



CAMPAIGN AGAINST LIVING MISERABLY

**MARATHON
TRAINING PLAN**

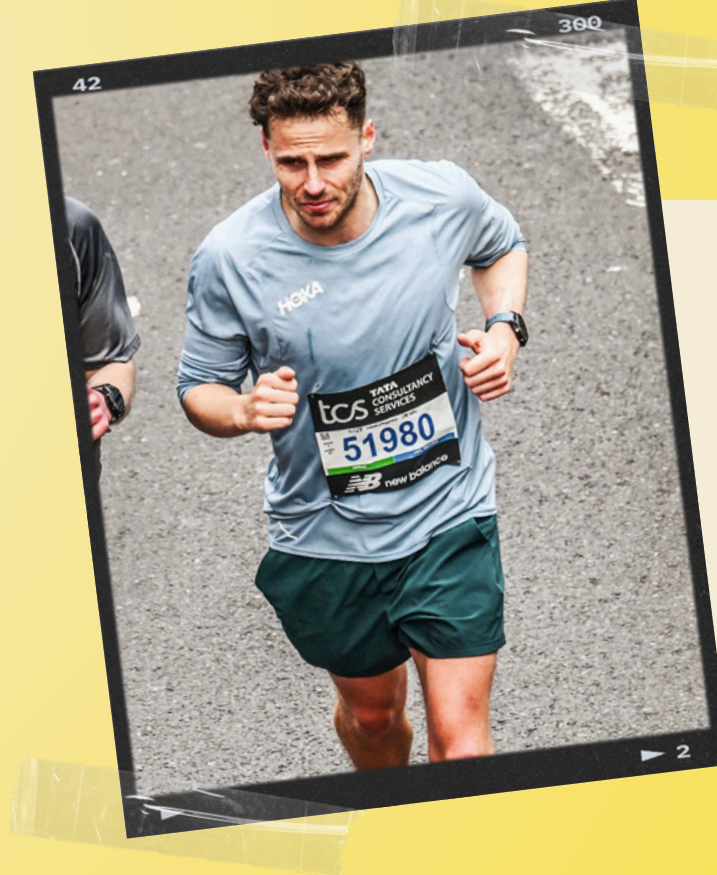
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WELCOME TO THE TEAM

You've secured your spot, now the reality of running 26.2 miles has sunk in. But you're not just running a marathon, every mile you cover is helping people end their misery, not their lives. A huge thank you for taking on this incredible challenge in support of our services, we couldn't do what we do without legends like you.



"I've been running since 2018 and completed my first ever marathon at Bournemouth Marathon Festival. Since then I've got my time down to 2:45 and made it my goal to help other people improve their performance, make it to race day and enjoy the journey."

Meet Simon, the running guy. He's a running coach over at F45, and he's put together the ultimate training guide to get you over the finish line. Simon eats marathons for breakfast - do what Simon says and you'll be ready for race day in no time.

Thinking about the total mileage of your marathon can be daunting, but the hard bit was putting yourself forward for the challenge. Remember it's a marathon, not a sprint. It's not about rushing ahead to the finish line (although we promise it will feel epic when you get there), it's about taking things step by step.

Wherever you are in your training journey, Simon has created a plan to help you push your PB and sustainably make your way to the big day injury free and raring to go. We can't promise it will be easy, but we can promise it will be unforgettable and something to be proud of.



CHEERS TO YOU CHAMP.

TOP TIPS FOR LOOKING AFTER *YOURSELF*

Before we get into it, here's our top tips on looking after yourself while training:

1. PROPER TRAINING = MEGA IMPORTANT

Sticking to a training plan won't just help you reach your goals, it will also help you avoid injury or overtraining. Plus, you'll enjoy race day way more if you've prepped for it mentally and physically.

2. LOOK AFTER YOUR HEAD AS WELL AS YOUR LEGS

Training for a marathon is hard enough without being tough on yourself. You're already a champion in our eyes for supporting our services. On the difficult days, remember why you signed up and the difference you're making.

3. REST DAYS HELP YOU REACH YOUR BEST DAYS

These are just as important as your active training days. Rest and recovery is silly important in helping your body adapt to the plan and build stamina. You'll avoid training burnout and feel more ready for your next run.



