

Half Marathon to Marathon: a 14 Week Plan

Distances in kilometres.

Week	Phase	Long run	Key session	Week total
1	Bridge	16 km	3 × 6 min threshold, 2 min jog	32 km
2	Bridge	18 km	8 km with 4 km at marathon pace	35 km
3	Bridge	20 km	3 × 8 min threshold, 2 min jog	38 km
4	Easier week	14 km	Easy runs + 6 × 20 s strides	29 km
5	Build	22 km	10 km with 6 km at marathon pace	42 km
6	Build	24 km	3 × 10 min threshold, 2 min jog	45 km
7	Build	26 km	12 km with 8 km at marathon pace	48 km
8	Easier week	18 km	Easy runs + strides, or a 10K tune-up race	36 km
9	Peak	28 km	2 × 15 min threshold, 3 min jog	52 km
10	Peak	30 km	14 km with 10 km at marathon pace	57 km
11	Easier week	21 km	Half marathon tune-up race at marathon effort, or an easy long run	42 km
12	Peak	32 km	16 km with 10 km at marathon pace	60 km
13	Taper	16 km	10 km with 5 km at marathon pace	35 km
14	Race week	—	3 short easy runs, 2 with 4 × 20 s strides + RACE	16 km

A typical week

Day	Session
Monday	Rest
Tuesday	Key session
Wednesday	Easy run
Thursday	Rest or cross-training
Friday	Easy run
Saturday	Rest
Sunday	Long run (practise fuelling)

The daily check: heart rate, sleep and recovery

A plan on paper does not know that you slept four hours or had a brutal week at work. Your body does. Before a key session or long run, take ten seconds for this check:

Check	Green	Amber	Red
Sleep	About your usual, most nights 7 hours or more	One short night	Several short nights in a row
Morning resting heart rate (or HRV)	In your normal range	Clearly outside your normal range	Outside your normal range for several days
Legs and mood	Fresh or normal	Heavy, flat, short-tempered	Sore in one spot, or pain that changes how you run
Life stress	Normal	A hard day	A hard week, travel, illness in the family

- All green: run the session as written.
- One amber: do the run, but make it easy. Move the key session to later in the week, or skip it.
- Two or more amber, or any red: rest, or walk, or jog very easily for a short time. Pain that changes how you run or signs of illness mean no running until it is sorted out.
- Amber most days for a week: turn that week into an easier week, even if the plan says build.

Health note. General plan, not medical advice. If you have a heart condition, chest pain, dizziness, an injury, are pregnant or are coming back after a long break, check with a doctor first. Stop and seek help if you feel unwell.