INTERMEDIATE MARATHON TRAINING PLAN

An intermediate guide to running a marathon in 16 weeks

PUREGYM

RUNNING A MARATHON
IS NO SMALL FEAT.

BUT WE'RE HERE TO HELP.

In this intermediate training programme, you'll find tips, tricks, and a 16 week running plan to get you marathon ready.

We combine speed, endurance, and recovery runs with mobility and strength training to give you the best chance at smashing your goals and Find Your Victory.

Remember to consult your doctor before starting any new workout programme, including this training plan. This plan is meant to be used as a guide, if you have any injuries, illnesses or concerns about your health before or during training, seek medical advice.

YOUR COACH

Ian Scarrott

This plan has been written by Ian Scarrott, qualified England Athletics Running Coach and PureGym Personal Trainer.

Ian has over 20 years' experience in running at club level, and over 10 years' experience in run coaching, and is now the owner of Your Run Coach.

"Taking on longer distances like the half and full marathon can seem like a mountain to climb, but know this, all things are definitely possible.

Be prepared to take responsibility for your own training, and put in the consistent work required. If you can hit at least 80% of the runs in the plan, I would say you've given yourself the best chance to be successful whatever that means for you. Whether it's to finish your first race, or hit a personal best.

Outside of this it's quite simple, to Find Your Victory, get enough sleep, eat healthily, maintain hydration levels, be kind to yourself, and above all remember it is simply 'just a race' so relax and above all enjoy the process."

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MARATHON TRAINING TOP TIPS

1   **ENJOY THE PROCESS**
Running a marathon is 16 weeks of training, for 1 day of victory. That means the race is less than 1% of the total time spent! Training for a marathon is challenging, but make sure to take the time to enjoy the process and the progress you make in this journey.

2   **PRIORITISE REST**
Rest is your number 1 priority through these 16 weeks. Training for a marathon places a huge demand on your body, and rest is essential for your body to repair itself and get stronger. Aim for 7-8 hours sleep every night, and keep your bed and waking times the same where possible.

3   **IT'S OKAY TO MISS A RUN**
Running is one part of your everyday life. There may be times during your training when other aspects of your life need to take priority, and that's okay. Take a break and move on to the next session when you can. If you miss more than one week or two, you may need to adapt your plan to hit your goal within the 16 weeks.

4   **OPTIMISE YOUR DIET**
A healthy diet can maximise your physical performance. Make sure you get enough calories and carbohydrates to fuel your training, protein to help repair and recover, and vitamins and minerals to support your overall health.

5   **ADAPTATION IS KEY**
This plan is designed to get you marathon ready in 16 weeks, but it can be adapted to suit your current running level. You may want to modify the plan to be completed in less time, or do it over a longer period.

MARATHON TRAINING REQUIRES A MIX OF VOLUME AND INTENSITY

When training for a marathon, there are two components which must be progressed to help you run faster and strong:

VOLUME
The number of miles you do on a given day, week, month and even over the whole training plan. It's important to increase volume at a rate which does not cause injury.

INTENSITY
How hard a session is likely to be on the muscles. Speedwork, tempo sessions, short slow runs, and long slow runs all affect the muscles differently, and may have different recovery times. Take note which types of runs you need more recovery from and use this to adapt your plan if needed.

It is important to remember that if the volume is too high for you, or the intensity is too much then you may need to tweak the plan yourself as you go.

RUNNING TERMS / RUNNING GLOSSARY

WARM UP

Warming up before a run is extremely important. It allows your muscles, tendons, and joints to become more pliable and ready for exercise. This helps to improve performance and prevent injuries.

COOL DOWN

It's tempting after a run to sit down and relax, but cooling down properly helps your muscles, tendons, and joints helps to prevent injuries by allowing the muscles to be stretched. It also helps to slowly lower your heart rate post workout, which can prevent you from experiencing dizziness.

