

## The OBT 2021 London Marathon Training Plan - Intermediate

Marathon success requires you, the athlete, to be both mentally and physically prepared to cope with the challenges involved when running 26.2 miles. This plan has been devised to get you to the start line based on 4 - 5 runs per week. It assumes you have completed the marathon distance or are an experienced runner and are previously in good health. There will be some challenges along the way of course, and some opportunities to push yourself a little harder if your training is going really well.

The days of the week shown are not fixed and only proposed. If you change them, try to ensure that a hard run is not followed by a second hard run. Remember, a training plan is a guide to help you reach the start line prepared, injury-free, confident and race-ready. Listen to your body as you work through the plan - aim to stick to it, yet adapt it and be flexible when you need to.

### Training Plan Key

- Minute ( ' ): eg 30' = 30 minutes : Second ( " ): eg 30" = 30 seconds
- Warm Up (WU; gradually increase intensity) : Main Set (MS) : Cool Down (CD; gradually reduce intensity)
- Easy Run (ER): less than 60% maximum effort, you should feel relaxed. You should be breathing comfortably. You should be able to hold a conversation throughout the run. If not slow down, walk if necessary and control your effort.
- Steady Long Run (SLR): 60 - 70% maximum effort. These along with easy runs will make up the bulk of your training. Steady runs build the physical endurance base that is the foundation for the rest of your training. Sentences are still possible at this pace.
- Tempo Run (TR): 70 - 85% of your maximum effort. These runs will improve your running economy thus enabling you to run faster for longer. They require concentration so you should only be able to speak 3 - 4 word short sentences but not a conversation.
- Interval Run (IR): interval runs are made up of short periods of higher intensity running interspersed with active recovery periods. The rest intervals means you can maintain the quality and pace when doing the higher intensity work. The challenge is to finish the last interval as strong as the first
- Fartlek (FR) translates as 'speed play' - continuous steady running with periods intermixed with random, unstructured periods of higher effort e.g. fast running between alternate lampposts / trees / streets / hills / signposts etc as these are not at a set distance apart
- Progression Run (PR): start the run steady and gradually increase the effort as the run goes on to finish at the prescribed pace / effort
- Hill Reps (HR): run a measured effort up a hill all the way to the top and recover as you jog down easy before repeating.
- Marathon Pace (MP): this is the realistic goal pace at which you aim to run the marathon - see the Marathon Training Guide to work out your pace
- Cross Training (CT): an activity which is not running e.g. swimming, cycling etc
- Strength and Conditioning (SC): to build muscular strength, endurance, flexibility and stability, and reduce the risk of injury.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 14.06.2021	Rest day  <i>Tip: the first day of each training week is a rest day in order for you to recover after Sundays long run and allow the body to adapt and prepare for the next training day</i>	ER 45'  <i>Tip: easy runs make up the bulk of the plan - in every run include a 10' warm up and cool down - you can also add on 10-15 min of core, flexibility, strength and stability exercise to your easy runs ...</i>	Rest day  <i>Goal: think about starting a training diary, for example record what you ate before a good run or what you ate before a bad run, how far you ran, did you have to walk, what went well, what didn't</i>	WU: 10'  MS: 20' FR Speed play: challenge yourself to TR between lampposts, trees, intersections, hills etc but the idea is its random (100 - 200 m) : ER recovery until the next lamppost etc (50 - 100m).  CD: 10'	ER 30' : SC 45'  <i>Tip: SC can be done at home. Try single leg squats, step ups and abdominal crunches for example - get advice from an exercise professional on the types of exercises you need to do to support your running</i>	Rest day  <i>Goal: prepare for tomorrow by planning to run relaxed and easy and let the miles go by - take 10 min today to try to visualise yourself running like this, try to get an idea of how good this feels</i>	SLR 70'  <i>Tip: easy runs condition the legs to handle the race distance</i>  <i>Practice: take a gel or drink whilst running to get used to the feeling</i>  <i>Practice: self-talk can help motivate and build confidence - try it when motivation is waning</i>
Week 2 21.06.2021	Rest day  <i>Tip: stress plus rest results in progress - over stressing or under resting you will risk injury or burnout</i>	ER 50'  <i>Tip: easy runs build up and maintain your fat burning and oxygen delivery systems - don't forget you can add on 10-15 min of conditioning exercise to your easy runs ...</i>	Rest day  <i>Goal: reflect on the training so far. How do you feel? Confident? Motivated? Tired? What and how do things need to change to succeed? Maybe its time to set some SMART goals</i>	WU: 10'  MS: 30' TR  CD: 10'  <i>Goal: pacing is optimal. A common error is to run easy runs too fast. Check your heart rate, breathing, and RPE to make sure you're in the right zones</i>	ER 30' : SC 45'  <i>Tip: strength and conditioning exercises reduce the risk of injury - practice a core, stability, strength, balance and flexibility routine to keep yourself healthy and injury free - up to three times a week</i>	Rest day  <i>Tip: base endurance provides the platform for the rest of the training plan</i>  <i>Practice: focus on preparation by making sure everything is ready for your long run tomorrow</i>	SLR 80'  <i>Goal: create a plan for the tough moments - coping strategies help us push on and get over difficulties - for example self-talk, controlling negative thoughts - these take practice just like physical endurance</i>

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Week 3 28.06.2021	Rest day  <i>Note: every so often you have a slightly lighter training load allowing the body to recover and adapt to the previous stress of exercise - this is how you progress and improve</i>	ER 40'  <i>Tip: fitness takes time - by following the recommended paces and guide it will come - no need to be anxious or push harder - have trust in the plan</i>	Rest day  <i>Tip: after a long or hard run post run recovery is accelerated by having a carbohydrate / protein drink within the first 30 min post run - be prepared for tomorrow</i>	WU: 5'  MS: 40' Speed or Hill (hard up : easy down) play  CD: 5'	ER 30'  <i>Tip: check in with yourself today after yesterdays hard workout. If you're feeling tired take the day off</i>  <i>Practice: self- talk when you start feeling tired to help you stay motivated to run</i>	SC 45'  <i>Goal: check your training diary - can you see patterns /improvements in how you feel? Is there a pattern to your nutrition strategy and how your run was?</i>	SLR 80'  <i>Practice: try a mantra on your long runs - for example "success is paved with determination, dedication and discipline ..."</i>
Week 4 05.07.2021	Rest day  <i>Tip: focus on and remember your good runs - don't dwell or invest in bad runs - learn from them and move on</i>	ER 60'  <i>Goal: building an endurance base through easy runs provides the strength required for your race</i>	Rest day  <i>Reminder: stick to the prescribed pace range on easy days to avoid overtraining burnout and injury - this is a common runner's mistake</i>	IR 56'  WU: 10'  MS: 46' 8 x (3' MP - 10% : 90" ER)  CD: 10'	SC 30' : ER 45'  <i>Tip: don't ignore aches and pains that are getting worse - it's better to treat, rest and beat it than deny it</i>	Rest or CT 45'  <i>Tip: sleep is key to running well - try going to bed 20-30 min earlier</i>	PR 95'  <i>Goal: start steady and build but aim to run the last 10' faster at MP - 5%</i>  <i>Tip: don't forget to include a 10' CD</i>

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Week 5 12.07.2021	Rest day  <i>Tip: focus on and remember your good runs - don't dwell or invest in bad runs - learn from them and move on</i>	ER 60'  <i>Tip: remember to keep up the conditioning exercises as the training volume increases to prevent injury - prehab is better than rehab!</i>	SC 45'  <i>Goal: based on your training so far use an online calculator to work out your race pace for tomorrow's workout</i>	WU:10'  MS: 40' 5 x (1000 m MP - 5% : 500 m ER)  CD: 10'	ER 45'  <i>Tip: if you're tired take the day off</i>	Rest day  <i>Reflect: how was your race paced effort? Do you need to reassess your goals / pace? Did you evenly pace the workout?</i>	SLR 105'  <i>Tip: don't damage long workouts with reward eating - plan post training nutrition</i>
Week 6 19.07.2021	Rest day  <i>Note: this is a lighter week so the training load will be lighter - focus this week on your nutrition to refuel your body</i>	ER 50'  <i>Goal: try to throw in a mile or two at a higher pace effort</i>	WU: 10'  MS: 40' 2 x (15' TR :10' ER)  CD: 10'	SC 45'  <i>Goal: aim to enjoy the process and journey and try not to focus solely on the end result</i>	WU: 10'  MS: 25' 5 x (HR: 2' hard up : 3' ER down)  CD: 10'	Rest day  <i>Goal: revisit your coping strategies - are they working for you on your long runs?</i>	SLR 90'  <i>Goal: focus on keeping your running smooth and relaxed for the entire run - engage your core muscles that you've been working on</i>  <i>Target: 10 miles</i>
Week 7 26.07.2021	Rest day  <i>Goal: a challenging couple of weeks ahead so make sure you have the right mindset - reflect positively about your achievements so far</i>	ER 50'  <i>Tip: run this one steady - its a big week ahead - pace yourself</i>	WU: 10'  MS: 48' 8 x (4' MP -10% : 2' ER)  CD: 10'	SC 45'  <i>Tip: this is the middle of a heavy training load period - make sure you recover smart with optimal rest and fuel</i>	WU: 10'  MS: 30' 2 x (12' TR : 3' ER)  CD: 10'	Rest or CT 45'  <i>Tip: remember to follow your own optimal training zones and pace - try not to get carried away</i>	SLR 110'  <i>Note: the weekend runs are getting longer so practicing nutrition is key - use a fuel belt if needed to carry your drinks and gels</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Rest day	ER 75'	SC 45'	WU 10'	Rest day	ER 45'	PR 120'
02.08.2021	<i>Goal: eat well and hydrate to replenish the body after yesterdays exertions and prepare for another increase in your training load. Last week included some challenging runs so today really focus on your recovery</i>	<i>Note: to be successful quality rest is equally important as quality training</i>	<i>Goal: you're almost midway through the training plan so you will have a good idea how its going. Now may be the time to set yourself some goals to help motivate yourself and keep you on track</i>	<i>MS: 40' 4 x (1600 m MP - 5% : 800 m ER)  CD: 10'</i>	<i>Reflect: how was yesterday? Do you need to reassess your goal? Did you evenly pace the workout? Did you run this better than the previous race paced effort?</i>	<i>Goal: reflect on why you entered the race - this will inspire you for the second half of the training plan - maybe write it down or use it as a mantra on tough days</i>	<i>Goal: start steady and build but aim to run the last 10' faster at MP - 5%  Tip: don't forget to include a 10' CD</i>
Week 9	Rest day	ER 75'	WU: 10'	SC 45'	FR 50'	Rest day	SLR 130'
09.08.2021	<i>Tip: success is based on consistency not on one particular workout or week</i>	<i>Note: to build the strength you need for the marathon you will see longer mid week easy runs appear in the plan - run them easy</i>	<i>MS: 55' 3 x (2000 m MP - 5% : 800 m ER)  CD: 10'</i>	<i>Task: check in with family and friends to make sure everything is on track - their support is vital</i>	<i>Tip: include a WU / CD but play with this one yourself - make a plan before you head out - you should know what to do as you're almost half way through - focus on maintaining motivation to follow the rest of the plan and staying injury free</i>	<i>Tip: after a long or hard run post run recovery is accelerated by having a carbohydrate / protein drink within the first 30 min post run - be prepared for tomorrow</i>	<i>Goal: to run as much of the time as possible - if you need to walk use this time to drink or have a gel as its easier to take in and digest - gather your thoughts and get going again  In the next month replace an SLR with a half marathon to brush up on race readiness</i>

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Week 10 16.08.2021	Rest day  <i>Goal: a lighter week so focus on your mental preparations - are you still motivated? Confident in your training? Coping with the demands of training? If not seek advice from family, friends, the charity or other experts.</i>	PR 60'  <i>Goal: start steady and build but aim to run the last 10' faster at MP - 5%</i>  <i>Note: to be successful quality rest is equally important as quality training</i>	SC 45'  <i>Task: is everything in place for race day - is accommodation / travel booked? Is your support organised? You don't need to be dealing with these things in the run up - be organised now</i>	WU: 10'  MS: 40' 8 x (600m MP - 10% : 400m ER)  CD: 10'  <i>Goal: control the controllables - don't stress about things you can't control such as the weather</i>	ER 45'  <i>Reminder: stick to the prescribed pace range on easy days to avoid overtraining burnout and injury - this is a common runner's mistake</i>	Rest  <i>Goal: create your internal dialogue and script - your mind and body may complain but ultimately you are in charge</i>	SLR 100'  <i>Remember: building an endurance base through long steady runs provides the strength required for your race</i>
Week 11 23.08.2021	Rest day  <i>Tip: training volume is increasing but focus on the week in hand - don't get ahead of yourself</i>	ER 75'  <i>Goal: focus on your running - does it feel different from week one - how have you progressed?</i>	Rest day  <i>Goal: check in on your training diary - can you see improvements in how you feel? Is there a pattern to your nutrition strategy?</i>	MP 60'  WU: 10'  MS: 40' 3 x (3000 m MP : 1000 m ER)  CD: 10'	SC 45'  <i>Reflect: how was yesterday? Do you need to reassess your goal? Did you evenly pace the workout? Did you run this better than the previous race paced effort?</i>	Rest day or CT 45'  <i>Goal: treat tomorrow as a race - prepare all you need tonight - visualise your morning - getting dressed - eating breakfast - how are the nerves - learn how to control your thoughts and emotions</i>	PR 135'  <i>Goal: start steady and build but aim to run the last 10' faster at MP - 5%</i>  <i>Tip: don't forget to allow 10' for a cool down</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 12	Rest day	FR 45'	Rest day	WU: 10'	ER 45'	Rest or CT 45'	SLR 155'
30.08.2021	<p><i>Tip: short cutting rest is a definite no as it often can lead to injury or athlete burnout</i></p> <p><i>Goal: take time to reflect on why you entered the race - this will inspire you for the next couple of hard weeks</i></p>	<p><i>Goal: be prepared for all eventualities - visualise what can happen on race day and how you will deal with it - practice this often so coping becomes routine</i></p>	<p><i>Tip: how are your running shoes? This may be a good time to have your running re-assessed as your gait may have changed - there is still enough time to run in new shoes</i></p>	<p><i>MS: 35' 8 x (300 - 400 m hard up (2-3' effort) : ER down)</i></p> <p><i>CD: 15'</i></p>	<p><i>Tip - don't forget this is an optional run so see how you feel after yesterday's hard hills</i></p> <p><i>Goal: practice your self talk "I CAN do it, I Will do it" repeat this often</i></p>	<p><i>Tip: remember to follow your own optimal training zones and pace - try not to get carried - tomorrows run builds the leg strength you need for the marathon</i></p>	<p><i>Goal: a bit of a step up in time this week - aim for 14 - 15 miles</i></p> <p><i>Tip: don't forget to include a 10' CD</i></p> <p><i>Target: 14 - 15 miles</i></p>
Week 13	Rest day	ER 60'	WU: 10'	SC 45'	WU: 10'	Rest day	SLR 180'
06.09.2021	<p><i>Remember: nothing new on race day - so practice everything in the coming weeks</i></p>	<p><i>Tip: in heavy training your legs may feel sluggish / heavy to start - this is normal so ease into your runs gently - add 6-10 faster than race pace 200m spurts zone 5</i></p> <p><i>Goal: run light and easy - recover and prepare</i></p>	<p><i>MS: 40' TR</i></p> <p><i>CD: 10'</i></p>	<p><i>Goal: bad runs happen - practice changing the focus to a positive - be grateful you are able to run when others cannot</i></p>	<p><i>MS: 40' 8 x (400 m MP -10% : 400m recovery)</i></p> <p><i>Goal: try to run each one faster than the last</i></p> <p><i>CD: 10'</i></p>	<p><i>Practice: get everything ready for tomorrows run - prepare like it is race day - practice your relaxation techniques and visualise your morning</i></p>	<p><i>Goal - your longest run! Aim for 20 - 22 miles to complete your endurance and leg strength preparation for your race</i></p>

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Week 14	Rest day	ER 35'	Rest day	MP 40'	ER 45'	Rest day	PR 120'
13.09.2021	<p><i>This is the first day of the 3 week taper to race day</i></p> <p><i>Note: getting the taper right is key to racing to the best of your ability</i></p>	<p><i>Goal: your legs may feel heavy and tired after Sunday's effort so rest and recovery is vital - keep this run light and in zone 1</i></p>	<p><i>Note: the taper decreases the number of hours you train but maintains the intensity - this prevents you feeling sluggish on race day</i></p>	<p><i>Goal - run light - feel strong</i></p> <p><i>Goal: keep it simple - don't overthink your running - keep it relaxed</i></p>	<p><i>Goal: finish this run feeling fresh</i></p> <p><i>Goal: check in with your support team - thank them frequently and make sure they're organised for race day</i></p>	<p><i>Practice: get everything ready for tomorrow's run - prepare like it is race day - practice your relaxation techniques and visualise your morning</i></p>	<p><i>Goal: start steady and build but aim to run the last 10' faster at MP - 5%</i></p> <p><i>Tip: don't forget to include a 10' CD</i></p>
Week 15	Rest day	ER 40'	Rest day	TR 40'	SLR 30'	Rest day	SLR 75'
20.09.2021	<p><i>Note: this is the start of your peaking phase - as you taper you will start to feel fresh and strong - ready to race</i></p>	<p><i>Tip: take this one nice and easy - practice relaxing whilst running - finish with 5 min at marathon pace</i></p>	<p><i>Goal: tomorrow is a confidence not fitness run - visualise yourself running relaxed and smooth at a tempo zone 3-4 pace</i></p>	<p><i>WU: 10'</i></p> <p><i>Main set: 20' 2 x (8' MP - 5% : 2' ER)</i></p> <p><i>CD: 10'</i></p>	<p><i>Tip: don't be tempted to train - tapering your training is vital to race readiness</i></p>	<p><i>Note: tomorrow is your last chance to check race readiness and plans - equipment, nutrition strategy, mindset, coping strategies</i></p>	<p><i>Goal: run this as an ER / SLR but include 15' MP</i></p>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 16	Rest day	ER 30'	TR 22'	Rest day	ER 20'	Rest day	Race day
27.09.2021	<p><i>Tip: registration can be exciting - don't spend all day at the expo as this will tire your legs - do the minimum - go with a plan and stick to it - don't try anything new on race day no matter how good the sales team are!</i></p>	<p><i>Tip: plan your week - think about registration, travel, nutrition, mindset, resting</i></p> <p><i>Weekly goal: to restore your mental and physical energy so you can peak for race day</i></p>	<p>WU: 5'</p> <p>MS: 12'</p> <p>4 x (2' MP : 1' ER)</p> <p>CD: 5'</p>	<p><i>Tip: carbohydrate loading starts Friday lunchtime and finishes with Saturday breakfast - then taper your intake for the remainder of the day - never end a meal feeling uncomfortably full</i></p>	<p><i>Tip: include a few min of strides</i></p> <p><i>Goal: relax whilst running and burn off the nervous energy</i></p> <p><i>Quote: "the training is the hard part, now it's time to go have fun."</i></p>	<p><i>Be prepared: get your bags packed for tomorrow - take time to relax and visualise your morning - take confidence from your training and preparedness</i></p>	<p><i>Tip: today is about you - you've done the training now it is time to reap the rewards and have a really great day / race</i></p>

Training plan devised and supported by:



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