

Running Plan Summary

Plan Overview

Plan uses progressive periodization with weekly long runs, tempo and interval sessions, targeted recovery, strength work and a two-week taper.

Success Assessment



Given a 3:08 PB, six-month focused training makes sub-3 realistically achievable but challenging at age 43; injury prevention and consistency are critical.

Things to Consider

Add twice-weekly strength training, prioritize sleep and nutrition, monitor fatigue, schedule tune-up half marathon, and adjust volume around illness or soreness.

Plan Request Details

Running Target

PLAN START DATE

October 10, 2025

RACE TYPE

MARATHON

RACE DATE

March 15, 2026

TARGET TIME

2 hours 58 minutes

Personal Details

YEAR OF BIRTH

1983

GENDER

MALE

HEIGHT

183 cm

WEIGHT

87 kg

FITNESS LEVEL

HIGH

Additional Info and Preferences

Just finished running marathon with PB of 3:08, and I would like to try and prepare to run sub 3 hour marathon next March. My training is done in the evening, my long run should be on Saturday. Sunday should be rest day.

Training Schedule

Friday, 10 Oct 2025 Easy Run

Evening easy 8 km. Keep conversational pace. Focus on relaxed form and steady breathing.

Goal: Rebuild aerobic base after race. Promote recovery while maintaining consistency for upcoming training.

Saturday, 11 Oct 2025 Long Run

Evening long 18 km at easy pace. Include last 3 km slightly quicker but comfortable.

Goal: Develop endurance and fat adaptation. Begin base-building for marathon distance and pacing.

Sunday, 12 Oct 2025 Rest

Full rest day. Gentle mobility and 10–15 minutes of light core work if desired.

Goal: Recovery day to consolidate training. Reduce fatigue and lower injury risk.

Monday, 13 Oct 2025 Easy + Strength

Evening easy 10 km. After run 20 minutes strength session. Focus on glutes, core, and single-leg work.

Goal: Maintain running volume while building resilience. Strength supports injury prevention and marathon economy.

Tuesday, 14 Oct 2025 Intervals

Evening session. Warm up. 6 x 800 m at 5K-10K effort with 2.5 minute jog recoveries. Cool down.

Goal: Improve VO2 and leg turnover. Build speed endurance needed to hold marathon target pace.

Wednesday, 15 Oct 2025 Recovery Run

Easy recovery 6 km in the evening. Very relaxed pace. Include 6 x 20 second strides after run.

Goal: Flush legs after intervals. Promote blood flow and recover while retaining neuromuscular sharpness.

Thursday, 16 Oct 2025 Easy Run

Evening easy 10 km. Focus on smooth cadence and controlled effort. No intensity.

Goal: Aerobic base building. Accumulate low-stress miles to improve endurance without overstressing system.

Friday, 17 Oct 2025 Tempo Run

Evening tempo 12 km. Warm up. 8 km at comfortably hard marathon threshold effort. Cool down.

Goal: Raise lactate threshold to sustain faster pace. Practice rhythm near marathon intensity.

Saturday, 18 Oct 2025 Long Run

Evening long 20 km. Start easy. Last 5 km at steady moderate pace but not all-out.

Goal: Increase long run durability. Practice nutrition and pacing strategies for longer efforts.

Sunday, 19 Oct 2025 Rest

Full rest. Gentle stretching and mobility. Prioritize sleep and nutrition for recovery.

Goal: Recover from long run and hard sessions. Adaptation occurs on rest days.

Monday, 20 Oct 2025 Easy + Strength

Evening easy 12 km. Post-run 25 minutes strength focusing on posterior chain and core stability.

Goal: Build muscular endurance and reduce injury risk. Support sustained marathon pace later in cycle.

Tuesday, 21 Oct 2025 Fartlek

Evening 10 km with 6 x 1 minute faster surges with easy jogging between. Controlled efforts.

Goal: Develop pace variability and neuromuscular responsiveness. Improve ability to handle surges during races.

Wednesday, 22 Oct 2025 Recovery Run

Evening very easy 6 km. Keep heart rate low. Gentle mobility afterwards.

Goal: Aid recovery after quality session. Maintain consistency and promote circulation.

Thursday, 23 Oct 2025 Easy Run

Evening easy 12 km. Relaxed effort. Focus on efficient stride and breathing.

Goal: Solid aerobic foundation. Accumulate fatigue-tolerant miles without high intensity.

Friday, 24 Oct 2025 Intervals

Evening session. Warm up. 5 x 1 km at 10K pace with 2 minute jog recoveries. Cool down.

Goal: Sharpen lactate tolerance and speed endurance. Help bridge gap from speed to marathon pace.

Saturday, 25 Oct 2025 Long Run

Evening long 22 km. Keep most at easy pace. Final 6 km at marathon goal rehearsal pace for 3–4 km then back to easy.

Goal: Build long-distance stamina and practice pacing. Simulate marathon effort rhythm.

Sunday, 26 Oct 2025 Rest

Full rest day. Light walking or mobility only. Prioritize recovery and sleep.