BUILD

In faster sessions, you will normally build the pace before you complete the main set. The idea behind this is to elevate the heart rate, and prepare the muscles for faster or more intense efforts. Ideally you will be doing this gradually over the time period/ mileage allocated.

MAIN SET

This is the main portion of the session which follows the warm up and build portion of the run.

FARTLEK

Fartlek means 'speedplay' in Swedish and is a session that is used to quite literally play with different speeds to stimulate different energy systems: aerobic, lactate, and creatine.

HILLS

Hills help you to work on your form and build strength. Reduce your stride length but try and keep up the same intensity as you had on flat ground. When you run down hills, lean into it to maintain your reduced stride length.

INTERVALS

Intervals are similar to fartleks. The main difference is internals have more structured sessions, for example 4 x 1•mile repeats/ repetitions with 2 minutes break where the speed in each repetition may stay the same. It depends on the types of intervals session included.

PROGRESSION RUN

This is where you progressively build the pace through a run to tire the body out. This prepares you to deal with the final miles in the marathon, where your body is extremely fatigued. They often say the last 10k is the real second half of the race.

S&C

S&C stands for strength and conditioning, an area of training which is often neglected until it's too late. St&C helps to improve endurance and speed, and protect your muscles, joints, and tendons against injuries. We cover this later in the guide.

RPE

Rate of Perceived Exertion. We cover this later in the guide.

STRETCHES

Stretching helps your muscles to prepare for, and recover from, running. There are two types of stretches:

DYNAMIC

Dynamic stretches involve moving your muscles and joints through their full range of motion to create a stretch. Incorporating dynamic stretches after warm up and build sets helps to loosen tight muscles and prepare your body for harder efforts.

Common areas of tightness and appropriate stretches that you might want to focus on are:

- Adductors – side to side leg swings
- Quads and hamstrings – forward to back leg swings, hamstring sweeps
- Hip flexors – lunges combined with a rocking forward and back motion in the hips
- Lower back – child's pose walkouts, walk backs

STATIC

Static stretches involve holding your muscles in a stretch for a period of time, and can help to reduce and prevent muscle stiffness. These stretches must only be done at the end of a workout when the muscles are warm and pliable.

After a workout, start at the bottom of your body and work your way up to the top to make sure no muscles get missed:

- Calves
- Quads
- Hamstrings
- Hip flexors
- Adductors
- Glutes
- Lower back
- Upper back
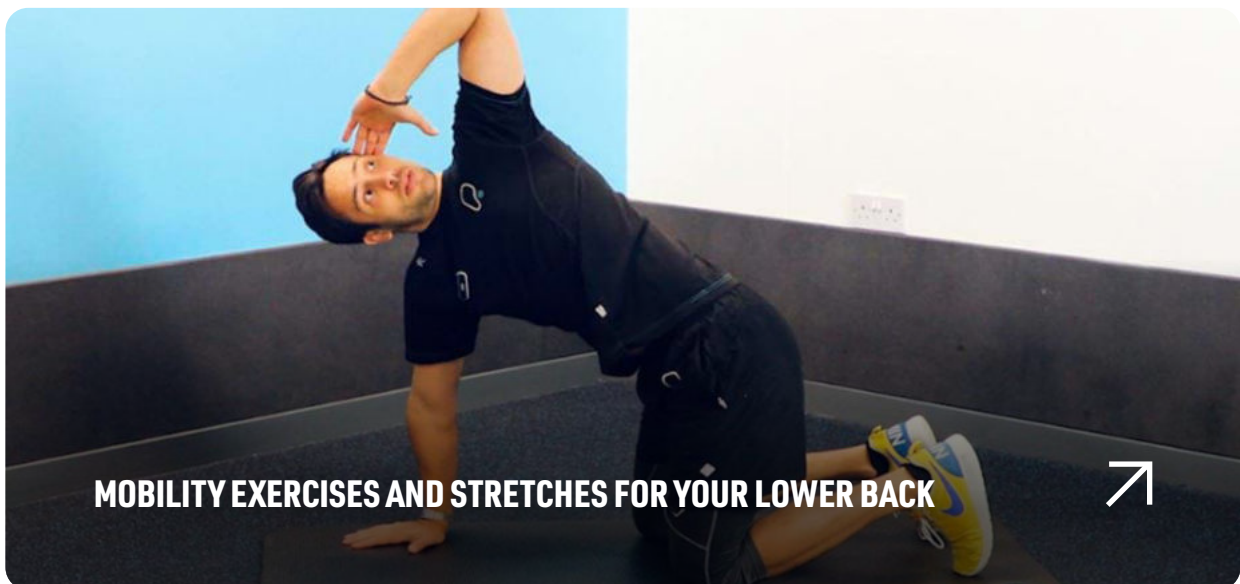
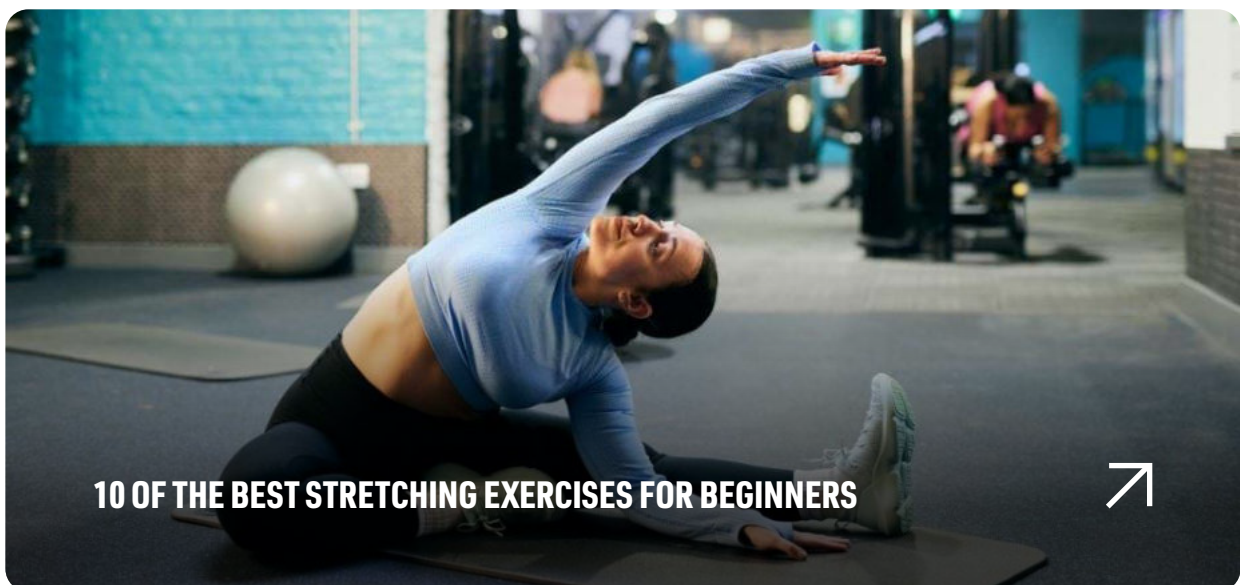Check out the PureGym blog and social channels for static stretching ideas.

6 OF THE BEST STRETCHES FOR TIGHT HAMSTRINGS

MOBILITY EXERCISES AND STRETCHES FOR YOUR LOWER BACK

10 OF THE BEST STRETCHING EXERCISES FOR BEGINNERS

RPE

Your training plan includes target RPEs (Rate of Perceived Exhaustion) to aim for in each run.

EASY – 3/10 EFFORT
At this level, you should be able to carry out a conversation the whole time you are running.

STEADY – 5/10 EFFORT
You're able to speak comfortable but will feel a slight pinch on the lunges and legs. This may also be a beginner's marathon pace.

