

14-Week Marathon Training Plan

Max 55 mi/week · 2 workouts/week · train by effort · togaperformance.com

Pace zones Zone 1 · Easy Zone 2 · Endurance Zone 3 · Steady / Marathon Zone 4 · Lower Threshold Zone 5 · Upper Threshold Zone 6 · VO2max / Interval Zone 7 · Anaerobic

Race paces Marathon pace: The pace you could hold for a marathon. Half marathon pace: Goal half marathon effort. 10K pace: 10K race effort. Hard but rhythmic. 5K pace: 5K race effort. Fast and smooth, not a sprint.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Build 40 mi	Rest Full day off.	Fartlek · 6 mi 12 × 1 min at 5K effort with 1 min easy between. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 5 mi Run at easy pace (Zone 2).	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides with a full walk-back.	Long run · 14 mi All at easy pace (Zone 2). Practice taking a gel every 30 min.	Easy run · 5 mi Run at easy pace (Zone 2).
2 Build 44 mi	Rest Full day off.	Cruise intervals · 9 mi 5 × 1 mi at threshold effort (Zone 4) with 90 sec easy jog between. Warm up and cool down easy to make the total.	Easy run · 6 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 5 mi Run at easy pace (Zone 2).	Easy run · 4 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. A little shorter than usual before tomorrow's long run.	Progression long run · 15 mi Run at easy pace (Zone 2), then the last 3 mi at steady effort (Zone 3). Jog a few minutes easy to cool down.	Easy run · 5 mi Run at easy pace (Zone 2).
3 Build 47 mi	Rest Full day off.	Hills, then marathon pace · 7 mi 5 × 3 min uphill at 10K effort, jogging down between, 3 min easy jog, then 15 min at marathon pace. Warm up and cool down easy to make the total.	Easy run · 6 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 6 mi Run at easy pace (Zone 2).	Marathon-pace tempo · 7 mi 4 mi continuous at marathon pace. Relaxed and rhythmic; this should feel like a pace you could hold for hours. Warm up and cool down easy to make the total.	Hilly long run · 16 mi Run at easy pace (Zone 2) over rolling hills, with 4 × 45 sec uphill pickups near the end, jogging back down between. Fuel like race day.	Easy run · 5 mi Run at easy pace (Zone 2).
4 Build 39 mi	Rest Full day off.	Cruise intervals, relaxed · 7 mi 4 × 1 mi at threshold effort (Zone 4) with 90 sec easy jog between. Down week: keep it controlled. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 5 mi Run at easy pace (Zone 2).	Easy run · 4 mi Run at easy pace (Zone 2), then 6 × 20 sec strides with a full walk-back.	Long run · 14 mi All at easy pace (Zone 2). Shorter this week; finish feeling fresh.	Easy run · 4 mi Run at easy pace (Zone 2).
5 Build 50 mi	Rest Full day off.	Descending threshold ladder · 9 mi 3 mi at threshold effort (Zone 4), 2 min easy jog, 2 mi at threshold effort (Zone 4), 2 min easy jog, then 1 mi at 10K effort. Warm up and cool down easy to make the total.	Easy run · 7 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 6 mi Run at easy pace (Zone 2).	Easy run · 5 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. A little shorter than usual before tomorrow's long run.	Long run with threshold blocks · 17 mi Run at easy pace (Zone 2). In the middle third, 4 × 6 min at threshold effort (Zone 4) with 2 min easy between, then at least 2 mi easy to cool down.	Easy run · 6 mi Run at easy pace (Zone 2).