Goal: Consolidate gains from long run. Reduce fatigue and prepare for next training week.

Monday, 27 Oct 2025 Easy + Strength

Evening easy 12 km with 30 minutes strength after. Emphasize single-leg stability and hip strength.

Goal: Maintain strength and durability. Reduce injury risk while keeping mileage consistent.

Tuesday, 28 Oct 2025 Progression Run

Evening 14 km. Start easy and progressively increase pace so last 4 km are comfortably hard.

Goal: Teach finishing strength. Improve ability to run faster on tired legs, important for race late miles.

Wednesday, 29 Oct 2025 Recovery Run

Evening easy 6 km. Very relaxed. Include 6 gentle strides of 20 seconds.

Goal: Active recovery to promote circulation and prepare for intervals later in week.

Thursday, 30 Oct 2025 Tempo + Strides

Evening tempo 10 km with 6 km at threshold. Finish with 8 x 20 second strides.

Goal: Increase threshold endurance while rehearsing turnover for goal pace control.

Friday, 31 Oct 2025 Intervals

Evening session. Warm up. 8 x 600 m at 5K effort with 90 second jog recoveries. Cool down.

Goal: Build speed and VO2 capacity. Short intervals improve leg speed without excessive fatigue.

Saturday, 01 Nov 2025 Long Run

Evening long 24 km easy. Practice fueling regularly. Finish calmly. Focus on steady rhythm.

Goal: Extend endurance safely. Reinforce marathon confidence and nutrition strategy.

Sunday, 02 Nov 2025 Rest

Full rest day. Gentle mobility and foam rolling only. Prioritize sleep and recovery.

Goal: Essential recovery after long run. Allow adaptations and reduce injury risk.

Monday, 03 Nov 2025 Easy + Strength

Evening easy 12 km. Followed by 30 minutes strength and mobility work focusing on stability.

Goal: Maintain muscular resilience. Support running economy and prevent imbalances.

Tuesday, 04 Nov 2025 Fartlek

Evening 12 km with 10 minutes warm up then 5 x 3 minute harder efforts with 2 minute easy jog.

Goal: Build strength at varied paces. Improve ability to cope with changing race demands.

Wednesday, 05 Nov 2025 Recovery Run

Evening very easy 6 km. Keep effort conversational. Gentle stretching after run.

Goal: Promote recovery and freshness before weekend sessions. Maintain consistency with low stress.

Thursday, 06 Nov 2025 Easy Run

Evening easy 14 km. Comfortable pace. Focus on cadence and relaxed form.

Goal: Sustain aerobic base and accumulate steady miles without excessive fatigue.

Friday, 07 Nov 2025 Intervals

Evening session. Warm up. 6 x 1 km at 10K pace with 90 second recoveries. Cool down.

Goal: Sharpen pace control and speed endurance. Support ability to maintain faster pace in marathon.

Saturday, 08 Nov 2025 Long Run

Evening long 26 km. Steady easy pace. Include 8 km at marathon goal pace in middle portion.

Goal: Key endurance stimulus. Practice sustaining marathon pace under fatigue and fueling.

Sunday, 09 Nov 2025 Rest

Full rest day. Light mobility and easy walking only. Focus on recovery habits.

Goal: Recover thoroughly to integrate long-run adaptations. Reduce cumulative fatigue.

Monday, 10 Nov 2025 Easy + Strength

Evening easy 12 km. Follow with 20 minutes of maintenance strength and mobility.

Goal: Keep legs fresh while maintaining strength. Prepare for next training block with low fatigue.

Tuesday, 11 Nov 2025 Easy Run

Evening easy 12 km. Comfortable pace. Focus on relaxed form and efficient cadence.

Goal: Promote aerobic recovery. Maintain mileage without accumulating fatigue and prepare for midweek quality sessions.

Wednesday, 12 Nov 2025 Strength

Evening 30 minutes targeted strength and mobility. Focus on glutes hamstrings and core. Controlled tempo.

Goal: Build muscular resilience. Improve running economy and reduce injury risk for increasing marathon training load.

Thursday, 13 Nov 2025 Intervals

Evening session. Warm up. 5 x 1 km at 10K pace with 2 minute jog recoveries. Cool down.

Goal: Improve VO2 and pace control. Develop speed endurance to support marathon pace feeling under fatigue.

Friday, 14 Nov 2025 Easy Run

Evening easy 14 km. Conversational pace. Include 6 x 20 second strides at end with full recovery.

Goal: Aid recovery from intervals while maintaining aerobic volume and reinforcing turnover and running form.

Saturday, 15 Nov 2025 Long Run

Morning or evening long 28 km. Easy pace. Include 10 km in middle at marathon goal pace.

Goal: Increase endurance and practice pacing nutrition. Simulate marathon pace under fatigue and boost confidence.

Sunday, 16 Nov 2025 Rest

Full rest day. Light mobility and walking only. Prioritize sleep hydration and nutrition.

Goal: Allow recovery and adaptation from long run. Reduce cumulative fatigue and prepare for next week of training.