MARATHON PACE – 6/10
You're able to speak in sentences but not carry out a full conversation. After running for a long period of time at this level, you'll feel a significant pinch on the legs and lungs but are able to continue.

TEMPO – 7/10 EFFORT
You're able to say the odd word here and there while running at this level. These runs teach you how to be uncomfortable and stay in this place without giving up. For experienced runners, this is likely to be your half marathon pace.

HARD – 8/10 EFFORT
At this level, it's unlikely you're able to speak and your run will feel uncomfortable. This is likely around or just below your 5km pace.

S&C

Strength and conditioning are an important part of a marathon training plan as it helps to increase muscle strength and endurance which can help with performance, as well as prevent injuries.

However, you need to be careful not to overdo this, as you'll already be placing your body under a significant amount of stress through the running element of your programme.

As you increase your milage, you'll want to taper down your strength and conditioning. If you are following this marathon guide for the full 16 weeks, drop to bodyweight exercises or lower weights and higher reps from week 10 onwards, depending on your fitness levels.

We've included 4 sample strength sessions to follow, or you can access workouts on the free PureGym App. Depending on your level of confidence and experience, you may find it helpful to work with a Personal Trainer.

Many PureGym group fitness classes also offer S&C training, including:

- Body Pump – full body strength workout
- Legs, Bums, & Tums – lower body strength workout
- Strength 30/45 – functional strength workout
- Abs – core stability

SAMPLE S&C PROGRAMME

Schedule

WEEKS 1-4
3-4 strength sessions a week (max 1 hour)

WEEKS 5-9
2-3 strength sessions a week
Effort level: 5-7/10

WEEKS 10-12
Transition to bodyweight exercises or lower weights and higher reps depending on your fitness level

WEEK 13-16
Drop strength sessions and focus on running, recovery, and stretches

Core

CORE SESSION 1
Perform 3 sets of 30 seconds for each exercise, with 30 seconds recovery between each set.

- Crunch
- Reverse Crunch
- Dead Bugs
- Russian Twists
- Ankle Taps

CORE SESSION 2
This is a circuit style session. Perform each exercise for 15 seconds, taking a 15 second rest before moving to the next exercise. Repeat for 5-15 minutes.

- Plank
- Side Plank Left
- Side Plank Right
- Pendulums
- Standing Oblique Crunch

Lower Body

CARDIO WARM UP
Stationary bike

- 5 minutes at 3/10 effort
- 3 minutes build through 5-7/10 effort
- 2 minutes at 3/10 effort

ACTIVATION
Perform 3 sets x 12, at effort level 5-6/10

- Glute Bridges
- Side Clams

STRENGTH
Perform 3 sets x 12 with 60 second rest, effort level 5-7/10

- Leg Press
- Leg Extensions
- Prone Hamstring Curl
- Hip Adductor
- Hip Abductor
- Calf Raises, effort level 6
- Soleus Raises

COOL DOWN

- 5 minutes easy cycle (effort level 3/10)

Upper Body

CARDIO WARM UP
cross trainer

- 5 minutes at 3/10 effort
- 3 minutes build through 5-7/10 effort
- 2 minutes at 3/10 effort

ACTIVATION

- Scapula pinches
- Shoulder rolls & swings

STRENGTH
Perform 3 sets x 12 with 60 second rest, effort level 6/10

- Face Pulls
- Lat Pull Downs
- Chest Press
- Back Extensions with or without Plate (not FRM)
- Reverse Flys Pec-Dec
- Bicep Curls
- Tricep Extensions

FINDING YOUR PACE

If you're aiming to run the marathon under a certain time, you'll need to know what pace to run. There are plenty of pace charts available online to help with this. We like Strava's pace calculator which estimates your finish time based on your ideal pace.

It's unlikely that your 6/10 effort marathon pace at the beginning of the training plan will be the same as your target marathon pace. As you progress through the training plan and build your endurance and speed, your 6/10 effort pace will increase.

