



42.2K MARATHON TRAINING PROGRAMME - 12 WEEKS

Race Day: Saturday, 5 December 2026
 5 running days per week | 2 rest days | Marathon-specific endurance programme

INDICATIVE PACE GUIDE

Group	Marathon Target	Recovery (min/km)	Easy/LSD (min/km)	Tempo (min/km)	Marathon RP (min/km)	Hills	Intervals (min/km)
G1	Sub 6:00	9:30-10:20	9:00-9:50	8:35-8:50	8:32	RPE 7-8	8:05-8:20
G2	Sub 5:30	8:50-9:40	8:20-9:10	7:55-8:10	7:49	RPE 7-8	7:25-7:40
G3	Sub 5:00	8:10-9:00	7:40-8:30	7:15-7:30	7:07	RPE 7-8	6:40-6:55
G4	Sub 4:30	7:25-8:15	6:55-7:45	6:30-6:40	6:24	RPE 7-8	5:55-6:10
G5	Sub 4:00	6:45-7:30	6:15-7:00	5:50-6:00	5:41	RPE 7-8	5:15-5:30
G6	Sub 3:30	6:00-6:45	5:30-6:15	5:05-5:15	4:59	RPE 7-8	4:35-4:50
G7	Sub 3:00	5:15-6:00	4:45-5:30	4:20-4:30	4:16	RPE 7-8	3:55-4:10

NOTES FOR RUNNERS

Entry: This is a 12-week marathon-specific plan. Start with a consistent aerobic base and the ability to run about 75-90 min continuously.	Paces: Choose the group closest to your current fitness. Recovery, Easy and LSD should remain conversational; adjust for heat, hills, terrain and fatigue.
Quality: MP = controlled Marathon Race Pace. Tempo = comfortably hard. Intervals = hard but repeatable. Hills = RPE 7-8/10 with an easy jog down.	Long Runs: Prioritise time on feet and aerobic durability, not speed. The general programme caps long runs at 3 hours.
Fuel & Hydration: Practise your Race Day fueling and hydration during long runs. Use familiar products, quantities and timing - nothing new on Race Day.	Recovery: Sunday is full Rest. Monday is Recovery; if significantly fatigued after the long run, Monday may also become Rest.
Missed Training: Do not make up missed mileage or combine sessions. Resume the programme when ready.	Deload & Taper: Weeks 4 and 8 reduce training stress. Weeks 11-12 taper the workload. Do not add mileage because the programme feels easier.
Race Week: Four Rest days - Mon, Wed, Fri and Sun. The objective is freshness, not additional fitness.	Safety: Persistent or worsening pain should not be trained through. Stop or modify the session and seek appropriate professional assessment where necessary.



42.2K MARATHON TRAINING PLAN - 14 SEPTEMBER TO 6 DECEMBER 2026

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
W1 14-20 Sep	40 min Rec	15 WU + 6 x (2 min H + Jog Down) + 10 WD	45 min E	15 WU + 3 x (10 min T + 3 min Rec) + 10 WD	Rest	2h00 LSD	Rest
W2 21-27 Sep	40 min Rec	15 WU + 8 x (2 min H + Jog Down) + 10 WD	50 min E	15 WU + 3 x (3 km MP + 1 km E) + 10 WD	Rest	2h15 LSD	Rest
W3 28 Sep-4 Oct	45 min Rec	15 WU + 5 x (1 km I + 400m Rec) + 10 WD	50 min E	15 WU + 3 x (4 km MP + 1 km E) + 10 WD	Rest	2h30 LSD	Rest
W4 5-11 Oct DELOAD	30 min Rec	40 min E + 6 x 20 sec Strides	35 min E	15 WU + 20 min T + 10 WD	Rest	1h30 LSD	Rest
W5 12-18 Oct	45 min Rec	15 WU + 4 x (2 km T + 2 min Rec) + 10 WD	50 min E	15 WU + 3 x (4 km MP + 1 km E) + 10 WD	Rest	2h30 LSD	Rest
W6 19-25 Oct	45 min Rec	15 WU + 6 x (1 km I + 400m Rec) + 10 WD	55 min E	15 WU + 14 km MP + 10 WD	Rest	2h45 LSD	Rest
W7 26 Oct-1 Nov	45 min Rec	15 WU + 8 x (90 sec H + Jog Down) + 10 WD	55 min E	15 WU + 3 x (5 km MP + 1 km E) + 10 WD	Rest	3h00 LSD	Rest
W8 2-8 Nov DELOAD	30 min Rec	40 min E + 6 x 20 sec Strides	35 min E	15 WU + 20 min T + 10 WD	Rest	1h45 LSD	Rest
W9 9-15 Nov	45 min Rec	15 WU + 3 x (10 min T + 3 min Rec) + 10 WD	50 min E	15 WU + 16 km MP + 10 WD	Rest	3h00 LSD	Rest
W10 16-22 Nov	40 min Rec	15 WU + 5 x (1 km I + 400m Rec) + 10 WD	45 min E	15 WU + 10 km MP + 10 WD	Rest	2h30 LSD: final 30 min steady/MP effort	Rest
W11 23-29 Nov TAPER	35 min Rec	15 WU + 3 x (8 min T + 3 min Rec) + 10 WD	35 min E	15 WU + 6 km MP + 10 WD	Rest	1h30 LSD	Rest
W12 30 Nov-6 Dec RACE	Rest	30 min E + 4 x 20 sec Strides	Rest	20 min E + 3 x (1 min MP + 2 min E Rec)	Rest	42.2K RACE Sat 5 Dec	Rest

Abbreviations: WU = Warm-up | WD = Warm-down | Rec = Recovery | E = Easy | LSD = Long Slow Distance | T = Tempo | MP = Marathon Race Pace | H = Hills | I = Intervals | RPE = Rate of Perceived Exertion