

Marathon

Training

Guide



This training guide was created by Rob Watson. A 4×Canadian National Champion, 9×Canadian National Team member, and proud lululemon ambassador.



Training Terms

Easy Run Pace

You'll spend most of your training at this pace: "easy" or "aerobic". 90-95% of your 10 km race is aerobic. Easy running is a comfortable, conversational pace and can vary daily, depending on how you're feeling. You should never feel like you are "pushing" to hit paces on easy runs.

Tempo Run

Get comfortable feeling uncomfortable. Tempo runs should feel comfortably hard. They're done at an effort level at which your body is able to clear as much lactate as it produces. The general rule of thumb is that tempo pace is the pace that you could hold for a 60 min race.

Interval Training Paces

Interval pace is a speed you can maintain for 10-15 minutes at max effort. Intervals are shorter reps with a bigger rest ratio. Pace is faster than 10 km race pace and each rep should burn.

Strides

They're short 15-25 second sprints that loosen up your body and get it ready to go fast.

They're done in sets of 4-10 and start at 5 km race pace and work up to 10 km race pace.

Strides can be done before or after a run, or at the end of your warm up.

Hills

Hill work is a fairly low impact way to increase power, increase running economy and build speed. Longer hill reps can be great to help build power, while shorter reps will develop speed and power. Hills also burn. They'll make you tough.

Warm Up

The purpose of the warm-up is to get the muscles warm, the blood flowing and to loosen up the legs. It can be as slow as you need it to be.

Cool Down

During your run you accumulated lactate in the legs. A slow jog keeps the blood moving to your tired muscles and helps start the recovery process. Slow and easy is the name of the game.

Long Run

Long runs are some of the most important runs you'll do. Every training plan, no matter the distance, will incorporate a weekly long run. These runs range from 60 min-3 hrs based on your fitness level and racing goals. They increase your endurance and aerobic capacity, improve your cardiovascular system's efficiency, and increase your body's ability to store fuel by increasing the amount of glycogen stored in your muscles and liver.

Yoga

Runners are generally pretty tight, especially in our hips, hamstrings, and calves. Runners usually have weak glutes. So, yoga is a great way to increase mobility and add some strength in a non-impactful, relatively stress-free way. Pigeon pose and Warrior sequence are great for your hips and quads. Downward dog hits the calves and hamstrings.

Go to week:

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4

5

6

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10

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12

Week 1

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

6-8 km

WED

Yoga

THU

Workout

10×1 min on, 1 min off at interval pace

FRI

Rest Day

SAT

Tempo Run

4×5 min at tempo
90 sec jog between each

SUN

Long Run

12-16 km



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Week 2

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

10-12×400m at interval pace
60 sec rest between each

WED

Yoga

THU

Easy Run

6-8 km

FRI

Rest Day

SAT

Tempo Run

4×5 min at tempo
90 sec jog between each

SUN

Long Run

12-16 km



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Week 3

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

10×2 min at interval pace

WED

Yoga

THU

Hills

8×45 sec hills

FRI

Rest Day

SAT

Tempo Run

Warm up

2×12 min at tempo with 2 min rest between each

SUN

Long Run

16-20 km



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MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

6-8×1 km on, 90 sec rest

Start at goal race pace, cut down to goal minus 5-10 sec for the last few

WED

Yoga

THU

Easy Run

6-8 km

FRI

Rest Day

SAT

Hills

Warm up

8×60 sec hills

SUN

Long Run

20-24 km



Week 5

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run

8 km

4-5×strides

WED

Yoga

THU

Easy Run

6-8 km

FRI

Rest Day

SAT

Hills

8×75 sec hills

SUN

Long Run

14-15 km



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Week 6

MON

Mindful / Mental Prep

Big week! Get ready!

TUE

Workout

4×200m at interval pace, 200m easy
4×400m interval pace, 200m easy
4×200m at interval pace, 200m easy
90 sec jog between reps

WED

Yoga

THU

Easy Run

8-10 km

FRI

Rest Day

SAT

Tempo Run

2 km easy
8 km at tempo pace
2 km easy

SUN

Long Run

24-26 km



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MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

12×400m at interval pace
60 sec rest between reps

WED

Yoga

THU

Workout

8×1 km at goal 1/2 marathon pace
1 min walk recovery between reps

FRI

Easy Run

8 km

SAT

Rest Day

SUN

Long Run

20 km easy
5 km marathon pace
3 km easy



Week 8

MON

Down Week (until the Weekend)

TUE

Easy Run

8 km

WED

Yoga

THU

Easy Run

8 km

FRI

Rest Day

SAT

Workout

4×1000m, 400m, 400m,
1000's at 10 km race pace
400's at 5 km effort
60 sec rest between reps
90 sec rest between sets

SUN

Long Run

22-24 km



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MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

2×90 sec at interval pace
4×60 sec at interval pace
4×30 sec at interval pace
4×15 sec at interval pace
45 sec jog between everything
Be smart and patient

WED

Easy Run

8 km

THU

Tempo Run

3×15 min at tempo pace, 2 min walk between each

FRI

Rest Day

SAT

Easy Run

8 km

SUN

Long Run

6 km easy jog
10 km marathon pace
1 km easy jog
10 km marathon pace minus 5 sec
3 km easy jog



Week 10

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

6×Mile at 10 km race pace
2.5 min rest between each mile

WED

Yoga

THU

Tempo Run

3×10 min at tempo pace
90 sec jog rest between each

FRI

Rest Day

SAT

Easy Run

8 km

SUN

Long Run

35 km



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Week 11

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Workout

2×800 m-200 m-600 m-200 m-400 m-200 m
at interval pace
200 m recovery jog between reps

WED

Yoga

THU

Workout

40 min at goal race pace

FRI

Rest Day

SAT

Easy Run

8 km

SUN

Long Run

21 km



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Week 12

MON

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Race Week Session

5×1 km at 10 km goal pace
90 sec rest between each km

WED

Rest Day

THU

Workout

40 min at goal race pace

FRI

Rest Day

SAT

Rest Day

SUN

Goal Race



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