TRACKING YOUR RUNS

There are plenty of apps and smart devices that can be used to plan and track your runs. We've included a few to check out below, but there are lots of options to choose from!

- SportsTracks
- Map My Run
- Runkeeper
- Garmin Connect
- RUN interval

Strava pace calculator ↗

TRAINING FAQS

I am so tired and/or everything aches, should I keep going?

There may be times during your training where you need extra recovery, and experiencing constant aches or fatigue is a good sign that an extra rest day or two is due!

You may want to consider adjusting your training plan, for example by reducing the volume each week and extending the number of weeks you train for.

Another area to look at that might be contributing to fatigue is work, family, friendships, etc. While we don't suggest cutting these things out, you may want to consider how best to balance these with your training leading up to the marathon.

Why does my pace change sometimes for the same type of runs, i.e. sometimes I feel good in a speedwork or tempo session and hit the required RPE, but sometimes I just can't get going, and the pace is never exactly correct?

It can be frustrating when you're unable to achieve the pace you are aiming for, especially if you've had no trouble achieve it previously! This is really common, and it happens quite simply because you are human!

So many things affect the pace you achieve and how you feel in a session. Hydration, hormones, recovery levels, sleep, nutrition, the weather, and more, all affect your pace.

This is one of the reasons I prefer to use RPE over heart rate and pace, as it reflects these factors. Heart rate and pace are good metrics to keep an eye on, especially if you're an experienced runner, but focusing on RPE allows you to do the best you can, with what you have in that moment.

I've missed a week due to XYZ, should I just move on to the next week?

There isn't a definite yes or no answer to this question. Some runners will be able to move on to the next week without overexerting themselves and risking injury, while other runners may find the leap too much. Only you are really equipped to make this judgement call!

I've missed a session. Should I make sure to include it before the week is over?

Whether you can shoehorn a missed session into the end of the week depends on a few factors, including level of experience and whether doing so would mean you are running multiple sessions without a rest.

If you're not sure, it's better to play it safe and miss out a session, than try and cram it in, overdo it, and get injured.

I have a niggle in my (muscle/ tendon/ joint), should I carry on training?

Pain is your body's warning sign that something isn't quite right. If you experience a sharp pain that comes on quickly, stop right away and see a physiotherapist or medical professional who can identify what the issue is, and what attention it needs.

If your pain is gradual that comes on slowly, it's most likely due to a muscle imbalance or over-training, or it might be the start of a more serious injury. Often, these issues can be addressed quickly, and you can continue with training, but it's best to pause and see a physiotherapist for an assessment to make sure there is nothing more sinister going on.

My motivation comes and goes. How can I stay on track?

Staying motivated for a marathon is difficult, especially when training over a long period of time. Fortunately, there are so many ways to keep motivated – which means there's likely something to help you!

Joining a local running club, connecting with online running communities on channels like Strava and Facebook, and recruiting your friends and family to keep you accountable, might be the nudge you need to stay strong.

You can also hire a coach like myself to keep you motivated. Coaches have the technical knowledge to help you adjust your programme, and the experience and passion to know when you need a nudge getting off the sofa.

What should I eat before, during, and after long runs and races?

This will vary per person. Some people find they don't need to eat on runs under a certain distance, some people are happy eating anything while others stick to specific pre-run meals. Experiment early on to see what works for you!

BEFORE A LONG RUN

A good rule of thumb is to eat at least 2 hours before a longer run, avoid foods which are high in fat, protein and fibre, and avoid anything that might upset your stomach. Examples of pre-run meals to try include:

- Oats, banana, honey
- Toast, peanut butter, berries
- Bagel, hummus
- Low fat yoghurt, banana

DURING A LONG RUN

During long runs, you should aim to get 30-60g carbs per hour. The easiest and most gastric-friendly way to do this is by having 2-3 running gels per hour. There are many different brands and you may find you get on better with some than others. Use the first few weeks to trial different options and find which works best for you ahead of race day.