4. WE'RE HERE TO CHEER YOU ON

Feel like your training has gone off track? We're here to support you every step of the way. It can be easy to get in your own head about race day - if you need someone in your corner, we'll be ready with our best pep talk.

5. ABOVE ALL, BE SAFE

Plan your route ahead of time and let a mate know where you're going. And remember not to run on empty, pack enough water and training snacks to keep you hydrated and fuelled for your best run.

We'll let Simon take it from here...

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

BEFORE YOU START

There's a few things to think about before you kick things off. This plan assumes you can run about 6 miles or 10km without stopping. I'll take you through 18 weeks of beginner training, building up mileage and getting you ready for marathon distance. Expect to run about 3 - 4 times a week, with 5 runs in your peak weeks.

If you miss a session don't panic, just fit the run in elsewhere or miss the session. While it's good to stick to things as much as possible, a couple of missed sessions won't impact your marathon performance too much. My only advice? Don't do back to back hard sessions, ensure there's an easy run or rest the day before.

And remember, it's difficult to follow a plan word for word. We all know that life gets in the way, so feel free to mix things up to fit your schedule or life.

IT'S ALL ABOUT THE SHOES

You don't need loads of fancy kit, but the shoes you wear are important. During the marathon block, you'll end up doing over 300-500 miles of running, so I'd recommend having a couple of pairs of trainers on rotation - a pair for easy runs and another pair for interval runs. This will reduce your chances of injury and support the session you have planned.



PACE YOURSELF

I've put together a pace chart to help you find what sort of pace you'll need for certain runs. You can use it as a guide for each of your runs, but you can also go off intensity. Check out what to expect from each running pace in your training plan.



KM PACE CHART

GOAL MARATHON PACE	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:30
Easy pace	4:50- 5:15	5:10- 5:30	5:30- 5:50	5:50- 6:15	6:15- 6:40	6:40- 7:00	7:00-7:25	7:25- 7:50	7:50-8:15	7:50-8:15
Steady pace	4:30- 4:45	4:50- 5:05	5:10- 5:25	5:25- 5:45	5:50- 6:10	6:10- 6:35	6:30- 6:55	7:00- 7:20	7:20- 7:45	7:20- 7:45
Marathon Pace	4:15- 4:25	4:35- 4:45	4:55- 5:05	5:15- 5:25	5:40- 5:50	5:55- 6:10	6:15- 6:30	6:40- 6:55	7:00- 7:15	7:00- 7:15
Threshold pace (1 hour pace)	3:55- 4:10	4:15- 4:30	4:25- 4:45	4:45- 5:05	5:05- 5:30	5:25- 5:45	5:45- 6:00	6:05- 6:20	6:25- 6:45	6:25- 6:45
Interval pace	3:35- 3:50	3:50- 4:10	4:05- 4:20	4:25-4:40	4:45- 5:00	5:05- 5:20	5:25- 5:40	5:45- 6:00	6:05- 6:20	6:05- 6:20

EASY RUNS

Easy running is essentially a recovery run where your body is getting used to running under fatigue. These are an important part of a runner's training plan as they'll help you build your endurance, running form, and help your body recover from harder sessions.

On an easy run, think about whether you could have a conversation without being too out of breath - this is a good gauge for how fast you should be running. Always take things a bit slower than you think. It's better to go slower and let your body recover to prevent injury.

