

Portsmouth Joggers Club Marathon Training Schedule

This training schedule is flexible, and is aimed to bring your training progressively toward a target race at whichever point in the year that falls. There are no specific dates/weeks in the schedules, to allow you to count back from your target race and fill in the appropriate dates yourself. There are two marathon schedules – Level One for runners with a good level of race experience up to marathon distance targeting 3:00-3:30, and Level Two for runners aiming for a target time of between 3:30-4:30. Both schedules run across 12 weeks, and the Level Two Schedule also includes a Half Marathon training option - this involves training alongside the Marathon group on weekday sessions with a revised Long Run at the weekend (indicated by the letters 'HM' on the charts).

PLEASE NOTE we have produced a 12 week, focussed 'sharpening' programme to take you to peak fitness for your goal marathon (or half marathon). These schedules both require a level of fitness and regular running leading up to commencement of the plan – they are not "couch to marathon" plans! Level One runners need to be training up to around 30+ miles per week regularly, including some Tempo running, before they start the schedule. Both Level One and Level Two runners should be able to hit both the 10km and 10 mile race times on the Race Time Prediction Chart in line with their anticipated marathon goal at the beginning of the programme. We have included a Timed 10km in the Introduction Week as an indicator of your current level – the equivalent predicted marathon time should be possible AFTER you have done all the hard work in the schedule.

The schedule includes KEY SESSIONS each week. These can be added to with easy/recovery runs, or you may need to miss out some sessions due to illness, work, holidays etc, so it is just a guide. The weekday sessions are usually on Tuesday and Thursday. Do try to incorporate some of the PJC HRRL and XC races into your training where you can, and also have a run at one of the local Park Run 5km races organised by PJC club members to show some support and get a bit of extra speedwork under your belt - some suggested Saturday sessions include this as an option.

We have included the race equivalent time guide based on an original from Purple Patch which is quite useful – you should aim to track across PB times along one horizontal line on the chart. If your longer distance races are slower, you need to work on endurance, and if your shorter races are slower, then concentrate more on speed. Also included is a Constant Pace Chart to show split times at various distances in relation to constant mile pace. We have also included target pace guides and suggested target race times at various distances through to final marathon targets.

Marathon Schedule Level One: Week 12 to Week 07

Week 12 · Intro w/b	Week 11 · Easy w/b	Week 10 · Hard w/b	Week 09 · Hard w/b	Week 08 · Hard w/b	Week 07 · Easy w/b
Tempo 10km Timed Run @ Tempo Pace	Pyramid 2,4,6,8,6,4,2 @ Tempo Pace	Tempo 12 x 400m @ Tempo Pace	Tempo 12 x 200m hills Ups and Downs	Tempo 4 x 1 mile @ Tempo Pace	Yasso 800m 10 x Yasso 800m
Steady Run 10 miles @ Steady Pace	Steady Run 12 miles @ Steady Pace	Progressive Run 10 miles Progressive Run	Steady Run 12 miles including 6 miles @ MP	Progressive Run 10 miles @ Progressive Pace	Steady Run 12 miles @ Steady Pace
Long Run 18 miles SSFS	Long Run 16 miles SSFS	Long Run 18 miles SSFF OR Park Run Extended + Long Run	Long Run 20 miles SSFS	Long Run 18 miles SSFS OR Park Run Extended + Long Run	Long Run 18 miles SSFS

Pace Guide

Marathon Pace (MP)

Target Marathon race pace

Tempo Pace

Run at 30 seconds per mile faster than MP

Steady Run

Run at 30 seconds per mile slower than MP

Yasso 800m

800m intervals run in the same number of minutes as target MP in hours. 3:00 minutes for MP target 3:00, 3:15 minutes for MP target 3:15 etc

Progressive Run

Start @ 60 seconds per mile slower than MP, building in stages to finish at Tempo Pace

Long Run

Run at 60 seconds per mile slower than MP

SSFS

Start slow, finish slow

SSFF

Start slow, finish at MP

Marathon Schedule Level One: Week 06 to Target Race

Week 06 · Hard w/b	Week 05 · Hard w/b	Week 04 · Hard w/b	Week 03 · Easy w/b	Week 02 · Taper w/b	Week 01 · Race w/b
Tempo 12 x 600m @ Tempo Pace	Tempo 12 x 200m hills Ups and Downs	Yasso 800m 12 x Yasso 800m	Tempo 2 x 20 minutes @ Tempo Pace	Tempo 4 x 1 mile @ Tempo Pace	Pyramid 2,4,6,8,6,4,2 @ Tempo Pace
MP Run 12 miles including 10 miles @ MP	Steady Run 12 miles with a hill @ Steady Pace	Progressive Run 12 miles @ Progressive Pace	MP Run 12 miles including 8 miles @ MP	Steady Run 8 miles @ Steady Pace	Steady Run 4 miles including 2 miles @ MP
Long Run 24 miles SSFS	Long Run 20 miles SSFF OR Park Run Extended + Long Run	Long Run 18 miles SSFS OR Park Run Extended + Long Run	Long Run 18 miles SSFS	Long Run 12 miles SSFS	Easy Run
					Target Race