AFTER A LONG RUN

Refuel and recover from your runs by getting a meal which incorporates carbs and protein (at a 3:1 ratio) within 20 minutes of each run. You can then eat the rest of your meals that day as normal, ensuring you get enough carbs, protein, fats, fruit and vegetables to support normal body functioning and recovery.

16 WEEK MARATHON TRAINING PLAN

WEEK 1

TOTAL MILES: 23-MILES

- Session 1: 3-mile easy run
- Session 2: 5-mile easy/ steady run
  - Warm up: 1-mile easy run
  - Build: 0.5-mile, build the pace through easy/ steady/ tempo
  - Main set: 5 x 1 min hill tempo runs, followed by 5 x 1 min hill hard runs (walk or jog down hills for recovery between sets)
  - Cool down: Easy run for remainder of distance
- Session 3: 5-mile tempo run as:
  - Warm up: 1-mile easy run
  - Build: 0.5-mile, build the pace through easy/ steady/ tempo
  - Main set: 3-mile tempo run
  - Cool down: Easy run for remainder of distance
- Session 4: 10-mile long easy run

WEEK 2

TOTAL MILES: 26-MILES

- Session 1: 3-mile easy run
- Session 2: 5-mile Fartlek
  - Warm up: 1-mile easy run
  - Build and main set: 3-mile, varying the speed between steady/ tempo/ hard (and jog/walk/easy if required)
  - Cool down: 1-mile easy run
- Session 3: 6-mile tempo run as:
  - Warm up: 1-mile easy run
  - Build: 0.5-mile, build the pace through easy/ steady/ tempo
  - Main set: 4-mile tempo run
  - Cool down: 0.5-mile easy run
- Session 4: 12-mile long easy run

WEEK 3

TOTAL MILES: 29-MILES

- Session 1: 3-mile easy run
- Session 2: 6-mile intervals
  - Warm up: 1-mile easy run
  - Build: 1-mile, building the pace through easy/ steady/ tempo, 5 sets of 10 second ("s") strides with walk-backs to the start after each set of strides
  - Main set: 3 Sets with the first set at tempo and the next 2 sets at a hard pace (8/10)
    > 1 minute on 90s recovery
    > 2 minute on 90s recovery
    > 3 minute on 90s recovery
    > Repeat twice more through.
  - Cool down: Easy run for remainder of distance
- Session 3: 7-mile tempo run as:
  - Warm up: 1-mile easy run
  - Build: 0.5-mile, build the pace through easy/ steady/ tempo
  - Main set: 4.5-mile tempo run
  - Cool down: 0.5-mile easy run
- Session 4: 13-mile easy run

WEEK 4

RECOVERY WEEK

TOTAL MILES: 23-MILES

- Session 1: 4-mile easy run
- Session 2: 5-mile progression run
  - Warm up: 1-mile easy run
  - Build and main set: Build the pace for 3-mile, increasing every 0.5-mile
  - Cool down: 1-mile easy run
- Session 3: 6-mile tempo run/race as:
  - Warm up: 1-mile easy run
  - Build: 1-mile, build the pace through easy/ steady/ tempo
  - Main set: 3.1-mile/parkrun tempo run or optional race
  - Cool down: 0.9-mile easy run
- Session 4: 8-mile long easy run

WEEK 5

TOTAL MILES: 32-MILES

- Session 1: 3-mile easy run
- Session 2: 6-mile hill run approx
  - Warm up: 1-mile easy run
  - Build: 1-mile, building the pace through easy/ steady/ tempo, 5 sets of 10 second ("s") strides with walk-backs to the start after each set of strides
  - Main set:
    > 5 x 90s tempo hill runs up and down continuously (90s recovery)
    > 5 x 90s hard hill runs up and down continuously, if this is too much for the joints keep your terrain flatter or pan-flat instead (90s recovery)
  - Cool down: 1-mile easy run
- Session 3: 7-mile tempo run as:
  - Warm up: 1-mile easy run
  - Build: 0.5-mile, build the pace through easy/ steady/ tempo
  - Main set: 5-mile tempo run
  - Cool down: 0.5-mile easy run
- Session 4: 16-mile long easy run