Monday, 17 Nov 2025 Easy + Strength

Evening easy 12 km. Follow with 20 minutes strength focusing on single leg stability.

Goal: Maintain base volume and rebuild strength after long. Support durability and balanced muscle function.

Tuesday, 18 Nov 2025 **Fartlek**

Evening 12 km with 8 x 2 minute harder efforts and easy jog recoveries. Warm up and cool down included.
Goal: Develop strength at varied intensities and improve ability to change pace during race demands.

Wednesday, 19 Nov 2025 **Recovery Run**

Evening very easy 8 km. Keep effort conversational. Gentle stretching and foam rolling after run.
Goal: Flush legs and promote recovery while maintaining consistency in training load and movement quality.

Thursday, 20 Nov 2025 **Tempo**

Evening tempo 14 km. Warm up 3 km. 8 km at comfortably hard tempo. Cool down 3 km.
Goal: Raise lactate threshold. Improve ability to sustain faster pace for longer and support marathon race pace endurance.

Friday, 21 Nov 2025 **Easy Run**

Evening easy 12 km. Conversational pace. Focus on relaxed breathing and mechanics.
Goal: Active recovery and steady aerobic accumulation. Prepare legs for weekend long run without adding fatigue.

Saturday, 22 Nov 2025 **Long Run**

Morning or evening long 30 km. Easy pace. Finish final 6 km at marathon goal pace. Practice fueling.
Goal: Build endurance and simulate late-race marathon feeling. Practice nutrition and pacing under fatigue.

Sunday, 23 Nov 2025 **Rest**

Full rest day. Gentle mobility only. Prioritize sleep and nutrition for recovery.
Goal: Recover from extended long run. Allow adaptation and sustain training consistency for coming week.

Monday, 24 Nov 2025 **Easy + Strength**

Evening easy 12 km. 25 minutes strength and mobility focusing on posterior chain.
Goal: Maintain strength gains. Support running economy and reduce injury risk while increasing weekly load.

Tuesday, 25 Nov 2025 **Hills**

Evening session. Warm up. 8 x 90 second hill repeats at strong effort with easy jog back. Cool down.
Goal: Build strength and power. Improve running economy and leg stiffness for efficient marathon pacing.

Wednesday, 26 Nov 2025 **Easy Run**

Evening easy 12 km. Keep effort relaxed. Include 6 strides at end.
Goal: Recover from hills while maintaining aerobic volume. Reinforce turnover and form.

Thursday, 27 Nov 2025 **Progression Run**

Evening 16 km. Start easy and finish last 5 km at half-marathon effort. Warm up and cool down.
Goal: Train ability to increase pace late in long efforts. Practice controlled fatigue and pacing discipline.

Friday, 28 Nov 2025 **Easy Run**

Evening easy 12 km. Conversational pace. Gentle stretching after run.
Goal: Active recovery and consistent aerobic work. Maintain freshness for weekend long run.

Saturday, 29 Nov 2025 **Long Run**

Morning or evening long 32 km. Easy pace. Include 12 km at marathon goal pace in middle section.
Goal: Extended endurance stimulus. Practice sustained marathon pace and fueling under longer fatigue.

Sunday, 30 Nov 2025 **Rest**

Full rest day. Light mobility only. Focus on sleep and recovery strategies.
Goal: Consolidate adaptations from longest run. Reduce fatigue and prepare for next training block.

Monday, 01 Dec 2025 Easy + Strength

Evening easy 14 km. Follow with 30 minutes strength. Emphasize hip stability and core.

Goal: Sustain muscle resilience. Support injury prevention and improve force transfer for running economy.

Tuesday, 02 Dec 2025 Intervals

Evening session. Warm up. 6 x 1 km at 10K pace with 90 second recoveries. Cool down.

Goal: Sharpen speed endurance and pacing precision. Support ability to hold faster pace during marathon.

Wednesday, 03 Dec 2025 Recovery Run

Evening very easy 8 km. Conversational effort. Gentle foam rolling afterwards.

Goal: Promote recovery after intervals. Maintain weekly mileage without adding stress.

Thursday, 04 Dec 2025 Tempo

Evening tempo 16 km. Warm up 3 km. 10 km at tempo. Cool down 3 km.

Goal: Raise threshold endurance. Improve ability to work comfortably hard and sustain faster efforts late in marathon.

Friday, 05 Dec 2025 Easy Run

Evening easy 12 km. Keep cadence steady. Include 8 x 20 second strides.

Goal: Active recovery and form reinforcement. Prepare legs for weekend long endurance work.

Saturday, 06 Dec 2025 Long Run

Morning long 34 km. Easy pace. Practice race fueling. Finish last 8 km at marathon goal pace if feeling strong.

Goal: Peak endurance stimulus for block. Test fueling and pacing for sustained marathon performance.

Sunday, 07 Dec 2025 Rest

Full rest day. Gentle mobility. Prioritize nutrition and soft tissue care.

Goal: Recover from highest volume. Allow adaptation and reduce injury risk before starting next block.

