



Marathon

LEVEL II

16 Weeks 5 Workouts/Week

Schedule 01/12/2014 - 22/03/2015

Week 1

01/12/2014	W01D1-Cross Training	Cross train, 40 minutes.
02/12/2014	W01D2-Easy Run	<ul style="list-style-type: none"> • Run in Z2, easy pace, 40 minutes. • Cool down, 5 to 10 minutes. • Stretch.
03/12/2014	W01D3-Intervals	<ul style="list-style-type: none"> • Warm up, 10 minutes. • Run in Z4, threshold pace, 4 minutes. Recovery run, 90 seconds. Repeat 4 times. • Cool down, 5 to 10 minutes. • Stretch.
04/12/2014	W01D4-Cross Training	Cross train, 45 minutes.
05/12/2014	Rest	Rest day.
06/12/2014	W01D6-Fartlek Run	<ul style="list-style-type: none"> • Run, vary your intensity throughout the workout, 45 minutes. • Cool down, 5 to 10 minutes. • Stretch.
07/12/2014	W01D7-Long Run	<ul style="list-style-type: none"> • Run in Z2, easy conversational pace, 75 minutes. • Cool down, 5 to 10 minutes. • Stretch.

Week 2

08/12/2014	W02D1-Yoga Class	Optional: Pilates.
09/12/2014	W02D2-Recovery Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
10/12/2014	W02D3-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Recovery run, 90 seconds. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
11/12/2014	W02D4a-Cross Training	Cross train, 30 minutes.
11/12/2014	W02D4b-Recovery Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
12/12/2014	Rest	Rest day.
13/12/2014	W02D6-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, moderate to hard pace, 5 minutes. Recovery run, 2 minutes. Repeat 4 times.• Run up hills if possible.• Cool down, 5 to 10 minutes.• Stretch.
14/12/2014	W02D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 90 minutes.• Cool down, 5 to 10 minutes.• Stretch.

Week 3

15/12/2014	W03D1-Yoga Class	Optional: Pilates.
16/12/2014	W03D2-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Recovery run, 90 seconds. Repeat 5 times.• Cool down, 5 to 10 minutes.• Stretch.

17/12/2014	W03D3-Cross Training	Cross train, 45 minutes.
18/12/2014	W03D4-Recovery Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
19/12/2014	Rest	Rest day.
20/12/2014	W03D6-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, moderate to hard pace, 10 minutes. Recovery run, 2 minutes. Repeat 2 times.• Run up hills if possible.• Cool down, 5 to 10 minutes.• Stretch.
21/12/2014	W03D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy conversational pace, 105 minutes.• Cool down, 5 to 10 minutes.• Stretch.

Week 4

22/12/2014	W04D1-Yoga Class	Optional: Pilates.
23/12/2014	W04D2-Intervals	<ul style="list-style-type: none">• Warm up, 15 minutes.• Run in Z4, threshold pace, 8 minutes. Recovery run, 2 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
24/12/2014	W04D3a-Recovery Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
24/12/2014	W04D3b-Cross Training	Body weight exercises, 15 minutes.
25/12/2014	W04D4-Fartlek Run	<ul style="list-style-type: none">• Run, vary your intensity throughout the workout, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
26/12/2014	Rest	Rest day.

27/12/2014 **W04D6-Intervals** • Warm up, 10 minutes.
 • Run in Z4, threshold pace, 10 minutes. Recovery run, 2 minutes. Repeat 3 times.
 • Cool down, 5 to 10 minutes.
 • Stretch.

28/12/2014 **W04D7-Long Run** • Run in Z2, easy conversational pace, 135 minutes.
 • Cool down, 5 to 10 minutes.
 • Stretch.

Week 5

29/12/2014 **Rest** Rest day.

30/12/2014 **W05D2-Intervals** • Warm up, 10 minutes.
 • Run in Z4, threshold pace, 6 minutes. Recovery run, 90 seconds. Repeat 5 times.
 • Cool down, 5 to 10 minutes.
 • Stretch.

31/12/2014 **W05D3a-Recovery Run** • Run in Z2, easy pace, 30 minutes.
 • Cool down, 5 to 10 minutes.
 • Stretch.

31/12/2014 **W05D3b-Cross Training** Body weight excercises, 15 minutes. Leg excercises, 15 minutes.

01/01/2015 **W05D4-Cross Training** Core excercises, 20 minutes. Body weight excercises, 20 minutes. Leg excercises, 20 minutes.

02/01/2015 **Rest** Rest day.

03/01/2015 **W05D6-Intervals** • Warm up, 10 minutes.
 • Run in Z4, threshold pace, 5 minutes. Recovery run, 1 minute. Repeat 6 times.
 • Cool down, 5 to 10 minutes.
 • Stretch.

04/01/2015 **W05D7-Long Run** • Run in Z2, easy pace, 90 minutes.
 • Cool down, 5 to 10 minutes.
 • Stretch.