WEEK 6

TOTAL MILES: 33-MILES

- Session 1: 4-mile easy run
- Session 2: 7-mile intervals
  - Warm up: 1-mile easy run
  - Build: 0.5-1-mile build through easy/ steady/ tempo
  - Main: Pyramids
  > 2mins tempo effort/2 mins recovery
  > 3mins tempo effort/2 mins recovery
  > 4mins tempo effort/2-3 mins recovery
  > 5mins hard effort/2-3 mins recovery
  > 4mins hard effort/2-3mins recovery
  > 3mins hard effort/2-3mins mins recovery
  > 2mins hard effort/2-3 mins recovery
  - Cool down: easy run for remainder of distance
- Session 3: 6-mile long easy run
- Session 4: 16-mile long run as:
  - 3-mile easy run
  - 2-mile steady run
  - 3 x 2-mile @ marathon pace off of 1-mile recovery
  - 2-mile easy run

WEEK 7

TOTAL MILES: 35-MILES

- Session 1: 4-mile easy run
- Session 2: 8-mile interval run
  - Warm up: 1.5-mile build through easy/ steady/ tempo
  - Main: 2 x 800m tempo/400m easy
  - 5 x 800m hard/400m easy
  - Cool down: 1-mile easy run
- Session 3: 6-mile easy run
- Session 4: 17-mile long run as:
  - 3-mile easy run
  - 2-mile steady run
  - 3 x 2.5-mile @ marathon pace off of 1-mile recovery
  - 1.5-mile easy run

WEEK 8

HALF MARATHON WEEK

TOTAL MILES: 26-MILES

- Session 1: 3-mile Race Prep Run:
  - 1-mile easy run
  - 1-mile build to Half Marathon Pace
  - 1-mile as 30s on:off as 30s Half Marathon Pace: 30s Easy
- Session 2: 3-mile easy run
- Session 3: 25 mins pre-race day run with strides, approx. 3-mile.
  NB: Complete this session more than 24 hours before the race
  - Warm up: 10 mins easy run
  - Main Set: 5 mins build the pace, into 10s strides with walk backs to where you started the strides
  - Cool Down: 10 mins easy run
- Session 4: Half Marathon Race within 17M Long Run
  - Warm up: 2-mile including a build to half marathon pace by the end
  - Race: Half Marathon 13.1-mile
  - Cool Down: 2-3-mile easy run

WEEK 9

TOTAL MILES: 26-MILES

- Session 1: 4-mile easy run
- Session 2: 8-mile interval run
  - Warm up: 1.5-mile build through easy/ steady/ tempo
  - Main: 2 x 800m tempo/400m easy
  - 5 x 800m hard/400m easy
  - Cool down: 1-mile easy run
- Session 3: 6-mile easy run
- Session 4: 17-mile long run as:
  - 3-mile easy run
  - 2-mile steady run
  - 3 x 2.5-mile @ marathon pace off of 1-mile recovery
  - 1.5-mile easy run

WEEK 10

TOTAL MILES: 36-MILES

- Session 1: 4-mile easy run
- Session 2: 10-mile interval run approx.
  - Warm up: 2-mile including a build to tempo
  - 2 mins easy
  - Main: 1 x 1200m tempo/400m easy
  - 5 x 1200m hard/400m easy
  - Cool down: 1-mile easy run
- Session 3: 4-mile easy run
- Session 4: 18-mile long run as:
  - 2-mile easy run
  - 2-mile steady run
  - 3 x 3-mile @ marathon pace off of 1-mile recovery
  - 2-mile easy run

