

London Marathon

# 24-Week

# Running Plan



## FULL MARATHON - 24 Week Running Plan

| Weeks  | Affirmation of the week                                                                       | Run Day 1             | Run Day 2                                                                           | Run Day 3               | Run Day 4 | REST!                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------|-----------------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|-------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|        | REST DAY!<br>Your Positive Affirmation for the week...                                        | Medium -<br>Fast Pace | CHALLENGE DAY!<br>(or substitute for<br>medium pace run).                           | Easy-<br>Medium<br>Pace | Long Run  | Alternative Training/<br>Rest                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Week 1 | I don't have to be ready for the marathon today. I just have to be ready to start.            | 1-2 miles             | <b>How far does 20 minutes take you?</b>                                            | 30 mins                 | 3-4 miles | <b>Use these first few weeks to build a running habit. Explore your local routes and how far you can get in a fix period of time. The times and distances provided are a guide only!</b>                                                                                                                                                                                                                                                         |
| Week 2 | I don't need to see the whole journey. I just need to take the next step.                     | 2-3 miles             | <b>Run for 3 minutes walk for 1, dedicate 45 minutes</b>                            | 20-30 mins              | 3-4 miles |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Week 3 | Every time I show up, I'm becoming the runner I want to be.                                   | 2-3 miles             | <b>How far does 30 minutes take you?</b>                                            | 30 mins                 | 4-5 miles |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Week 4 | Progress takes time, and I trust the process.                                                 | 3-4 miles             | <b>Run for 3 minutes, walk for 30 seconds, dedicate 45 minutes</b>                  | 40 mins                 | 5-6 miles |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Week 5 | I don't have to rush. I can enjoy becoming stronger, fitter and more confident.               | 3 miles               | <b>3 miles standard run</b>                                                         | 20-30 mins              | 5 miles   | <b>Aim to fully rest at least 1 day a week.</b><br><br><b>Today could be a good day to do some yoga or some extra stretching.</b><br><br><b>Why not use today to have a think about who you are going to dedicate your next long run.</b><br><br><b>It may be the same person next week or it may be a different person for each of your runs.</b><br><br><b>If you start to struggle, remember your dedication and let it push you forward.</b> |
| Week 6 | My starting point doesn't determine my finishing point.                                       | 5 miles               | <b>3 miles Interval</b><br>1 mile slow, 1 mile speedier,<br>1 mile slow             | 30 mins                 | 6 miles   |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Week 7 | It doesn't have to be perfect. Consistency will take me further than striving for perfection. | 4 miles               | <b>3 miles - Hill training</b><br>At least 5 sprint bursts uphill,<br>recovery down | 30 mins                 | 6 miles   |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Week 8 | I am building the strength, confidence and belief to become a marathon runner.                | 6 miles               | <b>2 miles - Fartlek intervals</b><br>at least 6 varied bursts speedy               | 20-30mins               | 8 miles   |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## FULL MARATHON - 24 Week Running Plan

| Weeks                                                                              | Affirmation of the week                                                        | Run Day 1                                                                                                                                                                                                       | Run Day 2                                                                        | Run Day 3        | Run Day 4 | REST!                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    | REST DAY!<br>Your Positive Affirmation for the week...                         | Medium - Fast Pace                                                                                                                                                                                              | CHALLENGE DAY!<br>(or substitute for medium pace run).                           | Easy-Medium Pace | Long Run  | Alternative Training/ Rest                                                                                                                                                                                                                                                                                                                                                                                                               |
|   | <b>Top tips for January:</b>                                                   | <div>1. Get your gait analysis done/buy suitable trainers</div> <div>2. Add the SMASH Zoom workshops to your calendar</div> <div>3. Set up your fundraising page and let everyone know what you're doing!</div> |                                                                                  |                  |           | <div>Aim to fully rest at least 1 day a week.</div> <div>Today could be a good day to do some yoga or some extra stretching.</div> <div>Why not use today to have a think about who you are going to dedicate your next long run.</div> <div>It may be the same person next week or it may be a different person for each of your runs.</div> <div>If you start to struggle, remember your dedication and let it push you forward.</div> |
| Week 9                                                                             | I am serious about this and will enjoy the training journey ahead.             | 4 miles                                                                                                                                                                                                         | <b>3 miles Interval</b><br>1 slow, 1 speed, 1 slow                               | 45 mins          | 9 miles   |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Week 10                                                                            | I choose to show up for myself, one run at a time.                             | 4 miles                                                                                                                                                                                                         | <b>4 miles - Hill training</b><br>At least 6 sprint bursts uphill, recovery down | 30 mins          | 8 miles   |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Week 11                                                                            | Small steps, repeated consistently, are building something strong.             | 6 miles                                                                                                                                                                                                         | <b>3 miles - Fartlek intervals</b><br>at least 8 varied bursts speedy"           | 45 mins          | 10 miles  |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Week 12                                                                            | I believe in my ability to do hard things.                                     | 5 miles                                                                                                                                                                                                         | <b>4 miles Interval</b><br>1 slow, 2 speed, 1 slow                               | 30 mins          | 12 miles  |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | <b>Top tips for February:</b>                                                  | <div>1. Know your toilet breaks during your running routes</div> <div>2. Trial energy gels</div> <div>3. Send a message to loved ones updating them on your progress - ask for donations!</div>                 |                                                                                  |                  |           |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Week 13                                                                            | I am getting stronger with every run, even if it doesn't always feel that way. | 6 miles                                                                                                                                                                                                         | <b>6 miles - Hill training</b><br>At least 6 sprint bursts uphill, recovery down | 45 mins          | 11 miles  |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Week 14                                                                            | I don't need every run to be easy, I just need to keep moving forward.         | 6 miles                                                                                                                                                                                                         | <b>4 miles - Fartlek intervals</b><br>at least 8 bursts speedy                   | 45 mins          | 14 miles  |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Week 15                                                                            | My body is strong, my mind is strong, and I am capable of more than I think.   | 8 miles                                                                                                                                                                                                         | <b>5 miles Interval</b><br>1 slow, 3 speed, 1 slow                               | 30 mins          | 13 miles  |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Week 16                                                                            | I have earned my confidence through every mile I've already completed.         | 6 miles                                                                                                                                                                                                         | <b>6 miles - Hill training</b><br>At least 8 sprint bursts uphill, recovery down | 30 mins          | 17 miles  |                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## FULL MARATHON - 24 Week Running Plan

