

# Bristol Run Series

26 / 27



## Pathway 3

10K | Half Marathon | 20 Miles | Marathon

### Congratulations!

Well done for signing up to the Bristol Run Series **10K to marathon challenge!**

This training plan guides you from 10K to marathon distance with a daily guide of activity.

We have designed these plans to be adaptable to your own fitness journey and goal. Please read our [online activity disclaimer](#) before participating in the training plans.



## Pathway 3

# A guide to your Marathon training plan

### Easy Jog / Run

When an activity is described as 'easy', it means it should be considered more of a 'recovery run' with a heart rate at around 60-70% of your maximum. At a pace that you would be happy to hold a conversation.

### Interval sessions

For example, 8 x 2 minutes (60 seconds rest), would mean run for 2 minutes then stop and recover for 60 seconds before running for 2 minutes again and repeat until you've done it 8 times. All 2 minute reps should be at a consistent pace, if not getting faster towards the end - so don't start too quickly! These runs should be at a faster pace than the easy runs, working near your maximum.

### Gym / Cross Train

To complement your running, we recommend you undertake gym or cross-training sessions. This means doing another activity that isn't running, which typically uses different parts of the body - such as swimming, weights / strength training or cycling. Examples of gym sessions can be found on our [support hub](#).



|            | MON          | TUES         | WEDS                       | THURS             | FRI          | SAT  | SUN          |
|------------|--------------|--------------|----------------------------|-------------------|--------------|------|--------------|
| WEEK ONE   | Rest         | 25 mins easy | 2 x 15 mins (90 secs rest) | Gym / cross-train | 20 mins easy | Rest | 8 km         |
| WEEK TWO   | 20 mins easy | Rest         | 6 x 1 km (90 secs rest)    | 35 mins easy      | 25 mins easy | Rest | 10 km event! |
| WEEK THREE | Rest         | 30 mins easy | 5 x 5 mins (60 secs rest)  | Gym / cross-train | 30 mins easy | Rest | 11 km        |
| WEEK FOUR  | 20 mins easy | Rest         | 5 x 8 mins (90 secs rest)  | 40 mins easy      | 35 mins easy | Rest | 12 km        |
| WEEK FIVE  | Rest         | 35 mins easy | 5 x 10 mins (1 min rest)   | Gym / cross-train | 45 mins easy | Rest | 14 km        |

|            | MON          | TUES         | WEDS                                   | THURS             | FRI          | SAT  | SUN   |
|------------|--------------|--------------|----------------------------------------|-------------------|--------------|------|-------|
| WEEK SIX   | 20 mins easy | Rest         | 2 x 15 mins (1 min rest)               | Rest              | 20 mins easy | Rest | 8 km  |
| WEEK SEVEN | Rest         | 40 mins easy | 3 x 20 mins then 5 mins (90 secs rest) | Gym / cross-train | 50 mins easy | Rest | 15 km |
| WEEK EIGHT | 30 mins easy | Rest         | 3 x 25 mins (90 secs rest)             | 40 mins easy      | 50 mins easy | Rest | 16 km |
| WEEK NINE  | Rest         | 45 mins easy | 3 x 30 mins (90 secs rest)             | Gym / cross-train | 50 mins easy | Rest | 18 km |
| WEEK TEN   | 25 mins easy | Rest         | 3 x 20 mins (90 secs rest)             | Rest              | 35 mins easy | Rest | 12 km |

|                      | MON          | TUES         | WEDS                                       | THURS             | FRI          | SAT  | SUN                  |
|----------------------|--------------|--------------|--------------------------------------------|-------------------|--------------|------|----------------------|
| <b>WEEK ELEVEN</b>   | Rest         | 50 mins easy | 2 x 10 mins then 2 x 5 mins (90 secs rest) | Gym / cross-train | 15 mins easy | Rest | Half marathon event! |
| <b>WEEK TWELVE</b>   | 30 mins easy | Rest         | 2 x 30 mins (2 mins rest)                  | 40 mins easy      | 50 mins easy | Rest | 23 km                |
| <b>WEEK THIRTEEN</b> | Rest         | 55 mins easy | 60 mins then 2 x 15 mins (90 secs rest)    | Gym / cross-train | 50 mins easy | Rest | 25 km                |
| <b>WEEK FOURTEEN</b> | 35 mins easy | Rest         | 60 mins then 30 mins (90 secs rest)        | 40 mins easy      | 50 mins easy | Rest | 27 km                |
| <b>WEEK FIFTEEN</b>  | Rest         | 60 mins easy | 5 x 15 mins then 3 x 5 mins (90 secs rest) | Gym / cross-train | 50 mins easy | Rest | 29 km                |

|                | MON          | TUES         | WEDS                                                 | THURS             | FRI          | SAT  | SUN             |
|----------------|--------------|--------------|------------------------------------------------------|-------------------|--------------|------|-----------------|
| WEEK SIXTEEN   | 25 mins easy | Rest         | 2 x 30 mins (90 secs rest)                           | Rest              | 30 mins easy | Rest | 15 km           |
| WEEK SEVENTEEN | Rest         | 65 mins easy | 4 x 20 mins (1 min rest)                             | Gym / cross-train | 50 mins easy | Rest | 20 mile event!  |
| WEEK EIGHTEEN  | 35 mins easy | Rest         | 45 mins then 15 mins then 2 x 10 mins (90 secs rest) | 40 mins easy      | 50 mins easy | Rest | 16 km           |
| WEEK NINETEEN  | Rest         | 45 mins easy | 3 x 15 mins (90 secs rest)                           | Gym / cross-train | 35 mins easy | Rest | 10 km           |
| WEEK TWENTY    | Rest         | 40 mins easy | 30 mins easy                                         | Rest              | 20 mins easy | Rest | Marathon event! |