WEEK 11

TOTAL MILES: 38.5-MILES

- Session 1: 4-mile easy run
- Session 2: 10.5-mile interval run
  - Warm up: 1-mile including a build to tempo
  - 2 mins easy
  - Main: 1 x 1-mile tempo/800m easy
  - 4 x 1-mile hard/800m easy
  - Cool down: 0.5-mile easy run
- Session 3: 4-mile easy run
- Session 4: 20-mile long run as:
  - 3-mile easy run
  - 2-mile steady run
  - 3 x 4-mile @ marathon pace off of 1-mile recovery
  - 1-mile easy run

WEEK 12

TOTAL MILES: 38-40-MILES

- Session 1: 4-5-mile easy run
- Session 2: 10-mile interval run approx.
  - Warm up: 1-mile including a build to tempo
  - 2 mins easy
  - Main: 1 x 1-mile tempo/800m easy
  - 5 x 1-mile hard/800m easy
  - Cool down: Use the final 800m as your cool down
- Session 3: 4-5-mile easy run
- Session 4: 20-mile long run as:
  - 3-mile easy run
  - 2-mile steady run
  - 3 x 4-mile @ marathon pace off of 0.5-mile recovery
  - 1.5-mile easy run

WEEK 13

TOTAL MILES: 29-MILES

- Session 1: 4-mile easy run
- Session 2: 6-mile interval run approx.
  - Warm up: 1.5-mile including a build to tempo
  - 2 mins easy
  - Main: 10-15 x 1 minute hard/1 minute easy
  - Cool down: 0.5-mile easy run
- Session 3: 6-mile easy run
- Session 4: 13-mile long run as:

3 times through (the first 2 miles in the first set are the warm-up):
  - 1-mile easy
  - 1-mile steady
  - 1-mile marathon pace
  - 1-mile half marathon pace
  - Cool down: 1-mile easy run

WEEK 14

TAPER 1

TOTAL MILES: 36-MILES

- Session 1: 5-mile easy run
- Session 2: 10-mile interval run approx.
  - Warm up: 1.5-mile including a build to tempo
  - 2 mins easy
  - Main: 1 x 2-mile tempo/800m easy
  - 2 x 2-mile hard/800m easy
  - Cool down: 1-mile easy run
- Session 3: 4-5-mile easy run
- Session 4: 15-mile long run as:
  - Warm up: 2-mile build from easy to marathon pace
  - Main Set: Inception run 3 times through
  - 1-mile easy
  - 1-mile steady
  - 1-mile marathon pace
  - 1-mile half marathon pace
  - Cool Down: 1-mile easy run

WEEK 15

TAPER 2

TOTAL MILES: 24.5-MILES

- Session 1: 4-mile easy run
- Session 2: 8.5-mile interval run approx.
  - Warm up: 1.5-mile including a build to tempo
  - 2 mins easy
  - Main: 10km as 1km hard/1km steady, the aim is to maintain consistent pacing for the hard and steady efforts
  - Cool down: finish the run easy in to 8.5-mile
- Session 3: 4-mile easy run
- Session 4: 8-mile long run as:
  - 2-mile build from easy to marathon pace
  - 4-mile @ marathon pace
  - 2 mile easy run

WEEK 16

TOTAL MILES: 36.2-MILES

- Session 1: 5-mile easy run in race kit
  - Warm up: 1-mile easy run
  - Build: 1-mile building through steady/ tempo
  - Main Set: 1-mile as 30s @ marathon pace / 30s easy pace
  - Cool down: 1-mile easy run
- Session 2: 3-mile easy run
- Session 3: 2-mile pre-race day easy run include 5 x 10s efforts @ marathon pace, then back to easy pace in between, make sure to build to marathon pace for the first effort
- Session 4: Marathon
  - Pace progressively
  - Enjoy!