Week 6

05/01/2015	Rest	Rest day.
06/01/2015	W06D2-Intervals	<ul style="list-style-type: none"> • Warm up, 10 minutes. • Run in Z4, threshold pace, 10 minutes. Recovery run, 2 minutes. Repeat 3 times. • Cool down, 5 to 10 minutes. • Stretch.
07/01/2015	W06D3a-Recovery Run	<ul style="list-style-type: none"> • Run in Z2, easy pace, 30 minutes. • Cool down, 5 to 10 minutes. • Stretch.
07/01/2015	W06D3b-Cross Training	Body weight exercises, 15 minutes. Leg exercises, 15 minutes.
08/01/2015	W06D4-Intervals	<ul style="list-style-type: none"> • Warm up, 15 minutes. • Run in Z4, 10K pace, 3 minutes. Recovery run, 90 seconds. Repeat 5 times. • Cool down, 5 to 10 minutes. • Stretch.
09/01/2015	Rest	Rest day.
10/01/2015	W06D6-Intervals	<ul style="list-style-type: none"> • Warm up, 10 minutes. • Run in Z4, threshold pace, 10 minutes. Recovery run, 90 seconds. Repeat 3 times. • Cool down, 5 to 10 minutes. • Stretch.
11/01/2015	W06D7-Long Run	<ul style="list-style-type: none"> • Run in Z2, easy conversational pace, 150 minutes. • Cool down, 5 to 10 minutes. • Stretch.

Week 7

12/01/2015	W07D1-Pilates	Optional: Rest day.
13/01/2015	W07D2a-Recovery Run	<ul style="list-style-type: none"> • Run in Z2, easy pace, 30 minutes. • Cool down, 5 to 10 minutes. • Stretch.

13/01/2015	W07D2b-Cross Training	Body weight, excercises, 15 minutes. Leg excercises, 15 minutes. Core excercises, 15 minutes.
14/01/2015	W07D3-Intervals	<ul style="list-style-type: none"> • Warm up, 15 minutes. • Run in Z4, 10K pace, 1km. Recovery run, 90 seconds. Repeat 6 times. • Cool down, 5 to 10 minutes. • Stretch.
15/01/2015	W07D4-Easy Run	<ul style="list-style-type: none"> • Run in Z2, easy pace, 40 minutes. • Cool down, 5 to 10 minutes. • Stretch.
16/01/2015	W07D5-Intervals	<ul style="list-style-type: none"> • Warm up, 10 minutes. • Run in Z4, moderate to hard pace, 6 minutes. Recovery run, 90 seconds. Repeat 4 times. • Run up hills if possible. • Cool down, 5 to 10 minutes. • Stretch.
17/01/2015	Rest	Rest day.
18/01/2015	W07D7-Long Run	<ul style="list-style-type: none"> • Run in Z2, easy conversational pace, 150 minutes. • Cool down, 5 to 10 minutes. • Stretch.

Week 8

19/01/2015	W08D1a-Recovery Run	<ul style="list-style-type: none"> • Run in Z2, easy pace, 30 minutes. • Cool down, 5 to 10 minutes. • Stretch.
19/01/2015	W08D1b-Cross Training	Body weight excercises, 15 minutes. Leg excercises, 15 minutes.
20/01/2015	W08D2-Intervals	<ul style="list-style-type: none"> • Warm up, 10 minutes. • Run in Z4, threshold pace, 10 minutes. Recovery run, 90 seconds. Repeat 3 times. • Cool down, 5 to 10 minutes. • Stretch.
21/01/2015	W08D3-Cross Training	Cross train, 45 minutes.

22/01/2015	W08D4-Recovery Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
23/01/2015	W08D5-Intervals	<ul style="list-style-type: none">• Warm up, 15 minutes.• Run in Z4, 10K pace for 1 km. Recovery run, 90 seconds. Repeat 6 times.• Cool down, 5 to 10 minutes.• Stretch.
24/01/2015	Rest	Rest day.
25/01/2015	W08D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy conversational pace, 165 minutes.• Cool down, 5 to 10 minutes.• Stretch.

Week 9

26/01/2015	W09D1-Full Stretch	Optional: Yoga class.
27/01/2015	W09D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
28/01/2015	W09D3-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 8 minutes. Recovery run, 2 minutes. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
29/01/2015	W09D4a-Recovery Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch.
29/01/2015	W09D4b-Cross Training	Body weight exercises, 30 minutes.
30/01/2015	Rest	Rest day.
31/01/2015	W09D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch.