STEADY RUNS

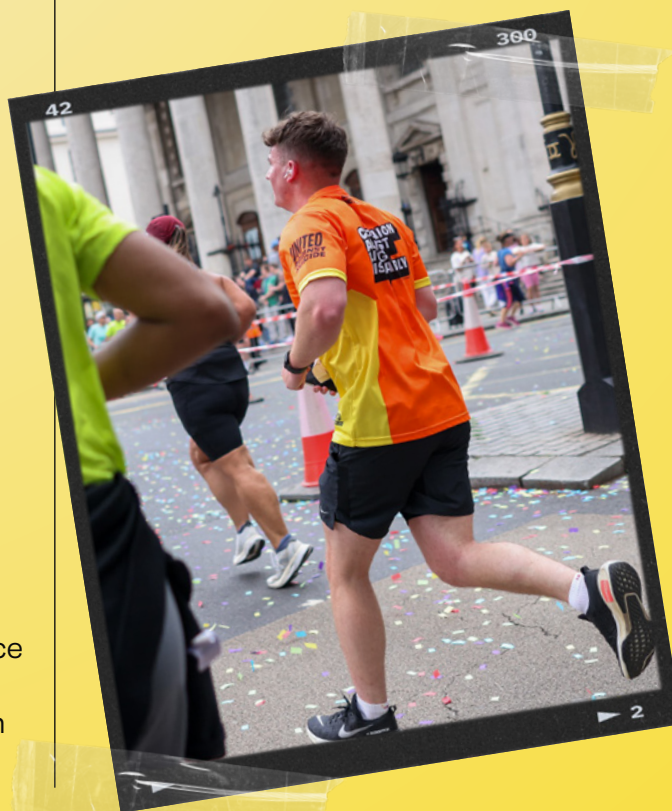
Steady runs will be between your easy pace and marathon pace, these will be in your plan once a week and will teach your body to be more efficient at a moderate effort level while still recovering. They're also a bit of a boost, as you'll be running closer to your goal pace.

MARATHON PACE

Marathon paced runs will be essential to your training plan. They'll help build a strong foundation for your running and allow you to know what marathon pace feels like before race day. These runs will come in the latter stages of training when you're more fit and able to run your goal pace.

THRESHOLD PACE

Threshold running is a pace that you could hold for 1 hour. This should be comfortably uncomfortable, when your body is running above the lactate threshold zone and therefore allowing you to run faster for longer periods of time. Try to go off intensity or effort rather than pace - ask yourself if you could hold that pace for 30 minutes to an hour. These runs will help with fatigue in your slower runs too.



INTERVAL PACE

Interval training will be essential in the first 5 weeks of training. It will allow your body to adapt to running fast and gain fitness quickly, making marathon pace feel easier. Speed will be essential for marathon training as it builds base fitness as well as mental resilience.

REST DAY

A rest day is just as important as the actual training itself. This is your time to switch off from running and allow your body to rest. These days prevent burnout during the 18 weeks of training and allow your body to adapt to the demands of training.

ACTIVE REST DAY

An active rest day involves light training like cycling to work or a gym session. Don't overdo things as this is time for your body to recover through maintaining blood flow, which helps aid muscle recovery.

It's not all about pace - stick to your training plan and you'll start to find things become easier with each run.

READY, SET, GO

YOUR WEEK BY WEEK PLAN

Lace up your trainers, it's time to get going. If you're feeling overwhelmed by the road ahead, don't stress. This training plan is all about taking things one step at a time. Everything's broken down into weekly chunks to make it feel way less scary -you might not feel marathon ready right now, but trust me, in just four months you'll be racing fit and ready to take on the challenge.



WEEKS 1-5

These weeks are all about interval sessions which get more speed in your legs and help you build fitness.

WEEKS 6-9

We'll start to introduce longer periods of work and threshold effort runs to build up your stamina.

WEEKS 10-15

You'll start working on marathon paced runs more often, getting your body used to running at your goal pace.

16-18

This will be the taper period where we'll decrease your mileage to get the body ready for marathon day.

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WEEK 1

Welcome to week one! This week should ease you into a good routine and schedule. Your aim with the speed work session is to try and keep these 1 minute hard efforts consistent. For example, if you complete 200 metres in your first 2 reps, try and maintain or better this effort for the remaining 8 reps. Consistency in these sessions really is key. You can either use the 1 minute recovery to walk or rest.

MARATHON PHASE – PREP/SPEED WORK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
30 minutes @ Easy pace	Rest day	Speed work • 10 minute easy run warm up • 10 x 1 minute hard (Interval pace) • 1 minute walk recovery • 10 mins easy recovery *see notes*	Rest day	6k @ easy pace	Rest day	LONG RUN 12k easy pace	30k

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WEEK 2

Keep up the good work, week two is here. There'll be a small increase in volume this week, as well as a slight increase in intensity. I'd recommend starting to understand how your body copes with eating before runs, especially the long run (try eating 2 hours before). The aim of your progressive run this week is for you to get quicker throughout the run, starting at an easy pace and finishing at your marathon pace. Try and aim to increase your speed every kilometre - you'll enjoy seeing your Strava graph when you nail it.

