: 5 min running up down a hill, 90 second jog recovery x4. Core exercises.	75 to 90 min long run Easy pace.

Prep week 2		Blister plasters are on, and we're off.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min progression run 10 min easy, 10 min steady, 10 min threshold.	30 min easy run or 30 min aerobic cross training session with core exercises.	30 to 40 min easy or steady run.	Rest	45 min hill running Include: 7 min running up down a hill, 2 min jog recovery x3. Core exercises.	90 min long run Easy pace.

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Prep week 3		Getting into the swing of things.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min progression run 15 min easy, 15 min steady, 15 min threshold.	30 min easy run or 30 min aerobic cross training session with core exercises.	40 min easy or steady run.	Rest	45 min hill running Include: 10 min running up down a hill, 2 min jog recovery x2. Core exercises.	90 to 100 min long run Easy pace. Pick a route with some gentle inclines.

Prep week 4		You know you can do it.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min to 40 min easy run.	30 min easy run or 30 min aerobic cross training session with core exercises.	30 min easy run.	Rest	Parkrun or self-timed 5km.	75 to 90 min long run Easy pace.

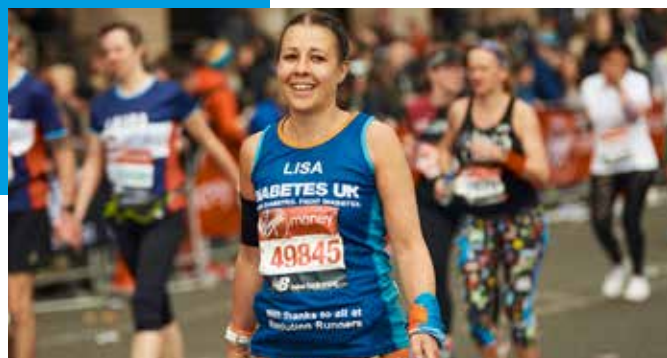
Prep week 5		You're going strong. Keep it up.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min threshold run session Include: 5 min threshold run, 2 min jog recovery x4.	30 to 40 min easy run or 30 to 40 min aerobic cross training session with core exercises.	40 min out and back run Run out steady pace for 20 min, turn back 2 to 3 min faster.	Rest	45 min hill running Include: 10 min run up and down a hill 90 second jog recovery x4 Core exercises.	1 hour 45 min long run Easy pace. Pick a route with some gentle inclines.

Write down how you feel before and after a run.

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Prep week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min threshold run session Include: 5 min threshold run, 90 second jog recovery x5.	40 min easy run or 40 min aerobic cross training session with core exercises.	40 min out and back run Run out steady pace for 20 min, turn back 2 to 3 min faster.	Rest	50 min hill running Include: 8 min running up and down a hill – 90 second jog recovery x3. Core exercises.	1 hour 50 min long run Easy pace. Pick a route with some gentle inclines.

Prep week 7						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min threshold run session Include: 5 min threshold run, 75 second jog recovery x5.	40 to 50 min easy run or 40 to 50 min aerobic cross training session with core exercises.	45 min threshold run session 20 min run, 25 min at threshold pace.	Rest	45 to 60 min hill running Include: 10 min running up and down a hill – 90 second jog recovery x3. Core exercises.	2 hour or 2 hour 15 min long run Easy pace.



“ Loved every moment of the run up and the day itself. Dream come true and to be repeated this year. Team DUK are amazing! ”

Lisa Napier, who has type 1 diabetes

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Prep week 8						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	60 min threshold run session Include: 6 min threshold run, 90 second jog recovery x5.	40 to 50 min easy run or 40 to 50 min aerobic cross training session with core exercises.	1 hour progression run 20 min easy, 20 min steady, 20 min threshold.	Rest	Parkrun or self-timed 5km.	2 hour 15 min or 2 hour 30 min long run Easy pace.

You're halfway there. High fives all round.

Prep week 9						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min run Include: 6 min half marathon pace, 2 to 3 min jog recovery. x3.	30 min recovery jog Include: Core exercise.	30 min progression run 10 min easy, 10 min steady, 10 min half marathon pace and strides.	Rest	20 to 30 min easy run.	Half marathon at personal best pace or two hour long run with second hour at marathon pace.

