

# Advanced Marathon Training Plan

# 20 WEEK MARATHON

## INTENSE TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Easy Run 4 miles	Intervals 3 x 800m then leg workout	Pace Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
2	Easy Run 4 miles	Intervals 3 x 800m then leg workout	Pace Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 11 miles
3	Easy Run 4 miles	Intervals 3 x 800m then leg workout	Pace Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 9 miles
4	Easy Run 4 miles	Intervals 3 x 800m then leg workout	Pace Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
5	Easy Run 5 miles	Intervals 4 x 800m then leg workout	Pace Run 5 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 13 miles
6	Easy Run 5 miles	Intervals 4 x 800m then leg workout	Pace Run 5 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
7	Easy Run 4 miles	Intervals 4 x 800m then leg workout	Pace Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 15 miles
8	Easy Run 5 miles	Intervals 4 x 800m then leg workout	Pace Run 5 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 16 miles
9	Easy Run 5 miles	Intervals 5 x 800m then leg workout	Pace Run 5 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
10	Easy Run 6 miles	Intervals 5 x 800m then leg workout	Pace Run 6 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 17 miles
11	Easy Run 6 miles	Intervals 5 x 800m then leg workout	Pace Run 6 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 18 miles
12	Easy Run 6 miles	Intervals 5 x 800m then leg workout	Pace Run 6 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
13	Easy Run 6 miles	Intervals 5 x 800m then leg workout	Pace Run 6 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
14	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Pace Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
15	Easy Run 6 miles	Intervals 6 x 800m then leg workout	Pace Run 6 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
16	Easy Run 6 miles	Intervals 6 x 800m then leg workout	Pace Run 6 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
17	Easy Run 6 miles	Intervals 5 x 800m then leg workout	Pace Run 6 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
18	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Pace Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
19	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Easier Run 3 miles & 45 mins	Easier Run 4 miles	Rest Day	Long Run 8 miles
20	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Strength Easier Run 3 miles	Rest Day	Easy Run 2 miles	Marathon

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MARATHON HANDBOOK

**Advanced marathon training plan** requires a strategic approach that balances endurance, speed, and recovery. For seasoned runners aiming to achieve personal bests or tackle tougher races, an advanced training plan can make all the difference. This article will explore the intricacies of advanced marathon training, including key components, sample training plans, and strategies to optimize performance.

# Key Components of an Advanced Marathon Training Plan

An effective advanced marathon training plan typically includes several essential components that cater to both physical and mental preparation. These components are crucial in ensuring that runners are prepared to tackle the demands of a marathon.

## 1. Base Mileage

Building a solid base is critical for any marathon runner. Base mileage refers to the total number of miles run over a period, typically accumulated over several months before the marathon training phase begins.

- Aim for a weekly mileage of 40-60 miles for at least 8-12 weeks prior to starting your specific marathon training.
- Gradually increase your mileage by no more than 10% per week to avoid injury.

## 2. Long Runs

Long runs are vital for building endurance and mental toughness. They help runners adapt to the physical and psychological demands of running a marathon.

- Schedule one long run per week, gradually increasing the distance. Start with 14-16 miles and build up to 20-22 miles.
- Incorporate back-to-back long runs every few weeks to simulate race fatigue.

## 3. Speed Work

Incorporating speed work into your training helps improve your running economy and lactate threshold, which is essential for racing.

- Include interval training sessions, such as 800m repeats or mile repeats, at a pace faster than your goal marathon pace.
- Tempo runs should also be part of your training, running at a comfortably hard pace for a designated distance (typically 5-10 miles).

## 4. Recovery

Recovery is often overlooked but is critical for performance improvement. Proper recovery allows the body to repair and adapt to the stresses of training.

- Include easy runs and rest days in your weekly schedule. Easy runs should be conducted at a conversational pace.
- Consider cross-training activities like cycling or swimming to aid recovery while maintaining fitness.

## 5. Nutrition and Hydration

Proper nutrition and hydration are vital components of an advanced training plan. What you consume can significantly affect your performance and recovery.

- Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Carbohydrates should make up the majority of your caloric intake, especially as race day approaches.
- Stay hydrated throughout your training. Practice your hydration strategy during long runs to determine what works best for you.

## Sample Advanced Marathon Training Plan

Below is a sample advanced marathon training plan that spans 16 weeks. This plan assumes a base mileage of at least 40 miles per week prior to starting.

### Weeks 1-4: Building Phase

- Monday: Rest or cross-training
- Tuesday: Speed work (e.g., 6 x 800m at 5K pace with 2 min rest)
- Wednesday: 8-10 miles at an easy pace
- Thursday: Tempo run (5 miles at tempo pace)
- Friday: Rest or easy 4-6 miles
- Saturday: Long run (start at 14 miles, increase to 16 miles by week 4)
- Sunday: Recovery run (4-6 miles)

### Weeks 5-8: Endurance Phase

- Monday: Rest or cross-training
- Tuesday: Hill repeats (8-10 x 1-minute uphill with jog back down)

- Wednesday: 10-12 miles at an easy pace
- Thursday: Tempo run (6-8 miles at tempo pace)
- Friday: Easy run (4-6 miles)
- Saturday: Long run (increase from 18 to 20 miles)
- Sunday: Recovery run (4-6 miles)

## **Weeks 9-12: Peak Phase**

- Monday: Rest or cross-training
- Tuesday: Speed work (e.g., 4 x 1 mile at 10K pace with 3 min rest)
- Wednesday: 12-14 miles at an easy pace
- Thursday: Tempo run (8-10 miles at tempo pace)
- Friday: Rest or easy 4-6 miles
- Saturday: Long run (22 miles in week 10, 18 miles in week 12)
- Sunday: Recovery run (4-6 miles)

## **Weeks 13-16: Taper Phase**

- Monday: Rest or easy cross-training
- Tuesday: Speed work (3 x 1 mile at 5K pace)
- Wednesday: 8-10 miles at an easy pace
- Thursday: Tempo run (5-6 miles at tempo pace)
- Friday: Rest or easy 4-5 miles
- Saturday: Long run (reduce from 14 miles to race day distance)
- Sunday: Recovery run (3-5 miles)

## **Strategies for Optimizing Performance**

To get the most out of your advanced marathon training plan, consider implementing the following strategies:

### **1. Mental Preparation**

Mental toughness is just as important as physical endurance in marathon running. Incorporate strategies like visualization and positive self-talk into your training regimen. Practicing race day scenarios in your mind can help reduce anxiety and improve performance.

### **2. Race Strategy**

Develop a race strategy that includes pacing, hydration, and fueling. Test

this strategy during long runs to ensure it works for you. Understanding how to pace yourself effectively can prevent early fatigue and allow for a strong finish.

### **3. Listen to Your Body**

Advanced training can increase the risk of injury. Pay attention to any signs of discomfort or fatigue. If you're feeling overly fatigued or if you experience pain, don't hesitate to scale back your training or seek advice from a coach or medical professional.

## **Conclusion**

An **advanced marathon training plan** is designed to push experienced runners to new heights. By focusing on key components such as base mileage, long runs, speed work, recovery, and nutrition, runners can build a comprehensive training strategy. With a well-structured sample plan and strategies for optimizing performance, you'll be better prepared to tackle the marathon distance and achieve your personal best. Remember, consistency, patience, and adaptability are essential for success in any advanced training regimen.

## **Frequently Asked Questions**

### **What are the key components of an advanced marathon training plan?**

An advanced marathon training plan typically includes a combination of long runs, tempo runs, interval training, easy runs, and rest days. Additionally, it should incorporate strength training, nutrition strategies, and recovery techniques to optimize performance.

### **How many miles should an advanced marathon runner log each week?**

Advanced marathon runners often log between 50 to 80 miles per week, depending on their experience level and race goals. It's crucial to gradually increase mileage to avoid injury while ensuring adequate recovery.

### **What role does cross-training play in an advanced marathon training plan?**

Cross-training helps to improve overall fitness, prevent injury, and reduce boredom. Activities like cycling, swimming, and strength training can enhance cardiovascular endurance and muscular strength without the impact stress of

running.

## **How important is nutrition during advanced marathon training?**

Nutrition is vital for advanced marathon training as it fuels performance and aids recovery. Runners should focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, and also consider hydration and electrolyte balance, especially during long runs.

## **What are the benefits of incorporating tempo runs into an advanced marathon training plan?**

Tempo runs help improve lactate threshold, enabling runners to sustain a faster pace for longer periods. They also enhance mental toughness and teach the body to adapt to race conditions, making them a crucial element in an advanced training regimen.

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