|                                                                                    | Affirmation of the week                                                         | Run Day 1                                                                                                                                                                                                                                                                                                                | Run Day 2                                                                        | Run Day 3        | Run Day 4                   | REST!                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Weeks                                                                              | REST DAY!<br>Your Positive Affirmation for the week...                          | Medium - Fast Pace                                                                                                                                                                                                                                                                                                       | CHALLENGE DAY!<br>(or substitute for medium pace run).                           | Easy-Medium Pace | Long Run                    | Alternative Training/ Rest                                                                                                                                                                                                                                                                                                                                                                                                                              |
|   | <b>Top tips for March:</b>                                                      | <ol style="list-style-type: none"><li>1. Think about organising a fundraising event</li><li>2. Plan and practice your fuel routine for long runs</li><li>3. Run and Rest! Both are equally important in your training plan, especially at this stage.</li></ol>                                                          |                                                                                  |                  |                             | <p><b>Aim to fully rest at least 1 day a week.</b></p> <p><b>Today could be a good day to do some yoga or some extra stretching.</b></p> <p><b>Why not use today to have a think about who you are going to dedicate your next long run.</b></p> <p><b>It may be the same person next week or it may be a different person for each of your runs.</b></p> <p><b>If you start to struggle, remember your dedication and let it push you forward.</b></p> |
| Week 17                                                                            | When training gets tough, I get tougher.                                        | 8-9 miles                                                                                                                                                                                                                                                                                                                | <b>7 miles - Fartlek intervals</b><br>at least 10 bursts speedy                  | 60 mins          | 15 miles                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Week 18                                                                            | I can keep going when things get uncomfortable. I have more in me.              | 6 miles                                                                                                                                                                                                                                                                                                                  | <b>6 miles Interval</b><br>1 slow, 2 speed x 2                                   | 30 mins          | 20 miles                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Week 19                                                                            | I don't quit because it's hard. I remind myself why I started.                  | 8 miles                                                                                                                                                                                                                                                                                                                  | <b>7 miles - Hill training</b><br>At least 8 sprint bursts uphill, recovery down | 45 mins          | 18 miles                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Week 20                                                                            | I trust my training, I trust my body, and I trust myself.                       | 9-10 miles                                                                                                                                                                                                                                                                                                               | <b>6 miles - Fartlek intervals</b><br>at least 8 bursts speedy                   | 60 mins          | 15 miles                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|  | <b>Top tips for April:</b>                                                      | <ol style="list-style-type: none"><li>1. Practice your race day routine including what to eat in the days before a long run</li><li>2. Plan your post-race schedule and book something to look forward to!</li><li>3. Don't be afraid to remind people about your amazing journey and ask for final donations!</li></ol> |                                                                                  |                  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Week 21                                                                            | I am stronger than the miles ahead of me.                                       | 5 miles                                                                                                                                                                                                                                                                                                                  | <b>6 miles Interval</b><br>1 slow, 2 speed x 2                                   | 45 mins          | 22 miles                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Week 22                                                                            | I can do this. I have put in the work, and I am ready.                          | 7-8 miles                                                                                                                                                                                                                                                                                                                | <b>6 miles - Hill training</b><br>At least 6 sprint bursts uphill, recovery down | 30 mins          | 17 miles                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Week 23                                                                            | I have trained for this moment. I am strong, I am ready, and I will keep going. | 5 miles                                                                                                                                                                                                                                                                                                                  | <b>4 miles - Fartlek intervals</b><br>at least 8 bursts speed                    | 45 mins          | 10 miles                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Week 24                                                                            | I am a marathon runner. I am ready for every mile. <b>I've got this.</b>        | 20 mins easy                                                                                                                                                                                                                                                                                                             | <b>3 miles Interval</b><br>1 slow, 1 speedy, 1 slow                              | 30 mins          | <b>TCS LONDON MARATHON!</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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|--------------------------|------------------------------------------------------------------------------------------------------------|
| <b>Interval training</b> | Consists of a series of repeated rounds of exercise, lasting varied amounts of time.                       |
| <b>Fartlek training</b>  | Involves varying the intensity or speed of your run to improve your fitness and endurance.                 |
| <b>Hill training</b>     | Improves leg-muscle strength, quickens your stride and can even protect your leg muscles against soreness. |

**Any training regime carries with it potential risks as well as the many health benefits and we would like to make sure you are as safe as possible.**

**If you do have any injuries or illnesses, or if you are pregnant, we would always recommend speaking with your GP before increasing your training load.**

Hi, we are Sam and Ash from SMASH Mind and Body and we are delighted to be working with Age UK to support you through your training for the London Marathon 2027. We want your training to be as efficient as possible but we also want you to enjoy the journey! We will be regularly updating your running support webpage and will be hosting Zoom running workshops (with Q&A at the end of each one) as you follow our plan. We want you to feel your best and we know that our motivation and support, alongside your own strength and determination, will ensure that race day is enjoyable and a big success!



[www.smashmindandbody.com/ageuk27](http://www.smashmindandbody.com/ageuk27)

**Password: Marathon27**