

Marathon Training Plan

Higdon Advanced 1

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	1	2	3	4	5	6	7
47	5 km	8 km	5 km	3 ×		8 km	16 km
2	8	9	10	11	12	13	14
51	5 km	8 km	5 km	30 min		8 km	18 km
3	15	16	17	18	19	20	21
50	5 km	10 km	5 km	4 × 800 m		10 km	13 km
4	22	23	24	25	26	27	28
56	5 km	10 km	5 km	4 ×		10 km	21 km
5	29	30	31	32	33	34	35
63	5 km	11 km	5 km	35 min		11 km	23 km
6	36	37	38	39	40	41	42
57	5 km	11 km	5 km	5 × 800 m		11 km	16 km
7	43	44	45	46	47	48	49
70	5 km	13 km	6 km	5 ×		13 km	26 km
8	50	51	52	53	54	55	56
74	5 km	13 km	6 km	40 min		13 km	27 km
9	57	58	59	60	61	62	63
57	5 km	14 km	6 km	6 × 800 m			half
10	64	65	66	67	68	69	70
79	5 km	14 km	6 km	6 ×		14 km	31 km
11	71	72	73	74	75	76	77
90	6 km	16 km	8 km	45 min		16 km	32 km
12	78	79	80	81	82	83	84
65	6 km	10 km	8 km	7 × 800 m		10 km	19 km
13	85	86	87	88	89	90	91
87	6 km	16 km	8 km	7 ×		16 km	32 km
14	92	93	94	95	96	97	98
66	8 km	10 km	8 km	45 min		10 km	19 km
15	99	100	101	102	103	104	105
93	8 km	16 km	8 km	8 × 800 m		16 km	32 km
16	106	107	108	109	110	111	112
63	8 km	13 km	8 km	6 ×		6 km	19 km
17	113	114	115	116	117	118	119
49	6 km	10 km	6 km	30 min		6 km	13 km
18	120	121	122	123	124	125	126
59	5 km	4 × 400 m	3 km			3 km	marathon

rest cross long pace race tempo interval hill