Prep week 10						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 minute easy run.	40 to 50 min easy run or 40 to 50 min aerobic cross training session with core exercises.	75 min threshold session Final 30 mins to include: 6 min threshold run, 3 min easy run recovery x4.	Rest	40 to 50 mins easy run Include: Core exercises.	2 hour 45 min long run Include: 20 min marathon pace, 5 min easy run x3.

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Prep week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min threshold session Include: 3 min threshold run, 90 second jog recovery x6. Try 5k pace on odd minute numbers rather than threshold.	45 to 60 min easy run or 45 to 60 min aerobic cross training session with core exercises.	75 min threshold run	Rest	40 to 50 mins easy run Include: Core exercises.	2 hour 30/45 min long run Easy pace, last 45 mins marathon pace.

Prep week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min threshold session Include: 3 min threshold run – or even 5km pace, 90 second jog recovery x8. Try 5k pace on odd minute numbers rather than threshold.	45 to 60 min easy run or 45 to 60 min aerobic cross training session with core exercises.	80 min run Include: 15 min marathon pace, 2 to 3 min jog x3.	Rest	40 to 50 min easy run Include: Core exercises.	3 hours or 3 hours 15 mins long run Easy pace, last 60 mins marathon pace.

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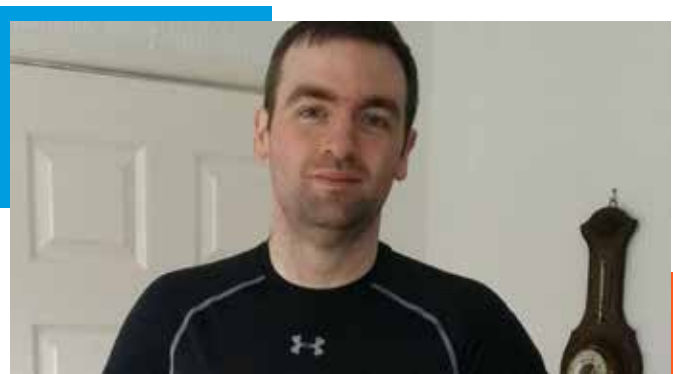
Prep week 13						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min threshold session 3 min threshold run – or even 5km pace, 90 second jog recovery x10. Try 5k pace on odd minute numbers rather than threshold.	45 to 60 min easy run or 45 to 60 min aerobic cross training session with core exercises.	80 min to 90 min run Include: 15 min marathon pace, 2 to 3 min jog x3.	Rest	45 min progression run 15 min easy, 15 min steady, 15 min threshold. Include: Core exercises.	2 hour 45 or 3 hour long run Easy pace, last 45 mins at marathon pace.

Prep week 14						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Interval run session 5 min threshold run. 90 second at 5km effort, 60 second recovery x5 then repeat	45 to 60 min easy run or 45 to 60 min aerobic cross training session with core exercises.	90 min run Last 30 to 40 mins marathon pace.	Rest	45 min threshold run session Include: 3 min threshold, 3 min steady x6. Include: Core exercises.	1 hour 45 or 2 hour run Last 30 mins at marathon pace .

Prep week 15						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Interval run session 5 min threshold run. 90 second at 5km effort, 60 second recovery x10.	30 to 45 min easy run or 30 to 45 min aerobic cross training session with core exercises.	45 min progression run 15 min x3. Middle 15 min at marathon pace.	Rest	Parkrun or 30 min steady run and core exercises.	75 min easy run.

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Prep week 16						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min easy run session Include: 5 min threshold run, 3 min jog recovery x3.	30 min easy run	25 to 30 min easy run.	Rest	25 min super easy run We're proud of you. One more run to go.	Marathon day You deserve a medal for all your hard work. Good luck.



“ Running even started having a positive effect on my job and career. It's amazing how much your personality changes and that people around you get to see the real you. ”

Andrew Clayton who has type 2, took up running after losing 10 stone