MARATHON PHASE – PREP/SPEED WORK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Speed work • 2k warm up • 6 x 400m @ interval pace • 2 mins recovery • 2k easy cool down	Rest day	35 minutes @ steady pace	Rest day	Progressive 6k Start at easy pace, finish at marathon pace *see notes*	LONG RUN 80 minutes easy pace 13-14k	33k

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WEEK 3

It's week three and you're acing it pal. Remember to warm into your 1k efforts. For the first one, try and control your effort and then match the remaining three at this intensity. If you feel good towards the last two reps then finish strong.

MARATHON PHASE – PREP/SPEED WORK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Speed work • 3k easy warm up • 4 x 1k @ interval pace • 2 mins rest • 2k cool down	Rest day	35 minutes @ easy	Rest day	35 minutes @ easy	LONG RUN 16k steady run	37k

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WEEK 4

You've officially been training for a month, kudos to you for sticking to it. The long run will be the hardest long run to date. Remember to keep this controlled and stick to your pace. As the distance goes down, your pace should increase. This could be a good time to give some energy gels a go to see which ones suit you.

MARATHON PHASE – PREP/SPEED WORK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
35 minutes easy	Speed work • 2k easy • 6 x 3 minutes @ interval pace • 2 minutes rest • 2k easy cool down	Active Rest day Strength or even a long walk	8k easy pace	Rest day	LONG RUN Progressive- 17K • 5k easy • 4k Steady • 3k Marathon pace • 2k- threshold • 1k - 10K effort • 2k easy cool down	Rest day	41k

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WEEK 5

And breathe... This is your recovery week. There's a 5K time trial this week which is a chance to test your fitness and see how fast you can run 5K. I'd recommend doing a parkrun as they're free and running with other people can be a good boost. Good luck, don't go too hard in the first k.

The Fartlek session is one continuous run. You'll run hard for 30 seconds (interval pace or quicker) and then do an easy jog for the next 30 seconds. The aim? Don't go so hard that you have to walk in the recoveries.

MARATHON PHASE – RECOVERY WEEK + 5K TIME TRIAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Speed work Fartlek session • 2k warm up • 15 x 30 second fast, then 30 second easy pace • 2k cool down *see notes*	Rest day	40 minutes @ easy	Rest day	Parkrun - 5k time trial • 2K easy warm up • 5k hard - Park run • 1k easy cool down	LONG RUN 12k easy run	35k

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WEEK 6

You're winning at this running thing! The aim of your first threshold session isn't to go too hard, but instead try to keep your effort levels comfortably uncomfortable. You should be able to jog or walk after every mile rep you do.

MARATHON PHASE – BUILD/THRESHOLD							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Threshold work • 2k easy • 4 x 1 mile @ threshold pace • 3 minutes jog recovery • 2k easy cool down	Active Rest day Strength or even a long walk	8k easy pace	Rest day	LONG RUN 18k steady pace	30 mins easy recovery	43k

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WEEK 7

Now is a great time to start organising your kit for the big day. As the long runs start to increase, think about your marathon outfit and gels. It will be trial and error to find what works best for you.

MARATHON PHASE – BUILD/ THRESHOLD							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
35 minutes easy	3k warm up • 3 x 10 minutes @ threshold pace • 3min rest or jog recover between each rep • 3k Cool down	Active Rest day Strength or even a long walk	10k easy	Rest day	LONG RUN 21k • 5K easy • 5k @ Steady pace • 5K @ Marathon pace • 6k easy	Rest day	48k

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WEEK 8

You're two months in, ready to rock your first hill session of the block? Find a hill that's a long incline but not too steep. As your reps increase your aim is to get quicker as the time goes down. After each hill rep, walk down and recover. Keep your strides fast but controlled as this will help your running form and efficiency.