Monday, 08 Dec 2025 Easy + Strength

Evening easy 12 km. 30 minutes maintenance strength and mobility. Focus on recovery loads.

Goal: Maintain strength with low fatigue. Support durability and running economy during sustained training.

Training Schedule (continued)

Tuesday, 09 Dec 2025 **Fartlek**

Evening 12 km with mixed surges 1 to 4 minutes. Easy jog recoveries. Warm up and cool down.

Goal: Improve ability to change pace and handle surges. Develop race adaptability and mental toughness.

Wednesday, 10 Dec 2025 **Easy Run**

Evening easy 12 km. Conversational pace. Hydration and stretching after run.

Goal: Active recovery and steady mileage. Consolidate week of training while staying fresh.

Thursday, 11 Dec 2025 **Progression Run**

Evening 14 km. Build from easy to moderate pace. Finish last 4 km at marathon pace effort.

Goal: Train finishing strength and pace control. Prepare body to hold marathon pace under fatigue.

Friday, 12 Dec 2025 **Recovery Run**

Evening very easy 8 km. Gentle pace. Focus on mobility and sleep hygiene.

Goal: Flush residual fatigue and promote recovery. Ready to continue into next training segment with freshness.

Saturday, 13 Dec 2025 **Long Run**

Morning long 28 km easy. Include steady fueling every 45 minutes. Finish last 6 km at steady marathon pace effort if feeling good.

Goal: Develop aerobic endurance and practice race nutrition. Build ability to hold marathon pace late in long efforts.

Sunday, 14 Dec 2025 **Rest**

Full rest day. Gentle mobility and light stretching. Prioritize sleep and nutrition to recover from long run.

Goal: Allow recovery and adaptation after long endurance stimulus. Reduce injury risk and consolidate fatigue for next week.

Monday, 15 Dec 2025 **Easy Run**

Evening easy 12 km. Conversational pace. Include 6 x 20 second strides with full recovery after run.

Goal: Promote active recovery and maintain mileage. Reinforce running economy while keeping legs fresh for quality sessions.

Tuesday, 16 Dec 2025 **Intervals**

Evening track session. Warm up 3 km. 6 x 1 km at 10k pace with 2.5 minute jog recoveries. Cool down 2 km.

Goal: Improve VO2 max and speed endurance. Provide stimulus for lactate clearance and raising sustainable race pace threshold.

Wednesday, 17 Dec 2025 **Recovery**

Evening very easy 8 km. Focus on form and relaxed breathing. Light mobility after run.

Goal: Flush residual fatigue from intervals. Promote recovery while maintaining consistent weekly training load and readiness for next hard workout.

Thursday, 18 Dec 2025 **Tempo**

Evening tempo 14 km. Warm up 3 km. 8 km at half marathon to slightly faster than marathon pace effort. Cool down 3 km.

Goal: Increase sustained threshold pace and improve ability to hold strong pace under fatigue. Simulate marathon tempo efforts.

Friday, 19 Dec 2025 **Easy + Strength**

Evening easy 12 km. Follow with 30 minutes targeted strength. Emphasize glutes core and single leg stability.

Goal: Support durability and running economy. Reduce injury risk while strengthening muscles used in late-race running.

Saturday, 20 Dec 2025 **Long Run**

Morning long 30 km easy. Practice fueling and pacing. Finish final 8 km at marathon goal pace if comfortable.

Goal: Build endurance and marathon-specific strength. Practice fueling strategy and holding goal pace under fatigue.

Sunday, 21 Dec 2025 **Rest**

Full rest day. Gentle mobility and walking. Prioritize recovery and sleep after long run.

Goal: Recover physically and mentally. Allow adaptation and reduce cumulative fatigue before next training block.

Monday, 22 Dec 2025 Easy Run

Evening easy 14 km. Conversational pace. Include 6 x 20 second strides with relaxed form.

Goal: Maintain weekly mileage and promote circulation. Keep legs responsive without inducing significant fatigue.

Tuesday, 23 Dec 2025 Hills

Evening hill repeats. Warm up 3 km. 10 x 60 second uphill at strong effort with jogging back recovery. Cool down 3 km.

Goal: Develop strength, power and uphill running economy. Improve form and leg stiffness for late race efficiency.

Wednesday, 24 Dec 2025 Recovery

Evening very easy 8 km. Focus on mobility and hydration. Gentle stretching after run.

Goal: Active recovery following hill strength work. Help muscles repair and prepare for upcoming tempo session.

Thursday, 25 Dec 2025 Progression Run

Evening 16 km. Start easy and gradually increase pace each 4 km. Finish last 4 km at marathon goal pace.

Goal: Train pacing, finishing strength and ability to accelerate late in long efforts. Simulate race progression.

Friday, 26 Dec 2025 Easy + Strength

Evening easy 12 km. 30 minutes maintenance strength focusing on hip and core stability.

Goal: Maintain muscular balance and resilience. Support high running load and reduce injury risk during intensified training.

Saturday, 27 Dec 2025 Long Run

Morning long 32 km easy. Include race fueling and practice pacing. Try to hold marathon goal pace for final 10 km if feeling strong.

