

# Advanced Training Plan

This 16-week training plan is meant for advanced runners. This is the guide for you if you've been running for at least a year, and if you've completed at least one marathon and want to improve your time. This training plan is designed to help you achieve your goal and breaks down your training into manageable blocks of time.

If you're unsure about kit, fuelling or have any questions about your training, take a look at our FAQs on BookTrust website's or email us at [fundraising@booktrust.org.uk](mailto:fundraising@booktrust.org.uk).

## When to work out

There is no right or wrong time to train. You can train at different times of the day during the week: for example, you might run in the evening on weekdays, and run in the morning or afternoon on weekends. It's important to plan enough rest and recovery time between each session.

## Where to work out

You can train wherever you want, whether that's indoors on a treadmill or outside on pavements, roads or parks. Keep in mind that the transition from treadmill to road can be difficult, so think about the terrain of the race you're preparing for and try to have some training sessions on similar surfaces.

## Sessions Structure

### Warm up

You should spend at least the first five minutes raising your heart rate and getting your blood flowing to your muscles. This can be done with a brisk walk or an easy jog. Take this time to prepare your body and mind for the exercises you're about to start.

### Mobilisation

Engage in dynamic stretches to gently lengthen muscles and loosen joints without holding the stretch.

Imagine your muscles are like Blue Tack: stretching them abruptly when you're cold risks injury, but gradually warming and manipulating them makes them more flexible for exercise.

### Main session

This is the main part of your training sessions, typically involving either a timed or a distance run. During long runs, it's essential to begin at a slow pace and gradually settle into a comfortable rhythm.

### Cool down

Cooling down after a workout is important to help you recover quickly and to reduce muscle soreness. You can do this by jogging or walking for ten minutes.

### Stretching

Spend the last five to ten minutes stretching. After your run, your muscles are relaxed, and proper stretching can prevent cramps, tears, and stiffness.

# Training methods

In the first few weeks of your training, it's best to focus less on distance and more on improving speed and stamina. Pushing yourself early on will make longer distances feel easier later. Remember to take rest days for proper stretching and recovery. If you miss a session, don't worry and simply continue with the plan when you can, without trying to make up for the missed session.

## Types of Training

### Easy run (ER)

Your easy running pace will be a comfortable one that you can easily hold a conversation at and requires very little effort.

### Steady run (SR)

Your steady running pace requires some effort, allowing for conversation in short sentences and causing a little breathlessness.

### Threshold run (TR)

This is a maximum effort run. You will breathe heavily, speaking just one or two words at a time. Remember, your threshold pace varies based on duration: it'll be faster in shorter intervals than in longer ones.

### Interval training

These help your body adapt to higher speeds, improving endurance for longer distances and speed for shorter ones.

It's crucial to warm up and cool down properly before and after intervals to prepare your body for increased heart rates and muscle loads. It's best to include ten minutes of easy running before and after these sessions.

### Marathon pace (MP)

If you have a target time for your marathon, calculate your pace per mile/km and aim to maintain it. During long runs, practise at this pace to familiarise yourself with running long distances at your desired speed and ensure your goals are realistic.

## Top tip

Remember to track each session and keep a note of how you felt afterwards. Monitoring your progress can be very insightful, and it will help boost your motivation!



# Training plan

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	30' Easy run	40' Steady run	45' Steady run	60' Steady run
<b>Tuesday</b>	Rest	Rest	Rest	Rest
<b>Wednesday</b>	2 x 10' Threshold run (3' recovery)	8 x 3' Threshold run (1' recovery)	Hill sprints	2x 15' Threshold run (5'recovery)
<b>Thursday</b>	40' Steady run	10' ER 20' ER 10' ER	10' ER 10' TR 5' ER 10' SR 5' ER	40' SR
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	5K Threshold run	5K Threshold run	5K Threshold run	5K Threshold run
<b>Sunday</b>	60' Threshold run	60' Threshold run	60' Threshold run	60' Threshold run

	Week 5	Week 6	Week 7	Week 8
<b>Monday</b>	45' Easy run	50' Steady run	25' Steady run	40' Steady run
<b>Tuesday</b>	Rest	Rest	Rest	Rest
<b>Wednesday</b>	1' TR / 30sec ER 2' TR/ 1'ER 3' TR/ 1'30 ER 4' TR/ 2' ER Reverse back down	Hill sprints	3 x 10' TR 3' recovery	5 x 1K Threshold run 2' recovery
<b>Thursday</b>	60' Steady run	10' ER 25' TR 10' ER	10' ER 15' SR 10' ER	10' ER 2 x 15' TR/2' ER 10' ER
<b>Friday</b>	Rest	Rest	Rest	Rest
<b>Saturday</b>	5K Threshold run	5K Threshold run	5K Threshold run	5K Threshold run
<b>Sunday</b>	18K Threshold run	21K Marathon pace	50' Steady run	50' Marathon pace

ER: Easy run | SR: Steady run | TR: Threshold run | MP: Marathon pace | ': minutes

If you are unsure about kit, fuelling or have any questions about your training, take a look at our FAQs on BookTrust's website or email us at [fundraising@booktrust.org.uk](mailto:fundraising@booktrust.org.uk)

	Week 9	Week 10	Week 11	Week 12
Monday	60' Easy run	60' Steady run	40' Steady run	40' Steady run
Tuesday	Rest	Rest	Rest	Rest
Wednesday	Hill sprints	2 x 15' Threshold run (5' recovery)	8 x 3' Threshold run (1' recovery)	Hill sprints
Thursday	10' ER 15' SR 10' ER	10' ER 2 x 2' TR/ 1' ER 3' TR/ 1'30sec ER 4' TR / 2' ER 5' TR / 2'30sec ER 10' ER	10' ER 5 x 2' TR / 1' ER 10' ER	5' ER 10' SR 10' TR 10' SR 10' ER
Friday	Rest	Rest	Rest	Rest
Saturday	5K Threshold run	5K Threshold run	5K Threshold run	5K Threshold run
Sunday	25K Marathon pace	29K Marathon pace	21K Threshold run	32K Marathon pace

	Week 13	Week 14	Week 15	Week 16
Monday	40' Easy run	35' Steady run	35' Steady run	40' Steady run
Tuesday	Rest	Rest	Rest	Rest
Wednesday	5 x 2' Threshold run 1' recovery run	Hill Sprints	8K (each km 30 secs faster)	4 x 6' Threshold run 1'30sec recovery
Thursday	10' ER 5 x 2' TR / 1' ER 10' ER	Rest	10' ER 5 x 10' TR/ 5' ER 10' ER	35' Steady run
Friday	Rest	Rest	Rest	Rest
Saturday	5K Threshold run	5K Threshold run	5K Threshold run	5K Threshold run
Sunday	32K Marathon pace	35K Marathon pace	21K Steady run	13K Steady run

ER: Easy run | SR: Steady run | TR: Threshold run | MP: Marathon pace | ' : minutes

Race Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' Easy run	Rest	Rest	Rest	5K Steady run	Rest	Race Day