

Gulu City Marathon – Marathon Training Plan (42.2 KM)

Start Date: Monday 25th August 2025

Duration: 15 Weeks

Race Day: Saturday 6th December 2025

Pacing Guidelines

- **Easy (E):** 6:45–7:30 min/km (conversational)
- **Tempo (T):** 5:55–6:15 min/km (comfortably hard)
- **Marathon Pace (MP):** 5:35–5:45 min/km (controlled, sustainable)
- **Strides:** 20 sec @ ~4:30–4:40 min/km, full recovery
- **Strength Training:** bodyweight/core (planks, squats, lunges, push-ups)
- **Peak Long Run:** Beginner – 30 km, Experienced – 32 km



Week	Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wk 1	Beginner	Rest / Strength	5 km jog (E)	Rest	5 km jog (E)	Rest / Strength	10 km (E)	4 km jog
	Experienced	Rest / Strength	6 × 800m @ 10K pace (5:15/km), 400m jog	8 km (E)	6 km tempo (T ~6:00/km)	Rest / Strength	14 km (E)	5 km jog
Wk 2	Beginner	Rest / Strength	6 km jog (E)	Rest	5 km jog (E)	Rest / Strength	12 km (E)	4 km jog
	Experienced	Rest / Strength	8 × 400m @ 10K pace (5:15/km), 200m jog	8 km (E)	7 km tempo (T)	Rest / Strength	16 km (E)	5 km jog
Wk 3	Beginner	Rest / Strength	6 km jog (E)	Rest	5 × 3 min brisk (MP) / 2 min jog	Rest / Strength	14 km (E)	5 km jog
	Experienced	Rest / Strength	6 × 1 km @ MP (5:40/km), 2 min jog	9 km (E)	Hills: 8 × 75 sec hard (~5:00/km)	Rest / Strength	18 km (E)	6 km jog
Wk 4	Beginner	Rest / Strength	7 km jog (E)	Rest	6 km jog (E)	Rest / Strength	16 km (E)	5 km jog
	Experienced	Rest / Strength	7 × 1 km @ MP (5:40/km), 2 min jog	10 km (E)	8 km tempo (T)	Rest / Strength	20 km (E)	6 km jog
Wk 5	Beginner	Rest / Strength	7 km jog (E)	Rest	5 × 4 min brisk (MP) / 2 min jog	Rest / Strength	18 km (E)	5 km jog
	Experienced	Rest / Strength	10 × 400m @ 10K pace (5:15/km), 200m jog	10 km (E)	9 km tempo (T ~6:00/km)	Rest / Strength	22 km (E)	6 km jog
Wk 6	Beginner	Rest / Strength	7 km jog (E)	Rest	6 km jog (E)	Rest / Strength	20 km (E)	6 km jog
	Experienced	Rest / Strength	8 × 800m @ MP (5:40/km), 400m jog	10 km (E)	Hills: 10 × 75 sec (~5:00/km)	Rest / Strength	24 km (E)	6 km jog
Wk 7	Beginner	Rest / Strength	6 km jog (E)	Rest	6 km jog (E)	Rest / Strength	14 km (E)	Rest
	Experienced	Rest / Strength	12 × 400m @ 10K pace (5:15/km), 200m jog	9 km (E)	8 km tempo (T)	Rest / Strength	18 km (E)	Rest
Wk 8	Beginner	Rest / Strength	8 km jog (E)	Rest	6 × 2 min brisk (MP) / 90 sec jog	Rest / Strength	22 km (E)	6 km jog
	Experienced	Rest / Strength	8 × 1 km @ MP (5:40/km), 2 min jog	11 km (E)	10 km tempo (T)	Rest / Strength	26 km (E)	7 km jog
Wk 9	Beginner	Rest / Strength	7 km jog (E)	Rest	6 km jog (E)	Rest / Strength	24 km (E)	6 km jog

	<i>Experienced</i>	Rest / Strength	6 × 1 km @ MP (5:40/km), 2 min jog	12 km (E)	Hills: 12 × 75 sec hard	Rest / Strength	28 km (E)	7 km jog
Wk 10	<i>Beginner</i>	Rest / Strength	8 km jog (E)	Rest	6 km jog (E)	Rest / Strength	20 km (E)	5 km jog
	<i>Experienced</i>	Rest / Strength	8 × 800m @ MP (5:40/km), 400m jog	11 km (E)	9 km tempo (T)	Rest / Strength	24 km (E)	6 km jog
Wk 11	<i>Beginner</i>	Rest / Strength	6 km jog (E)	Rest	5 km jog (E)	Rest / Strength	26 km (E)	6 km jog
	<i>Experienced</i>	Rest / Strength	10 × 400m @ 10K pace (5:15/km), 200m jog	12 km (E)	10 km tempo (T)	Rest / Strength	30 km (E)	7 km jog
Wk 12	<i>Beginner</i>	Rest / Strength	5 km jog (E)	Rest	4 km jog (E)	Rest / Strength	28 km (E)	6 km jog
	<i>Experienced</i>	Rest / Strength	6 × 1 km @ MP (5:40/km), 2 min jog	10 km (E)	8 km tempo (T)	Rest / Strength	32 km (E)	6 km jog
Wk 13	<i>Beginner</i>	Rest / Strength	6 km jog (E)	Rest	4 km jog (E)	Rest / Strength	20 km (E)	Rest
	<i>Experienced</i>	Rest / Strength	8 × 800m @ MP (5:40/km), 400m jog	10 km (E)	8 km tempo (T)	Rest / Strength	24 km (E)	Rest
Wk 14	<i>Beginner</i>	Rest / Strength	5 km jog (E)	Rest	4 km jog (E)	Rest / Strength	16 km (E)	Rest
	<i>Experienced</i>	Rest / Strength	6 × 400m @ 10K pace (5:15/km), 200m jog	8 km (E)	6 km tempo (T)	Rest / Strength	20 km (E)	Rest
Wk 15	<i>Beginner</i>	Rest / Strength	3 km jog (E)	Rest	10–15 min jog (E)	Rest / Strength	RACE DAY	Rest
	<i>Experienced</i>	Rest / Strength	4 km jog (E) + 4 × 20 sec strides (4:30/km)	Rest	10–15 min jog (E)	Rest / Strength	RACE DAY	Rest