

MARATHON HANDBOOK 20 WEEK ADVANCED 2 MARATHON TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	47 k
		7 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		16 k <i>RPE: 2-3</i>	
2		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	49 k
		7 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		18 k <i>RPE: 2-3</i>	
3		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	46 k
		7 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		15 k <i>RPE: 2-3</i>	
4		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	51 k
		7 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		20 k <i>RPE: 2-3</i>	
5		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	54 k
		8 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	8 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		21 k <i>RPE: 2-3</i>	
6		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	49 k
		8 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	8 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		16 k <i>RPE: 2-3</i>	
7		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	55 k
		7 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		24 k <i>RPE: 2-3</i>	
8		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	59 k
		8 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	8 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		26 k <i>RPE: 2-3</i>	
9		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	53 k
		8 k <i>RPE: 2-3</i>	5 x 800m <i>then leg workout</i>	8 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		19 k <i>RPE: 2-3</i>	
10		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	65 k
		10 k <i>RPE: 2-3</i>	5 x 800m <i>then leg workout</i>	10 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		27 k <i>RPE: 2-3</i>	
11		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	67 k
		10 k <i>RPE: 2-3</i>	5 x 800m <i>then leg workout</i>	10 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		29 k <i>RPE: 2-3</i>	
12		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Half Marathon	59 k
		10 k <i>RPE: 2-3</i>	5 x 800m <i>then leg workout</i>	10 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		21 k <i>RPE: 5</i>	
13		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	70 k
		10 k <i>RPE: 2-3</i>	5 x 800m <i>then leg workout</i>	10 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		32 k <i>RPE: 2-3</i>	
14		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Half Marathon	53 k
		7 k <i>RPE: 2-3</i>	5 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		21 k <i>RPE: 5</i>	
15		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	71 k
		10 k <i>RPE: 2-3</i>	6 x 800m <i>then leg workout</i>	10 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		32 k <i>RPE: 2-3</i>	
16		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Half Marathon	54 k
		7 k <i>RPE: 2-3</i>	6 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		21 k <i>RPE: 5</i>	
17		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	64 k
		7 k <i>RPE: 2-3</i>	5 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		32 k <i>RPE: 2-3</i>	
18		Easy Run	Intervals	Pace Run	Strength Training	Tempo Run	Rest Day	Long Run	50 k
		7 k <i>RPE: 2-3</i>	4 x 800m <i>then leg workout</i>	7 k <i>RPE: 4-5</i>	<i>45-60 mins</i>	10 k <i>RPE: 6</i>		19 k <i>RPE: 2-3</i>	
19		Easy Run	Strength Training	Rest Day	Easy Run	Easier Run	Rest Day	Long Run	32 k
		7 k <i>RPE: 2-3</i>	<i>45-60 mins</i>		5 k +45 min strength	7 k <i>RPE: 3-4</i>		13 k <i>RPE: 2-3</i>	
20		Easy Run	Strength Training	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	57 k
		7 k <i>RPE: 2-3</i>	<i>45-60 mins</i>		5 k <i>RPE: 2-3</i>		3 k <i>RPE: 2-3</i>	42 k <i>RPE: 5</i>	