

WG100 Marathon Training Programme

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Rest Day	30 mins easy run	Rest Day	40 mins tempo running session	Rest Day	30 mins easy run	Long run - 6 miles
Week 2	Rest Day	30 mins easy run	40 mins tempo running session	5 miles easy run	Rest Day	30 mins easy run	Long run - 8 miles
Week 3	Rest Day	40 mins steady run	40 mins steady run	6 miles tempo running session	Rest Day	30 mins easy run	Long run - 9 miles
Week 4	Rest Day	40 mins speed running session	6 miles steady run	40 mins steady run	Rest Day	40 mins easy run	Long run - 10 miles
Week 5	Rest Day	40 mins steady run	6 miles steady run	50 mins tempo running session	Rest Day	45 mins easy run	Long run - 12 miles
Week 6	Rest Day	30 mins speed running session	5 miles steady run	50 mins steady run	Rest Day	50 mins easy run	Long run - 13 miles
Week 7	Rest Day	50 mins steady run	6 miles steady run	50 mins tempo running session	Rest Day	55 mins easy run	Long run - 14 miles
Week 8	Rest Day	60 mins speed running session	6 miles steady run	60 mins steady run	Rest Day	50 mins easy run	Long run - 15 miles
Week 9	Rest Day	50 mins steady run	6 miles steady run	30 mins tempo running session	Rest Day	10 - 20 mins easy run	Long run - 10 km race
Week 10	Rest Day	40 mins steady run	5 miles steady run	60 mins speed running session	Rest Day	40 mins easy run	Long run - 18 miles
Week 11	Rest Day	40 mins steady run	5 miles steady run	60 mins tempo running session	Rest Day	50 mins easy run	Long run - 15 miles
Week 12	Rest Day	60 mins speed running session	5 miles steady run	50 mins steady run	Rest Day	10 - 20 mins easy run	Long run - 13 miles or half marathon

Week 13	Rest Day	60 mins easy run	5 miles steady run	50 mins tempo running session	Rest Day	30 mins easy run	Long run - 20 - 22 miles
Week 14	Rest Day	60 mins easy run	7 miles steady run	60 mins speed running session	Rest Day	50 mins easy run	Long run - 12 miles
Week 15	Rest Day	40 mins easy run	6 miles steady run	45 mins tempo running session	Rest Day	40 mins easy run	Long run - 10 miles
Week 16	Rest Day	30 mins easy run	30 mins easy run	Rest Day	Rest Day	10 - 20 mins jog	Race Day