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6 Peak 52 mi	Rest Full day off.	Threshold intervals · 9 mi 3 × 2 mi at threshold effort (Zone 4) with 2 min easy jog between. Warm up and cool down easy to make the total.	Easy run · 7 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 7 mi Run at easy pace (Zone 2).	Easy run · 5 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. A little shorter than usual before tomorrow's long run.	Long run, fast finish · 18 mi Run at easy pace (Zone 2), then the last 4 mi at marathon pace. Jog a few minutes easy to cool down.	Easy run · 6 mi Run at easy pace (Zone 2).
7 Peak 55 mi	Rest Full day off.	10K-pace repeats · 8 mi 4 × 1 mi at 10K effort with 2 min easy jog between. Warm up and cool down easy to make the total.	Easy run · 8 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 8 mi Run at easy pace (Zone 2).	Easy run · 6 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. A little shorter than usual before tomorrow's long run.	Long run with 3/2/1 · 18 mi Run at easy pace (Zone 2), then 3 mi, 2 mi and 1 mi at marathon pace with 1 mi at a float (about 30 sec/mi slower than race pace) between, in the second half, then at least 1 mi easy to cool down.	Easy run · 7 mi Run at easy pace (Zone 2).
8 Peak 44 mi	Rest Full day off.	Cruise intervals, relaxed · 7 mi 4 × 1 mi at threshold effort (Zone 4) with 90 sec easy jog between. Down week: keep it controlled. Warm up and cool down easy to make the total.	Easy run · 5 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 5 mi Run at easy pace (Zone 2).	Marathon-pace tempo · 8 mi 5 mi continuous at marathon pace. Relaxed and rhythmic; this should feel like a pace you could hold for hours. Warm up and cool down easy to make the total.	Long run · 15 mi All at easy pace (Zone 2). Down week; keep it relaxed.	Easy run · 4 mi Run at easy pace (Zone 2).
9 Peak 55 mi	Rest Full day off.	800s at 10K effort · 8 mi 8 × 800m at 10K effort with 90 sec easy jog between. Warm up and cool down easy to make the total.	Easy run · 7 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 7 mi Run at easy pace (Zone 2).	Easy run · 6 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. A little shorter than usual before tomorrow's long run.	Long run with marathon-pace blocks · 20 mi Run at easy pace (Zone 2), with 3 × 2 mi at marathon pace and 1 mi at a float (about 30 sec/mi slower than race pace) between, in the second half, then at least 1 mi easy to cool down.	Easy run · 7 mi Run at easy pace (Zone 2).
10 Peak 53 mi	Rest Full day off.	Tempo run, your fitness check · 8 mi 5 mi continuous at threshold effort (Zone 4), then 6 × 45 sec quick with a full walk-back. Note the pace: it is the best guide to what marathon pace you have earned. Warm up and cool down easy to make the total.	Easy run · 7 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 7 mi Run at easy pace (Zone 2).	Easy run · 7 mi Run at easy pace (Zone 2), then 6 × 20 sec strides with a full walk-back.	Progression long run · 18 mi Start at easy pace (Zone 2) and build through the second half to steady effort (Zone 3). Fuel like race day. Jog a few minutes easy to cool down.	Easy run · 6 mi Run at easy pace (Zone 2).
11 Peak 51 mi	Rest Full day off.	Threshold and marathon-pace blocks · 11 mi 2 × (1 mi at threshold effort (Zone 4) / 2 mi at marathon pace), 5 min easy jog between each part and between rounds. Warm up and cool down easy to make the total.	Easy run · 6 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 5 mi Run at easy pace (Zone 2).	Easy run · 4 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. A little shorter than usual before tomorrow's long run.	Dress rehearsal · 20 mi Run at easy pace (Zone 2), then the last 7 mi at marathon pace. Race-day fuelling, kit and shoes. Jog a few minutes easy to cool down. If you would rather race a half marathon this weekend, do that instead.	Easy run · 5 mi Run at easy pace (Zone 2).

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12 Taper 44 mi	Rest Full day off.	Threshold minutes · 6 mi 4 × 5 min at threshold effort (Zone 4) with 1 min easy jog between, then 4 × 45 sec quick with a full walk-back. Warm up and cool down easy to make the total.	Easy run · 6 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 6 mi Run at easy pace (Zone 2).	Easy run · 4 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. A little shorter than usual before tomorrow's long run.	Long run with 2/1/2 · 16 mi Run at easy pace (Zone 2), then 2 mi at marathon pace, 1 mi at a float (about 30 sec/mi slower than race pace) and 2 mi at marathon pace, then at least 1 mi easy to cool down.	Easy run · 6 mi Run at easy pace (Zone 2).
13 Taper 36 mi	Rest Full day off.	Marathon pace, half marathon pace, marathon pace · 8 mi 2 mi at marathon pace, straight into 1 mi at half marathon pace, straight into 2 mi at marathon pace, without stopping. Warm up and cool down easy to make the total.	Easy run · 4 mi Run at easy pace (Zone 2), then 6 × 20 sec strides (fast but relaxed) with a full walk-back.	Easy run · 4 mi Run at easy pace (Zone 2).	Easy run · 4 mi Run at easy pace (Zone 2), then 6 × 20 sec strides with a full walk-back.	Long run · 12 mi All at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back.	Easy run · 4 mi Run at easy pace (Zone 2).
14 Taper 43.2 mi	Easy run · 3 mi Run at easy pace (Zone 2), a little shorter than usual.	Race-pace tune-up · 5 mi 2 × 1 mi at marathon pace with 2 min easy jog between, then 4 × 30 sec at 10K effort with a full walk-back. Warm up and cool down easy to make the total.	Easy run · 3 mi Run at easy pace (Zone 2), a little shorter than usual.	Rest Full day off.	Easy run · 3 mi Run at easy pace (Zone 2), then 4 × 20 sec strides with a full walk-back. Keep the legs feeling quick.	Shakeout · 3 mi Very easy at easy pace (Zone 2) with 4 × 20 sec strides with a full walk-back. Lay out your race kit.	Race day: Marathon · 26.2 mi Start at marathon pace and nothing faster for the first 10 mi. Fuel from the start: a gel every 25–30 min.

Using this plan on your own

- Easy days are easy. If in doubt, slow down.
- Missed a run? Skip it and carry on. Don't cram it into the next day.
- Sick, injured or wrecked? Rest first. Drop the workout before you drop the easy runs.
- Move days around to fit your week, but keep at least one easy day before each workout.

A static plan can't adapt. A coach can.

This plan assumes every week goes to plan. Real training doesn't: you get sick, travel, sleep badly, or feel great and could handle more. Toga turns a plan like this into a coach that adjusts your week to how training is actually going.

Try Toga Run Coach free for 14 days on the App Store