

Builder Marathon Plan

Free one-page sample

A steadier 16-week marathon build for runners who want enough structure to prepare properly, but not so much training density that the whole week becomes fragile. This sample shows the rhythm of the block, the flavour of the sessions, and the kind of runner it is written for.

Distance: Marathon	Level: Builder	Duration: 16 weeks
Weekly load: 240–390 minutes across four runs per week		
Longest run: Up to 170 minutes		

Who it is for

- Runners with a consistent base who already handle four runs per week.
- Marathoners who want a calmer first serious build rather than a dramatic jump in workload.
- Athletes who want effort-led structure that still works when weather, hills, or fatigue distort pace.

Typical week rhythm

Monday / Friday	Rest, walking, or short strength and mobility so the running stays supported.
Tuesday	Primary build session: steady reps, short hills, or threshold-style support.
Thursday	Marathon-support running through steady blocks, progression, or continuous aerobic work.
Saturday	Easy support run, sometimes with relaxed strides.
Sunday	Long-run progression that grows patiently from aerobic time to marathon-specific control.

Three real sessions from the plan

Week 1 Tue	50 min, RPE 5–6	3 x 6 min steady with 2 min easy jog between reps.
Week 9 Sun	140 min, RPE 4–6	Long run with 2 x 15 min at marathon effort, separated by 10 min easy.
Week 13 Tue	80 min, RPE 5–6	3 x 15 min marathon effort with 4 min easy between reps.

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: Steady progression, long-run confidence, and enough rest around the work for adaptation to actually happen.

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