MARATHON PHASE – BUILD/ THRESHOLD							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Hill work 3k easy • 2 x 1 minute up • 3 x 45 secs up • 4 x 30 secs up All with walk recoveries back down 3k easy cool down	Active Rest day Strength or even a long walk	10k easy + 4 x 20s strides	Rest day	Park run easy (8k total)	Long run 21k Steady	48k

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WEEK 9

You're half way through, that's serious stuff. This is your biggest week of mileage to date. Remember this plan is a rough guide, you'll never be able to follow it exactly, just keep prioritising your long run. This is one of my favourite long run weeks - you're going to run 1K 5-10 seconds faster than your desired marathon pace and then run 1k easy pace 5 times (1k fast/1k easy/1k fast/1k easy and so on).

In the pyramid session you'll start fast, then as the time goes up, your pace should decrease. As you come back down the pyramid try to match or better the previous distances you did. 1 and 2 minutes will be at interval pace, 3-4 minutes will be at threshold and the 7 minutes will be at marathon pace.

MARATHON PHASE – BUILD/ THRESHOLD							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
45 minutes easy	Pyramid session • 3k easy warm up • 1-2-3-4-7-4-3-2-1 Minutes • 3k easy cool down *see notes*	Active Rest day Strength or even a long walk	Rest day	8k easy	LONG RUN 24k • Under/over session • 8k easy • Run 1k • 5-10 second faster than marathon pace • Then run 1k At easy pace, 5 times • 6k easy	Rest day	53k

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WEEK 10

Take it easy, it's recovery week number 2. You'll cover less distance this week, at a similar intensity (our legs love routine). You should feel a little more rested going into our marathon prep stage.

MARATHON PHASE – RECOVERY WEEK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Speed work • 2k easy • 5 x 1k @ threshold pace • 2 minutes rest • 2k easy cool down	Active Rest day Strength or even a long walk	45 minutes steady	Rest day	10k easy pace	LONG RUN Progressive- 18k • 10k easy • 5k marathon pace • 3k threshold	45k

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WEEK 11

Week 11 is here. Your long run has 10k of marathon pace. You've worked hard on your fitness, so marathon pace should feel okay. Be confident and try to enjoy it.

MARATHON PHASE – MARATHON PEAK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
45 minutes easy	Speed work • 2k easy • 6 x 600 @ interval pace • 2 x 400 @ quicker than previous 600 • 2 minutes rest • 2k easy cool down	Active Rest day • Strength or even a long walk	Fartlek run • 2k easy • 8 x 2 minutes fast • 1 minute easy • 2k easy	Rest day	LONG RUN Progressive- 27k • 5k easy • 5k steady pace • 1k easy • 5k marathon pace • 1k easy • 5k marathon pace • 5k easy	Rest day	55k

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WEEK 12

Hats off to you for sticking with your training. This week the marathon pace and faster running sessions will be near the end of your long run. This is to try and create what you'll feel like at the latter end of the marathon. Running faster with tired legs will make your legs stronger, as well as make you mentally tougher. The easy run on Sunday will also be important to flush out the tiredness from the long run the day before. This will help you recover quicker.

MARATHON PHASE – MARATHON PEAK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Speed work • 2k easy • 10 minutes threshold • 3 min jog • 4 x 2 minutes @ interval pace (60s rest) • 10 minutes threshold • 2k easy	Active Rest day Strength or even a long walk	3k easy 8k steady	Rest day	LONG RUN- 28k • 20k easy • 5k marathon pace • 3k threshold	8k easy	60k

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WEEK 13

You've made it to the final recovery week before the last peak weeks. You've done so well to get here. After this you have one more push before we start to taper. At this point we're really trying to nail the long run and get used to running for long periods of time. This could be a great week to enter a race and use it to see where your fitness is at. Think of it as a dress rehearsal for the big day.

MARATHON PHASE – RECOVERY WEEK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	10k steady	30 mins easy	Rest day	2k easy 3 x 2k @ threshold (2 minutes recovery) 2k easy	Rest day	LONG RUN- 24k • 8k easy • 8k marathon pace • 8k easy Or HALF MARATHON	49k

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WEEK 14

Just one month until you take on an unforgettable challenge. Your long run this week will consist of 3 chunks. Now is the opportunity to practice everything you'll be doing on race day. Think about what kit you'll be wearing, what gels you're taking and how often you'll take them (I recommend every 30mins - 1 hour). On the long run you'll be running marathon pace on tired legs - enjoy the grind if you can and if you get through this session well, then you're in good shape for the marathon.