01/02/2015	W09D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 60 minutes.• Run in Z3, half marathon pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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Week 10

02/02/2015	W10D1-Full Stretch	Optional: Yoga class.
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03/02/2015	W10D2-Intervals	<ul style="list-style-type: none">• Warm up, 15 minutes.• Run in Z4, 10K pace, 3 minutes. Recovery run, 90 seconds. Repeat 5 times.• Cool down, 5 to 10 minutes.• Stretch.
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04/02/2015	W10D3-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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05/02/2015	W10D4-Threshold Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 10 minutes.• Run in Z4, threshold pace, 10 minutes.• Run in Z2, easy pace, 10 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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06/02/2015	Rest	Rest day.
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07/02/2015	W10D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 20 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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08/02/2015	W10D7-Half Marathon	RACE DAY! GOOD LUCK!
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Week 11

09/02/2015	W11D1-Full Stretch	Optional: Yoga class.
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10/02/2015	W11D2-Cross Training	Core exercises, 15 minutes. Body weight exercises, 15 minutes. Leg exercises, 15 minutes.
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11/02/2015	W11D3-Intervals	<ul style="list-style-type: none">• Warm up, 8 minutes.• Run in Z4, threshold pace, 10 minutes. Recovery run, 2 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
12/02/2015	W11D4-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
13/02/2015	Rest	Rest day.
14/02/2015	W11D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
15/02/2015	W11D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy conversational pace, 150 minutes.• Run in Z3, marathon pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.

Week 12

16/02/2015	W12D1-Full Stretch	Optional: Yoga class.
17/02/2015	W12D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
18/02/2015	W12D3-Intervals	<ul style="list-style-type: none">• Warm up, 15 minutes.• Run in Z4, threshold pace, 8 minutes. Recovery run, 2 minutes. Repeat 4 times.• Run in Z2, easy pace, 15 minutes.• Cool down, 5 to 10 minutes.• Stretch.
19/02/2015	W12D4-Cross Training	Optional: Rest day.

20/02/2015	W12D5-Intervals	<ul style="list-style-type: none">• Warm up, 15 minutes.• Run in Z4, 10K pace, 2 minutes. Recovery run, 1 minute. Repeat 5 times.• Cool down, 15 minutes.• Stretch.
21/02/2015	W12D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
22/02/2015	W12D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 135 minutes.• Run in Z3, marathon pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.

Week 13

23/02/2015	Rest	Rest day.
24/02/2015	W13D2-Intervals	<ul style="list-style-type: none">• Warm up, 15 minutes.• Run in Z4, 10K effort, 1K. Recovery run, 90 seconds. Repeat 3 times.• Recovery run, 3 minutes.• Run in Z4, 10K effort, 1K. Recovery run, 90 seconds. Repeat 3 times.• Cool down, 15 minutes.• Stretch
25/02/2015	W13D3-Cross Training	Cross train, 45 minutes.
26/02/2015	W13D4-Threshold Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 25 minutes.• Run in Z4, threshold pace, 20 minutes.• Run in Z2, easy pace, 25 minutes.• Cool down, 5 to 10 minutes.• Stretch.
27/02/2015	Rest	Rest day.
28/02/2015	W13D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.

01/03/2015	W13D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 90 minutes.• Run in Z3, marathon pace, 60 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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Week 14

02/03/2015	W14D1-Full Stretch	Optional: Pilates.
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03/03/2015	W14D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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04/03/2015	W14D3-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 8 minutes. Recovery run, 90 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
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05/03/2015	W14D4-Cross Training	Cross train, 45 minutes.
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06/03/2015	Rest	Rest day.
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07/03/2015	W14D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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08/03/2015	W14D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 60 minutes.• Run in Z3, marathon pace, 60 minutes.• Cool down, 5 to 10 minutes.• Stretch.
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Week 15

09/03/2015	Rest	Rest day.
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10/03/2015	W15D2-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Recovery run, 1 minute. Repeat 6 times.• Cool down, 10 minutes.• Stretch.
11/03/2015	W15D3-Cross Training	Cross train, 45 minutes.
12/03/2015	W15D4-Threshold Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 25 minutes.• Run in Z4, threshold pace, 25 minutes.• Run in Z2, easy pace, 25 minutes.• Cool down, 5 to 10 minutes.• Stretch.
13/03/2015	W15D5-Swim	Optional: Rest day.
14/03/2015	W15D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
15/03/2015	W15D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 10 minutes.• Run in Z3, marathon pace, 50 minutes.• Run in Z2, easy pace, 10 minutes.• Cool down, 5 to 10 minutes.• Stretch.

Week 16

16/03/2015	Rest	Rest day.
17/03/2015	W16D2-Intervals	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Recovery run, 1 minute. Repeat 2 times.• Cool down, 10 minutes.• Stretch.
18/03/2015	Rest	Rest day.
19/03/2015	W16D4-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.

20/03/2015	Rest	Rest day.
21/03/2015	W16D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 20 minutes.• Cool down, 5 to 10 minutes.• Stretch.
22/03/2015	W16D7-Marathon	RACE DAY! GOOD LUCK!



Created by
FULL POTENTIAL

At 30 years old, Keith Anderson changed his lifestyle and began running to get fit and lose weight. After expert advice and training, he ran a 2:17 marathon and finished 10th in the Commonwealth Games Marathon at age 41. Keith's company, Full Potential provides professional coaching for everyone from beginner to elite runners.

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