



# Experienced Marathon



## Completing The Plan

This plan is aimed at runners who are experienced at running the half and full marathon distance and can comfortably undertake an endurance run equal to 13 miles in length. Each run is written in km's and miles.

The schedule is based on five training sessions per week. You can of course do less should you wish. Where possible try to include rest days where needed 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 experienced 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 & 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 & 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	Session 5
1	3 miles   5km Effort: 3-4	9miles   14.4km Effort: 3-4	3x7mins w/ TTR Effort: 6-7	5 miles   8km Effort: 3-4	14 miles   22.5km 6m at marathon pace   8m at 3-4
2	3 miles   5km Effort: 3-4	9miles   14.4km Effort: 3-4	6x3mins w/ TTR Effort: 6-7	5 miles   8km Effort: 3-4	15 miles   24.1km Effort: 3-4
3	3 miles   5km Effort: 3-4	9miles   14.4km Effort: 3-4	2x10mins w/ TTR Effort: 6-7	6 miles   10km Effort: 3-4	15 miles   24.1km 5m at 3-4   6m at marathon pace   4m at 3-4



Week	Session 1	Session 2	Session 3	Session 4	Session 5
4	4 miles   6.4km Effort: 3-4	9miles   14.4km Effort: 3-4	4x5mins w/ TTR Effort: 6-7	6 miles   10km Effort: 3-4	16 miles   25.7km Effort: 3-4
5	4 miles   6.4km Effort: 3-4	Rest	20mins running. 10 mins at 3-4, 10 mins at 6-7	Rest	10 miles   16km Effort: 3-4
6	4 miles   6.4km Effort: 3-4	10 miles   16km Effort: 3-4	2x8mins w/ TTR Effort: 6-7	6 miles   10km Effort: 3-4	17 miles   27.3km 8m at marathon pace   9m at 3-4



Week	Session 1	Session 2	Session 3	Session 4	Session 5
7	4 miles   6.4km Effort: 3-4	10 miles   16km Effort: 3-4	9x2mins w/ TTR Effort: 6-7	7 miles   11.2km Effort: 3-4	18 miles   28.9km Effort: 3-4
8	5 miles   8km Effort: 3-4	10 miles   16km Effort: 3-4	Rest	7 miles   11.2km Effort: 3-4	18 miles   28.9km 10m at 3-4   8m at marathon pace
9	5 miles   8km Effort: 3-4	10 miles   16km Effort: 3-4	2x10mins w/ TTR Effort: 6-7	7 miles   11.2km Effort: 3-4	18 miles   28.9km 6m at 3-4   10m at marathon pace   2m at 3-4



Week	Session 1	Session 2	Session 3	Session 4	Session 5
10	5 miles   8km Effort: 3-4	11 miles   17.7km Effort: 3-4	Progression x TTR 1x8 at 4   1x6 at 5   1x4 at 6   1x2 at 7 (mins)	8 miles   12.8km Effort: 3-4	19 miles   30.5km Effort: 3-4
11	3 miles   5km Effort: 3-4	Rest	20mins running. 10 mins at 3-4, 10 mins at 6-7	Rest	10 miles   16km Effort: 3-4
12	5 miles   8km Effort: 3-4	11 miles   17.7km Effort: 3-4	4x4mins at 6 - TTR 5mins recovery 2x2mins at 7 - TTR	8 miles   12.8km Effort: 3-4	20 miles   32.1km 12m at marathon pace   8m at 3-4



Week	Session 1	Session 2	Session 3	Session 4	Session 5
13	5 miles   8km Effort: 3-4	11 miles   17.7km Effort: 3-4	3 miles   5km Effort: 3-4	8 miles   12.8km Effort: 3-4	20 miles   32.1km Effort: 3-4
14	Rest	9miles   14.4km Effort: 3-4	4 miles   6.4km Effort: 3-4	Rest	13 miles   21km Effort: 3-4
15	5 miles   8km Effort: 3-4	Rest	4 miles   6.4km Effort: 3-4	Rest	8 miles   12.8km Effort: 3-4



## 16 - RACE WEEK

3 miles | 5km  
Effort: 3-4

20 mins running  
Effort: 3-4

Rest

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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Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland