

## London Fronrunners marathon training schedule

- Beginner:** Never done a marathon before/not much experience with longer running.  
Training: Four times a week, consisting of two easy runs, a workout and a long run.
- Intermediate:** Done at least one marathon or multiple halves and more comfortable with distance.  
Training: Same as beginner plus **one tempo session** (5 runs).
- Advanced:** Done multiple races and is looking to get a solid PB.  
Training: Same as beginner plus **one tempo session** & **additional gentle run** (6 runs).

### Week 1:

- Easy run - 5 miles/8km
- Track or club workout
- Easy run - 3 miles/5km
- Long run - 10 miles/16km
- Tempo run - 4 miles/6.5km
- Easy run - 5 miles/8km

### Week 7:

- Easy run - 7 miles/11.6km
- Track or club workout
- Easy run - 5 miles/8km
- Long run - 14 miles/22.5km
- Tempo run - 6.2 miles/10km
- Easy run - 6.2 miles/10km

### Week 12: Peak #1

- Easy run - 10 miles/16km
- Track or club workout
- Easy run - 10 miles/16km
- Long run - 20 miles/32km
- Tempo run - 8 miles/13km
- Easy run - 12 miles/19.2km

### Week 2:

- Easy run - 6.2 miles/10km
- Track or club workout
- Easy run - 4 miles/6.5km
- Long run - 11 miles/17.6km
- Tempo run - 5 miles/8km
- Easy run - 6.2 miles/10km

### Week 8:

- Easy run - 8 miles/13km
- Track or club workout
- Easy run - 6.2 miles/10km
- Long run - 16 miles/25.5km
- Tempo run - 6.2 miles/10km
- Easy run - 8 miles/13km

### Week 13: Peak #2

- Easy run - 10 miles/16km
- Track or club workout
- Easy run - 12 miles/19.2km
- Long run - 22 miles/35km
- Tempo run - 8 miles/13km
- Easy run - 13.1 miles/21.1km

### Week 3:

- Easy run - 6.2 miles/10km
- Track or club workout
- Easy run - 4 miles/6.5km
- Long run - 13 miles/21.1km
- Tempo run - 4 miles/6.5km
- Easy run - 6.2 miles/10km

### Week 9:

- Easy run - 8 miles/13km
- Track or club workout
- Easy run - 6.2 miles/10km
- Long run - 18 miles/28.8km
- Tempo run - 6.2 miles/10km
- Easy run - 10 miles/16km

### Week 14: Taper begins

- Easy run - 8 miles/13km
- Track or club workout
- Easy run - 6.2 miles/10km
- Long run - 16 miles/25.5km
- Tempo run - 5 miles/8km
- Easy run - 5 miles/8km

### Week 4:

- Easy run - 7 miles/11.6km
- Track or club workout
- Easy run - 5 miles/8km
- Long run - 14 miles/22.5km
- Tempo run - 6.2 miles/10km
- Easy run - 6.2 miles/10km

### Week 10: Slight recovery

- Easy run - 5 miles/8km
- Track or club workout
- Easy run - 7 miles/11.6km
- Long run - 13.1 miles/21.1km
- Tempo run - 6.2 miles/10km
- Additional rest day

### Week 15:

- Easy run - 5 miles/8km
- Gentle Track or club workout
- Easy run - 3 miles/5km
- Long run - 12 miles/19.2km
- Tempo run - 3 miles/5km
- Easy run - 3 miles/5km

### Week 5: Recovery

- Easy run - 5 miles/8km
- Track or club workout
- Easy run - 6.2 miles/10km
- Long run - 12 miles/19.2km
- Tempo run - 4 miles/6.5km
- Easy run - 5 miles/8km

### Week 11:

- Easy run - 8 miles/13km
- Track or club workout
- Easy run - 6.2 miles/10km
- Long run - 18 miles/28.8km
- Tempo run - 6.2 miles/10km
- Easy run - 10 miles/16km

### Week 16:

- Easy run - 6.2 miles/10km
- Easy run - 3 miles/5km
- Easy run - 2 miles/3km
- Tempo run - 3 miles/5km
- Additional rest day
- Marathon - 26.2 miles/42.2km**

### Week 6: Recovery

- Easy run - 5 miles/8km
- Track or club workout
- Easy run - 3.1 miles/5km
- Long run - 10 miles/16km
- Tempo run - 3.1 miles/5km
- Additional rest day