Goal: Increase long-run endurance and late-race pace holding. Validate fueling and mental strategies for marathon target.

Sunday, 28 Dec 2025 Rest

Full rest day. Gentle mobility and light walking. Attention to nutrition and sleep.

Goal: Essential recovery after high volume long run. Allow adaptation and lower injury risk before next week.

Monday, 29 Dec 2025 Easy Run

Evening easy 12 km. Relaxed pace. Include 8 x 20 second strides to maintain turnover.

Goal: Active recovery while preserving weekly mileage. Keep neuromuscular sharpness without heavy fatigue.

Tuesday, 30 Dec 2025 Intervals

Evening session. Warm up 3 km. 5 x 1 mile at slightly faster than 10k pace with 3 minute recoveries. Cool down 3 km.

Goal: Boost aerobic power and ability to sustain fast pace. Convert leg speed into marathon-specific economy.

Wednesday, 31 Dec 2025 Recovery

Evening very easy 8 km. Gentle mobility and foam rolling. Hydration and nutrition focus for holiday period.

Goal: Flush fatigue from intervals. Maintain consistency and prepare for coming block of training.

Thursday, 01 Jan 2026 Easy Run

Evening easy 14 km. Conversational pace. Keep cadence steady. Light strength mobility after run.

Goal: Start new calendar block with controlled volume. Promote recovery and consistent aerobic base for upcoming weeks.

Friday, 02 Jan 2026 Tempo

Evening tempo 16 km. Warm up 3 km. 10 km at marathon goal pace plus 5 to 10 seconds. Cool down 3 km.

Goal: Sharpen ability to sustain marathon pace. Train physiological and mental comfort with target race speed.

Saturday, 03 Jan 2026 Long Run

Morning long 34 km easy. Practice race fueling. Aim to hold marathon goal pace for final 12 km if conditions allow.

Goal: Maximize endurance and simulate late-race demands. Reinforce fueling and pacing under cumulative fatigue.

Sunday, 04 Jan 2026 Rest

Full rest day. Gentle mobility and targeted soft tissue care. Prioritize recovery after long high mileage run.
Goal: Full recovery to consolidate adaptations. Reduce injury risk and prepare for next quality week.

Monday, 05 Jan 2026 Easy Run

Evening easy 12 km. Conversational pace. Include 6 x 20 second strides with full recoveries.
Goal: Maintain aerobic base and neuromuscular quickness. Keep overall load moderate after long run.

Tuesday, 06 Jan 2026 Intervals

Evening track. Warm up 3 km. 8 x 800 m at 5k pace with 2 minute recoveries. Cool down 3 km.
Goal: Develop speed endurance and efficiency. Improve ability to hold faster paces and clear lactate quickly.

Wednesday, 07 Jan 2026 Recovery

Evening very easy 8 km. Focus on mobility and relaxed running form. Light stretching after run.
Goal: Active recovery to allow adaptation from intervals. Reduce soreness and maintain consistency in training.

Thursday, 08 Jan 2026 Fartlek

Evening 14 km with mixed surges 1 to 4 minutes. Easy jog recovery. Warm up and cool down included.
Goal: Improve pace variability and response to surges. Develop adaptability for race dynamics and finishing kick.

Friday, 09 Jan 2026 Easy + Strength

Evening easy 12 km. Follow with 30 minutes strength focusing on single leg control and core. Emphasize low load high quality.
Goal: Support durability and reduce injury risk. Reinforce strength under low fatigue to transfer to running.

Saturday, 10 Jan 2026 Long Run

Morning long 26 km easy. Steady effort. Practice race hydration and pacing. Finish last 6 km at marathon goal pace if fresh.
Goal: Sustain aerobic base with moderate long run. Build confidence holding marathon pace late in longer efforts.

Sunday, 11 Jan 2026 Rest

Full rest day. Gentle mobility and light walking. Prioritize sleep and nutrition to recover from weekend.
Goal: Recovery and consolidation of previous training. Prevent overtraining and prepare for next quality sessions.

Monday, 12 Jan 2026 Progression Run

Evening 14 km. Build from easy to moderate. Finish last 4 km near marathon pace with good form.
Goal: Train finishing strength and pace control. Prepare body to hold marathon effort under late-race fatigue.

Tuesday, 13 Jan 2026 Easy Run

Evening easy 12 km conversational pace. Include 6 x 20 second strides with full recoveries after run.
Goal: Promote recovery and maintain aerobic base while preparing legs for upcoming quality sessions and long run.

Wednesday, 14 Jan 2026 Intervals

Evening track. Warm up 3 km. 6 x 1 km at 10k pace with 2.5 minute jog recoveries. Cool down 3 km.
Goal: Build VO2 and speed endurance. Improve ability to sustain faster paces without excessive fatigue.

Thursday, 15 Jan 2026 Recovery

Evening very easy 8 km. Focus on relaxed form and mobility afterwards. Keep pace well below threshold.
Goal: Allow physiological recovery after intervals. Consolidate adaptations and reduce injury risk.

Friday, 16 Jan 2026 Tempo

Evening tempo 14 km. Warm up 3 km. 8 km at marathon goal pace +10-15 seconds. Cool down 3 km.
Goal: Train sustained threshold effort and sharpen ability to hold goal marathon pace under fatigue.

Saturday, 17 Jan 2026 Easy + Strength

Evening easy 12 km. Follow with 30 minutes strength focusing on single leg control and core. Emphasize low load and quality.
Goal: Build durability and core strength to support increased marathon-specific load and reduce injury risk.

Sunday, 18 Jan 2026 Rest

Full rest day. Gentle mobility and short walks. Prioritize sleep and nutrition to recover from weekend long effort.
Goal: Complete recovery to allow adaptation from long run. Reduce overall fatigue and prevent overtraining.

Monday, 19 Jan 2026 Long Run

Morning long 28 km easy. Steady effort. Last 8 km include marathon pace segments of 4 x 2 km with easy jog recoveries.
Goal: Extend aerobic endurance and practice holding marathon pace late in a long effort. Fueling practice included.

Tuesday, 20 Jan 2026 Easy Run

Evening easy 12 km conversational pace. Include 6 x 20 second strides at end with full recovery.
Goal: Flush legs after long run. Maintain aerobic base while keeping intensity low to aid recovery.

Wednesday, 21 Jan 2026 Fartlek

Evening 14 km with 10 x mixed surges 1-3 minutes at slightly faster than 10k pace. Easy jog recoveries between surges.
Goal: Improve pace variability and ability to respond to changes in race pace. Develop race adaptability.

Thursday, 22 Jan 2026 Recovery

Evening very easy 8 km. Focus on mobility and relaxed running form. Light stretching post run.
Goal: Active recovery to allow adaptation from quality session. Reduce soreness and maintain consistency.

Friday, 23 Jan 2026 Progression Run

Evening 14 km. Build from easy for first 8 km to steady near marathon pace for final 6 km. Finish controlled.
Goal: Train finishing strength and ability to lift pace late in runs while preserving form.

Saturday, 24 Jan 2026 Easy + Strength

Evening easy 12 km. Follow with 30 minutes strength emphasizing glute and hip stability. Low intensity controlled reps.
Goal: Maintain durability and reduce injury risk. Transfer strength gains to running mechanics.

Sunday, 25 Jan 2026 Rest

Full rest day. Gentle mobility and light walking. Prioritize recovery and quality sleep.
Goal: Allow recovery from week of training. Restore energy for next week's higher intensity.

Monday, 26 Jan 2026 Intervals

Evening track. Warm up 3 km. 5 x 1600 m at half marathon effort with 3 minute jog recoveries. Cool down 3 km.
Goal: Improve lactate threshold and pace control for sustained faster efforts approaching marathon goal pace.

Tuesday, 27 Jan 2026 Easy Run

Evening easy 12 km conversational pace. Include 6 x 20 second strides with full recoveries.
Goal: Active recovery to support interval adaptations. Maintain aerobic base without excessive load.

Wednesday, 28 Jan 2026 Tempo

Evening tempo 16 km. Warm up 3 km. 10 km at marathon goal pace +5-10 seconds. Cool down 3 km.
Goal: Increase confidence holding goal marathon pace for longer durations. Enhance race pace economy.

Thursday, 29 Jan 2026 Recovery

Evening very easy 8 km. Focus on form and breathing. Gentle mobility after run.
Goal: Permit recovery and consolidation after tempo. Reduce cumulative fatigue while preserving fitness.

Friday, 30 Jan 2026 Easy + Hills

Evening easy 12 km including 8 x 60 second uphill surges with jog back recoveries. Warm up and cool down included.

Goal: Develop leg strength and running economy. Improve ability to handle rolling terrain in races.

Saturday, 31 Jan 2026 Long Run

Morning long 30 km easy. Include final 10 km with segments at marathon goal pace in 4 x 2.5 km blocks. Practice nutrition and pacing.

Goal: Extend endurance and simulate late-race pace holding. Build confidence and fueling routine.

Sunday, 01 Feb 2026 Rest

Full rest day. Gentle mobility and light walking. Prioritize sleep and nutrition following long run.

Goal: Essential recovery to adapt to increased long run load. Prevent overuse and prepare for quality week.

Monday, 02 Feb 2026 Easy Run

Evening easy 12 km conversational pace. Include 6 x 20 second strides to maintain turnover.

Goal: Maintain aerobic base while promoting recovery. Keep legs responsive without heavy stress.

Tuesday, 03 Feb 2026 Intervals

Evening track. Warm up 3 km. 10 x 800 m at 5k pace with 2 minute recoveries. Cool down 3 km.

Goal: Sharpen speed endurance and improve ability to clear lactate. Support faster turnover for marathon finishing kick.

Wednesday, 04 Feb 2026 Recovery

Evening very easy 8 km. Gentle mobility and foam rolling afterwards. Keep pace relaxed.

Goal: Active recovery to consolidate interval gains. Reduce fatigue and injury risk.

Thursday, 05 Feb 2026 Tempo

Evening tempo 14 km. Warm up 3 km. 8 km at marathon goal pace. Cool down 3 km.

Goal: Reinforce marathon pace familiarity and ability to hold sustained effort under moderate fatigue.

Friday, 06 Feb 2026 Easy + Strength

Evening easy 12 km. Follow with 30 minutes strength focusing on single leg control and core. Controlled tempo lifts.

Goal: Maintain durability and resilience. Reduce injury risk while translating strength to running.

Training Schedule (continued)

Saturday, 07 Feb 2026 Long Run

Morning long 32 km easy. Finish last 12 km with progressive blocks. Practice race nutrition and pacing strategy.

Goal: Peak endurance session for marathon preparation. Simulate late-race demands and fueling under fatigue.

Sunday, 08 Feb 2026 Rest

Full rest day. Gentle mobility and light walking. Prioritize recovery after peak long run.

Goal: Recovery and adaptation after highest long-run load. Prepare body for focused quality sessions.

Monday, 09 Feb 2026 Easy Run

Evening easy 12 km conversational pace. Include light strides 6 x 20 seconds at end.

Goal: Promote recovery and maintain aerobic fitness. Keep workload moderate after peak week.

Tuesday, 10 Feb 2026 Fartlek

Evening 14 km with varied surges 1-5 minutes. Emphasize relaxed recoveries and good form. Include warm up and cool down.

Goal: Maintain sharpness and ability to respond to pace changes. Improve neuromuscular readiness for race efforts.

Wednesday, 11 Feb 2026 Recovery

Evening very easy 8 km. Mobility and stretching session after run. Keep effort minimal.

Goal: Consolidate adaptations and reduce fatigue before final week of this segment. Prevent overreaching.

Thursday, 12 Feb 2026 Progression Run

Evening 14 km. Build from easy to marathon goal pace for final 4 km. Maintain form and controlled effort.

Goal: Train ability to finish strong at marathon pace. Reinforce pacing discipline and late-race strength.

Friday, 13 Feb 2026 Easy Run

Evening easy 12 km conversational pace. Include 6 x 20 second strides at the end. Focus on relaxed effort and recovery.

Goal: Promote recovery after previous block while maintaining aerobic base. Prepare legs for upcoming long run and quality sessions.

Saturday, 14 Feb 2026 Long Run

Morning long 30 km easy. Finish final 8 km with steady blocks slightly faster than easy pace. Practice fueling and hydration.

Goal: Sustain endurance and late-race pacing. Reinforce fueling plan and simulate marathon nutrition under fatigue.

Sunday, 15 Feb 2026 Rest

Full rest day. Gentle mobility, foam rolling and light walking. Prioritize sleep and nutrition.

Goal: Allow recovery after long run. Reduce fatigue and consolidate training adaptations to support upcoming intensity sessions.

Monday, 16 Feb 2026 Easy Run

Evening easy 10 km. Maintain relaxed cadence. Add mobility and light core routine after run for 20 minutes.

Goal: Active recovery while keeping weekly mileage. Improve movement quality and prepare for intervals later this week.

Tuesday, 17 Feb 2026 Intervals

Evening session. Warm up 3 km. 6 x 1 km at 10k pace with 2.5 minute jog recoveries. Cool down 3 km.

Goal: Develop VO2 and pace control. Improve speed endurance without excess fatigue before midweek recovery.

Wednesday, 18 Feb 2026 Recovery

Evening very easy 8 km. Focus on form, cadence and deep breathing. Gentle stretching afterwards.

Goal: Allow adaptation after interval session. Reduce fatigue and maintain aerobic circulation for next harder workout.

Thursday, 19 Feb 2026 Tempo

Evening tempo 12 km. Warm up 3 km. 6 km at marathon goal pace plus 1-2 sec/km. Cool down 3 km.

Goal: Train sustained effort near marathon pace. Build confidence in holding race pace under moderate fatigue.

Friday, 20 Feb 2026 Easy + Strength

Evening easy 12 km. Follow with 30 minutes strength focusing on single leg control and core. Keep loads moderate.
Goal: Maintain durability and reduce injury risk. Translate strength gains to running economy and resilience.

Saturday, 21 Feb 2026 Long Run

Morning long 28 km easy. Include 3 x 5 km blocks at marathon pace separated by 3 minutes easy jogging.
Goal: Continue endurance development. Practice race pace segments and nutrition while avoiding excessive fatigue.

Sunday, 22 Feb 2026 Rest

Full rest day. Active mobility and short walk. Prioritize sleep and recovery meals.
Goal: Recover after long run. Consolidate improvements and minimise injury risk heading into final quality week.

Monday, 23 Feb 2026 Easy Run

Evening easy 10 km. Include 8 x 20s strides at the end. Gentle hip and glute activation post run.
Goal: Keep legs fresh and maintain aerobic base. Prepare neuromuscular system for tempo later in week.

