



# Improve Marathon

## Completing The Plan

This plan is aimed at runners who can comfortably run a half marathon and regularly undertake one endurance run equal to 10 miles in length. Each run is written in km's and miles.

The schedule is based on four training sessions per week. Where possible try to include a rest day between runs to aid recovery.

As a tip consider the training load and try not to put heavy (intensity and /or volume) training sessions together. Should you wish, the interval session (Session 3) could be replaced with a 3 mile (5km) continuous run at a perceived intensity of 3/4 out of 10.

The training plan is generic and not bespoke for individual runners. This should be borne in mind when following the plan. To make it specific to your needs consider factors such as current training and training history. Ensure that you are suitably warmed up before starting the session and undertake a cool down post session.

Take ownership of the plan and adapt it to suit your situation, background, and needs. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert before resuming training.

Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check-up with a professional before undertaking any running training plan.

## Guiding your effort

This improver plan does not relate to specific running speeds. Instead, it uses rate of perceived exertion where the person is running as they feel as opposed to pacing by time.

As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

### RPE scale

### What it might feel like....

0

Sat at home in your armchair.

1-2

Brisk walking for some, very easy jogging for others. Able to fully converse with no effort.

3-4

Easy running. Able to hold a full conversation, you might have to consciously slow down. Gentle &amp; relaxed.

4-5

Steady running. Able to speak but in shorter sentences. Could keep going for between 75 minutes – 2 hours.

6-7

Controlled discomfort. A pace you could hold for 60 mins. You should be able to speak 2-3 words at a time.

8-9

Working hard. Have to work to maintain pace. Breathing strongly &amp; will need recovery between efforts.

10

Working very hard. An effort you can sustain for only short periods before it feels unsustainable.



## Speed Sessions: Talk Test Recovery (TTR)

Speed sessions are designed to enhance running performance by focusing on short bursts of high-intensity effort interspersed with periods of rest or lower intensity, aimed at improving overall performance.

These sessions are tailored to challenge both aerobic and anaerobic systems, contributing to enhanced speed and endurance.

Between each repetition that you run during an interval session you can use an active talk test recovery. At the end of a repetition, you may find that you feel tired, and your breathing is elevated.

Once you can talk normally and your breathing has returned to its usual level you can start the next repetition. Bear in mind the faster you run the longer it will take to recover.

This will be specific to you so if running with a group of people you may find that runners start the next repetition at different times.

You may wish to keep your recoveries active; for example, you could walk or undertake a light jog.



Week	Session 1	Session 2	Session 3	Session 4
1	5 miles   8km Effort: 3-4 out of 10	7 miles   11km Effort: 3-4 out of 10	3x7mins w/ TTR Effort: 6-7 out of 10	11 miles   17.7km Effort: 3-4 out of 10
2	5 miles   8km Effort: 3-4 out of 10	7 miles   11km Effort: 3-4 out of 10	6x3mins w/ TTR Effort: 6-7 out of 10	12 miles   19.3km 5m at marathon pace   7m at 3-4
3	5 miles   8km Effort: 3-4 out of 10	8 miles   12.8km Effort: 3-4 out of 10	3 miles   5km Effort: 3-4 out of 10	13 miles   21km Effort: 3-4 out of 10



Week	Session 1	Session 2	Session 3	Session 4
4	5 miles   8km Effort: 3-4 out of 10	8 miles   12.8km Effort: 3-4 out of 10	4x5mins w/ TTR Effort: 6-7 out of 10	14 miles   22.5km 5m at 3-4   5m at marathon pace   5m at 3-4
5 - Recovery	4 miles   6.4km Effort: 3-4 out of 10	Rest	20mins running. 10 mins at 3-4, 10 mins at 6-7	Rest
6	5 miles   8km Effort: 3-4 out of 10	9 miles   14.4km 3m at 3-4   6m at marathon pace	3 miles   5km Effort: 3-4 out of 10	15 miles   24.1km Effort: 3-4 out of 10

Week	Session 1	Session 2	Session 3	Session 4
7	6 miles   10km Effort: 3-4 out of 10	9 miles   14.4km Effort: 3-4 out of 10	9x2mins w/ TTR Effort: 6-7 out of 10	16 miles   25.7km Effort: 3-4 out of 10
8	6 miles   10km Effort: 3-4 out of 10	10 miles   16km Effort: 3-4 out of 10	3 miles   5km Effort: 3-4 out of 10	17 miles   27.3km 8m at marathon pace   9m at 3-4
9	6 miles   10km Effort: 3-4 out of 10	10 miles   16km Effort: 3-4 out of 10	Progression w/ TTR 1x8 at 4   1x6 at 5   1x4 at 6   1x2 at 7 (mins)	15 miles   27.3km 8m at marathon pace   9m at 3-4



Week	Session 1	Session 2	Session 3	Session 4
10 - Recovery	3 miles   5km Effort: 3-4 out of 10	Rest	20mins running. 10 mins at 3-4, 10 mins at 6-7	Rest
11	7 miles   11km Effort: 3-4 out of 10	10 miles   16km Effort: 3-4 out of 10	4x4mins at 6 w/ TTR 5mins recovery 2x2mins at 7 w/ TTR	18 miles   28.9km 5m at 3-4   8m at marathon pace   5m at 3-4
12	7 miles   11km Effort: 3-4 out of 10	11 miles   17.7km Effort: 3-4 out of 10	3 miles   5km Effort: 3-4 out of 10	19 miles   30.5km Effort: 3-4 out of 10

Week	Session 1	Session 2	Session 3	Session 4
13	7 miles   11km Effort: 3-4 out of 10	11 miles   17.7km Effort: 3-4 out of 10	2x10mins w/ 7mins active recovery Effort: 5-6 out of 10	19 miles   30.5km Effort: 3-4 out of 10
14	7 miles   11km Effort: 3-4 out of 10	8 miles   12.8km Effort: 3-4 out of 10	Rest	11 miles   17.7km 5m at 3-4   6m at marathon pace
15	6 miles   10km Effort: 3-4 out of 10	Rest	4 miles   6.4km Effort: 3-4 out of 10	8 miles   12.8km Effort: 3-4 out of 10

## 16 - RACE WEEK

3 miles | 5km  
Effort: 3-4 out of 10

20 mins running  
Effort: 3-4 out of 10

Rest

**Race Day**

Wishing you boundless energy, unwavering determination, and the strength to conquer every mile.

Trust in your preparation, embrace the challenge, and remember: every step forward is a victory. Go out there and make yourself proud!

Good luck, and may the road rise to meet you every step of the way! **#YouGotThis**



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