

# Advanced Marathon Plan

Free one-page sample

A calmer 16-week marathon build for experienced runners who want durable progress, better long-run control, and a cleaner race-day finish. This sample shows the structure, the flavour of the sessions, and the kind of runner the plan is built for.

<b>Distance:</b> Marathon	<b>Level:</b> Advanced	<b>Duration:</b> 16 weeks
<b>Weekly load:</b> 320–500 minutes across five runs per week		
<b>Longest run:</b> Up to 180 minutes		

## Who it is for

- Runners who already handle five runs per week and long runs of roughly 100–120 minutes.
- Marathoners who prefer repeatable structure over constant novelty.
- Athletes who want effort-led training that still makes sense when weather, terrain, or fatigue distort pace.

## Typical week rhythm

<b>Monday / Friday</b>	Rest, walking, or short strength and mobility so the hard work lands.
<b>Tuesday</b>	Primary quality session: steady reps, hills, or threshold-style work.
<b>Wednesday / Saturday</b>	Easy support running, sometimes with relaxed strides on Saturday.
<b>Thursday</b>	Marathon-specific support through blocks, steady progression, or continuous aerobic work.
<b>Sunday</b>	Long-run progression that grows from controlled aerobic time to event-specific work.

## Three real sessions from the plan

<b>Week 1 Tue</b>	55 min, RPE 6	3 x 8 min steady with 2 min easy jog between reps.
<b>Week 7 Thu</b>	90 min, RPE 5–6	30 min easy, 30 min steady, 20 min marathon effort, 10 min easy.
<b>Week 13 Sun</b>	180 min, RPE 4–6	Long run with 3 x 20 min at marathon effort, separated by 10 min easy. Fuel early and consistently.

## Inside the full PDF

- Full 16-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, long-run progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and plan-adjustment notes.

**What this plan emphasizes:** Calm accumulation, repeatable weeks, sensible cutbacks, and marathon-specific control without turning every week into a test.

**Full plan:** Visit [the Advanced Marathon Plan page](#)