MARATHON PHASE – MARATHON PEAK							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Speed work • 2k warm up • 8 x 400m @ interval pace • 2 mins recovery • 2k easy cool down	Rest day	12k Steady	Rest day	park run easy plus warm up (8k easy)	Long run 33k • 10k easy • 10k steady • 10k marathon pace • 3k easy	64k

WEEK 15

The countdown to race day is on. Your long run this week has a lot of marathon paces in it. Control the first effort of marathon pace and then use the 1k easy as a rest period before you get into the paces again. This is a really long way, so ensure you take good fuel before, during, and after this.

MARATHON PHASE – MARATHON PEAK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Threshold work out • 3k warm up • 3 x 12 minutes @ threshold pace • 3 minutes rest in between • 3k cool down	Rest day	10k progressive Start at easy finish at threshold	45 minutes easy	Rest day	Long run 37k • 8k easy • 8k marathon pace • 1k easy • 7k marathon pace • 1k easy • 6k marathon pace • 6k easy	64k

WEEK 16

Welcome to the taper! This doesn't mean the work has stopped, it just means we're reducing the mileage to allow the body to rest, eat well and sleep well. Now is a great time to treat yourself to a massage.

MARATHON PHASE – TAPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
35 minutes easy	Speed work • 2k easy • 5 x 3 minutes @ interval pace • 2 minutes rest • 2k easy cool down	Active Rest day Strength or even a long walk	10k easy pace	Rest day	LONG RUN - 22k • 3k easy • 3k steady • 10k marathon pace • 6k easy	Rest day	48k

WEEK 17

This is the last taper week before race week so don't try and chase any fitness now. Keep your efforts controlled and enjoy this lower intensity week.

MARATHON PHASE – TAPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	3k easy • 3 x 2k @ slightly quicker than marathon • 3 minutes jog recovery • 3k easy	Active Rest day Strength or even a long walk	5k easy	8k steady	Rest day	Long run 12k easy 3k marathon pace	40k

WEEK 18

Can you believe it, race week is here? The last 18 weeks of prep have all come down to this. Try to sleep an extra hour this week, stay on top of your hydration and eat well. I'd recommend carb loading Thursday, Friday and Saturday up until lunch, then have a light dinner so that you sleep well. The shake out run the day before will be good for your legs, it'll send blood to the muscles and get them ready for race day.



YOU'VE GOT THIS.

MARATHON PHASE – TAPER/ RACE WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
Rest day	Tune up speed work • 3k easy • 8 x 1 minute fast @ interval pace • 1 minute rest or jog • 2k cool down	Active Rest day Strength or even a long walk	Marathon pace • 3k easy • 3k marathon pace • 3k easy • 5 x 20 seconds strides	Rest day	10-15 minutes shake out run Super easy	Race day	18k plus race

YOU'VE GOT *THIS*

My final tip – get organised. Plan your travel to and from the event and if you have people watching your run, look out for the best spots for them to watch from. Phone signal can be bad at big events, so pre-plan a meet up point to reduce stress on the day. Finally, pack your bag the night before and make sure you've got all the important stuff like gels, pace charts, and warm clothes for after.

Good luck! You've got this!

Simon



We know you're gonna smash it out there. Remember, you're a winner just for taking on such an amazing challenge. And if you're looking for more sprints and tips on running, we've got plenty more advice from some brilliant running pros. Head to thecalmzone.net for more.

REMEMBER WE'RE HERE FOR YOU

Running in memory? Or finding things tough going? Our support services are there for you too – including our life-saving suicide prevention helpline.

**GET HELP AND SUPPORT FOR
WHATEVER YOU'RE FACING**

 **THECALMZONE.NET/GET-SUPPORT**



CAMPAIGN AGAINST LIVING MISERABLY

FIND MORE INFO AND SUPPORT



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