Pace Guide

Marathon Pace (MP)

Target Marathon race pace

Tempo Pace

Run at 30 seconds per mile faster than MP

Steady Run

Run at 30 seconds per mile slower than MP

Yasso 800m

800m intervals run in the same number of minutes as target MP in hours. 3:00 minutes for MP target 3:00, 3:15 minutes for MP target 3:15 etc

Progressive Run

Start @ 60 seconds per mile slower than MP, building in stages to finish at Tempo Pace

Long Run

Run at 60 seconds per mile slower than MP

SSFS

Start slow, finish slow

SSFF

Start slow, finish at MP

Pace Guide and Race Target Times

Target Time	Sub 3:00	Sub 3:05	Sub 3:10	Sub 3:15	Sub 3:30
Race Pace	6:50 mile	7:00 mile	7:15 mile	7:25 mile	8:00 mile
Tempo Run	6:20 mile	6:30 mile	6:45 mile	6:55 mile	7:30 mile
Steady Pace Run	7:20 mile	7:30 mile	7:45 mile	7:55 mile	8:30 mile
Long Run	7:50 mile	8:00 mile	8:15 mile	8:25 mile	9:00 mile
SSFF	7:50 to 6:50 mile	8:00 to 7:00 mile	8:15 to 7:15 mile	8:25 to 7:25 mile	9:00 to 8:00 mile
Recovery Run	8:20 mile	8:30 mile	8:45 mile	8:55 mile	9:30 mile
5Km Park Run	19:30	20:00	20:20	21:00	22:30
5 Mile Race	30:30	31:30	32:30	33:00	35:30
10 Mile Race	1:03:00	1:05:00	1:07:00	1:08:00	1:14:00
Half Marathon Race	1:24:00	1:27:00	1:30:00	1:32:00	1:39:00

Pace Guide

Marathon Pace (MP)

Target Marathon race pace

Tempo Pace

Run at 30 seconds per mile faster than MP

Steady Run

Run at 30 seconds per mile slower than MP

Yasso 800m

800m intervals run in the same number of minutes as target MP in hours. 3:00 minutes for MP target 3:00, 3:15 minutes for MP target 3:15 etc

Progressive Run

Start @ 60 seconds per mile slower than MP, building in stages to finish at Tempo Pace

Long Run

Run at 60 seconds per mile slower than MP

SSFS

Start slow, finish slow

SSFF

Start slow, finish at MP

Race Time Prediction Chart

1 mile	3 km	2 miles	5 km	5 miles	10 km	10 miles	Half M	20 miles	Marathon
5:00	9:46	10:32	16:54	28:08	35:30	58:58	1:18:41	2:04:20	2:46:27
5:05	9:56	10:43	17:11	28:36	36:05	59:57	1:20:00	2:06:24	2:49:12
5:10	10:06	10:53	17:28	29:04	36:40	1:00:56	1:21:18	2:08:27	2:51:58
5:15	10:16	11:04	17:45	29:32	37:16	1:01:55	1:22:37	2:10:30	2:52:43
5:20	10:25	11:15	18:02	30:01	37:51	1:02:54	1:23:56	2:12:34	2:57:29
5:25	10:35	11:25	18:19	30:29	38:27	1:03:53	1:25:15	2:14:37	3:00:14
5:30	10:45	11:36	18:36	30:57	39:02	1:04:52	1:26:33	2:16:40	3:03:00
5:35	10:55	11:46	18:53	31:25	39:38	1:05:51	1:27:52	2:18:44	3:05:44
5:40	11:05	11:57	19:10	31:53	40:13	1:06:50	1:29:11	2:20:47	3:08:30
5:45	11:14	12:07	19:27	32:21	40:49	1:07:49	1:30:29	2:22:50	3:11:15
5:50	11:24	12:18	19:43	32:49	41:24	1:08:48	1:31:48	2:24:54	3:14:00
5:55	11:34	12:28	20:00	33:18	42:00	1:09:47	1:33:07	2:26:57	3:16:45
6:00	11:44	12:39	20:17	33:46	42:35	1:10:46	1:34:25	2:29:00	3:19:30
6:05	11:53	12:49	20:34	34:14	43:11	1:11:45	1:35:44	2:31:04	3:22:16
6:10	12:03	13:00	20:51	34:42	43:46	1:12:44	1:37:03	2:33:07	3:25:02
6:15	12:13	13:11	21:08	35:10	44:22	1:13:43	1:38:21	2:35:10	3:27:47
6:20	12:23	13:21	21:25	35:38	44:57	1:14:42	1:39:40	2:37:14	3:30:33
6:25	12:33	13:32	21:42	36:06	45:33	1:15:41	1:40:59	2:39:17	3:33:20
6:30	12:42	13:42	21:59	36:34	46:08	1:16:40	1:42:17	2:41:20	3:36:05
6:35	12:52	13:53	22:16	37:03	46:44	1:17:39	1:43:36	2:43:24	3:38:48
6:40	13:02	14:03	22:33	37:31	47:19	1:18:38	1:44:55	2:45:27	3:41:35
6:45	13:12	14:14	22:49	37:59	47:55	1:19:37	1:46:13	2:47:30	3:44:20
6:50	13:21	14:24	23:06	38:27	48:30	1:20:35	1:47:32	2:49:34	3:47:05
6:55	13:31	14:35	23:23	38:55	49:06	1:21:34	1:48:51	2:51:37	3:49:51
7:00	13:41	14:45	23:40	39:23	49:41	1:22:33	1:50:10	2:53:40	3:52:36