Tuesday, 24 Feb 2026 Fartlek

Evening 14 km with varied surges 1 to 4 minutes. Easy jog recoveries. Keep surges controlled and form-focused.
Goal: Improve ability to handle pace changes. Maintain sharpness without maximal stress on central fatigue.

Wednesday, 25 Feb 2026 Recovery

Evening very easy 8 km. Include mobility and foam rolling. Keep effort conversational and relaxed.
Goal: Facilitate recovery after quality work. Maintain weekly load while reducing accumulated fatigue.

Thursday, 26 Feb 2026 Tempo

Evening tempo 14 km. Warm up 3 km. 8 km at marathon pace. Cool down 3 km. Focus on consistent pacing and smooth turnover.
Goal: Reinforce marathon pace confidence and economy. Practice fueling strategy and mental pacing skill.

Friday, 27 Feb 2026 Easy + Strength

Evening easy 12 km. Follow with 30 minutes strength. Emphasize single-leg stability and hip strength. Keep intensity moderate.
Goal: Build robustness and support joint resilience. Reduce injury risk while maintaining running-specific strength.

Saturday, 28 Feb 2026 Long Run

Morning long 24 km easy. Final 10 km include progressive segments finishing slightly faster than marathon pace.
Goal: Sharpen endurance while beginning planned taper. Practice finishing under tired legs without overreaching.

Sunday, 01 Mar 2026 Rest

Full rest day. Gentle stretching and short walk. Begin taper mindset and reduce overall activity volume.
Goal: Start two-week taper. Promote recovery and conservation of fitness for race week sharpening.

Monday, 02 Mar 2026 Easy Run

Evening easy 10 km. Include strides 6 x 20 seconds. Focus on relaxed turnover and form.
Goal: Maintain leg activation during taper. Keep aerobic systems primed without inducing fatigue.

Tuesday, 03 Mar 2026 Intervals

Evening session. Warm up 3 km. 5 x 1 km at 10k pace with 2 minute recoveries. Cool down 3 km.
Goal: Short high quality session to preserve speed. Avoid excessive volume during taper while maintaining neuromuscular sharpness.

Wednesday, 04 Mar 2026 Recovery

Evening very easy 8 km. Mobility and light core work. Keep effort minimal and restful.
Goal: Consolidate gains from intervals. Maintain freshness and reduce fatigue heading into the final week.

Thursday, 05 Mar 2026 Progression Run

Evening 12 km. Build from easy to marathon goal pace for final 3 km. Focus on relaxed efficiency and breathing.
Goal: Rehearse finishing strong. Reinforce pacing discipline and late-race economy without heavy fatigue.

Friday, 06 Mar 2026 Easy + Strength

Evening easy 10 km. Short 20 minute maintenance strength and mobility. Prioritize light activation not fatigue.
Goal: Maintain muscle readiness. Prevent deconditioning while avoiding heavy lifts close to race.

Saturday, 07 Mar 2026 Long Run

Morning long 18 km easy. Finish with 6 km at marathon effort including a few short pickups.
Goal: Final sharpening long run. Keep volume reduced. Practice race pace rhythm with reduced fatigue.

Sunday, 08 Mar 2026 Rest

Full rest day. Gentle walking and stretching. Mental preparation and logistical check for race week.
Goal: Deep recovery day. Reduce fatigue and prepare body and mind for final taper and race.

Monday, 09 Mar 2026 Easy Run

Evening easy 8 km. Include 5 x 20 second strides. Keep pace conversational and relaxed.
Goal: Keep legs nimble and maintain confidence during taper. Avoid any session that induces residual soreness.

Tuesday, 10 Mar 2026 Short Tempo

Evening 8 km with 4 km at marathon pace within workout. Warm up and cool down included. Focus on smooth effort.
Goal: Race pace rehearsal with minimal stress. Reinforce feel for goal pace while preserving freshness.

Wednesday, 11 Mar 2026 Recovery

Evening very easy 6 km. Gentle mobility and short massage if available. Stay calm and rested.
Goal: Allow recovery from final tempo. Maximise freshness and ensure full recovery before race week.

Thursday, 12 Mar 2026 Easy Run

Evening easy 6 km. Include light strides 4 x 20 seconds. Keep effort relaxed and breathing steady.
Goal: Keep neuromuscular system awake. Preserve fitness without adding fatigue in final race build-up.

Friday, 13 Mar 2026 Rest

Full rest day. Final gear check and nutrition plan review. Short walk or mobility as desired.
Goal: Final full recovery before race. Optimize sleep and readiness for race day performance.

Saturday, 14 Mar 2026 Easy Run

Evening very easy 4 km. Gentle strides 3 x 20 seconds. Focus on relaxation and confident pacing.
Goal: Pre-race loosen. Maintain calm, reduce nervous energy and keep legs ready for competition.

Sunday, 15 Mar 2026 Race

Marathon race day. Warm up lightly. Execute race plan aiming for sub 3 hours. Manage fueling and pacing precisely.
Goal: Target race. Execute trained pacing, fueling and mental strategy to achieve sub three hour marathon goal.