Constant Pace Time Chart

1 mile	5 km	5 miles	10 km	10 miles	Half M	15 miles	30 km	20 miles	Marathon
6:00	18:39	30:00	37:17	60:00	1:18:36	1:30:00	1:51:51	2:00:00	2:37:12
6:05	18:54	30:25	37:48	1:00:50	1:19:42	1:31:15	1:53:24	2:01:40	2:39:23
6:10	19:10	30:50	38:19	1:01:40	1:20:47	1:32:30	1:54:57	2:03:20	2:41:34
6:15	19:25	31:15	38:50	1:02:30	1:21:53	1:33:45	1:56:30	2:05:00	2:43:45
6:20	19:41	31:40	39:21	1:03:20	1:22:58	1:35:00	1:58:03	2:06:40	2:45:56
6:25	19:56	32:05	39:52	1:04:10	1:24:03	1:36:15	1:59:36	2:08:20	2:48:07
6:30	20:12	32:30	40:23	1:05:00	1:25:13	1:37:30	2:01:09	2:10:00	2:50:18
6:35	20:27	32:55	40:55	1:05:50	1:26:15	1:38:45	2:02:45	2:11:40	2:52:29
6:40	20:43	33:20	41:26	1:06:40	1:27:20	1:40:00	2:04:18	2:13:20	2:54:40
6:45	20:58	33:45	41:57	1:07:30	1:28:25	1:41:15	2:05:51	2:15:00	2:56:51
6:50	21:14	34:10	42:28	1:08:20	1:29:31	1:42:30	2:07:24	2:16:40	2:59:02
6:55	21:29	34:35	42:59	1:09:10	1:30:36	1:43:45	2:08:57	2:18:20	3:01:13
7:00	21:45	35:00	43:30	1:10:00	1:31:42	1:45:00	2:10:30	2:20:00	3:03:24
7:05	22:00	35:25	44:01	1:10:50	1:32:47	1:46:15	2:12:03	2:21:40	3:05:35
7:10	22:16	35:50	44:32	1:11:40	1:33:53	1:47:30	2:13:36	2:23:20	3:07:46
7:15	22:32	36:15	45:03	1:12:30	1:34:58	1:48:45	2:15:09	2:25:00	3:09:57
7:20	22:47	36:40	45:34	1:13:20	1:36:04	1:50:00	2:16:42	2:26:40	3:12:08
7:25	23:03	37:05	46:05	1:14:10	1:37:09	1:51:15	2:18:15	2:28:20	3:14:19
7:30	23:18	37:30	46:36	1:15:00	1:38:15	1:52:30	2:19:48	2:30:00	3:16:30
7:35	23:34	37:55	47:07	1:15:50	1:39:20	1:53:45	2:21:21	2:31:40	3:18:41
7:40	23:49	38:20	47:38	1:16:40	1:40:26	1:55:00	2:22:54	2:33:20	3:20:52
7:45	24:05	38:45	48:10	1:17:30	1:41:31	1:56:15	2:24:30	2:35:00	3:23:03
7:50	24:20	39:10	48:41	1:18:20	1:42:37	1:57:30	2:26:03	2:36:40	3:25:14
7:55	24:36	39:35	49:12	1:19:10	1:43:42	1:58:45	2:27:36	2:38:20	3:27:25
8:00	24:51	40:00	49:43	1:20:00	1:44:48	2:00:00	2:29:09	2:40:00	3:29:36

