



# Bristol Run Series.

CHALLENGER

## Challenger.

10 K  
Half Marathon  
20 Miles  
Marathon

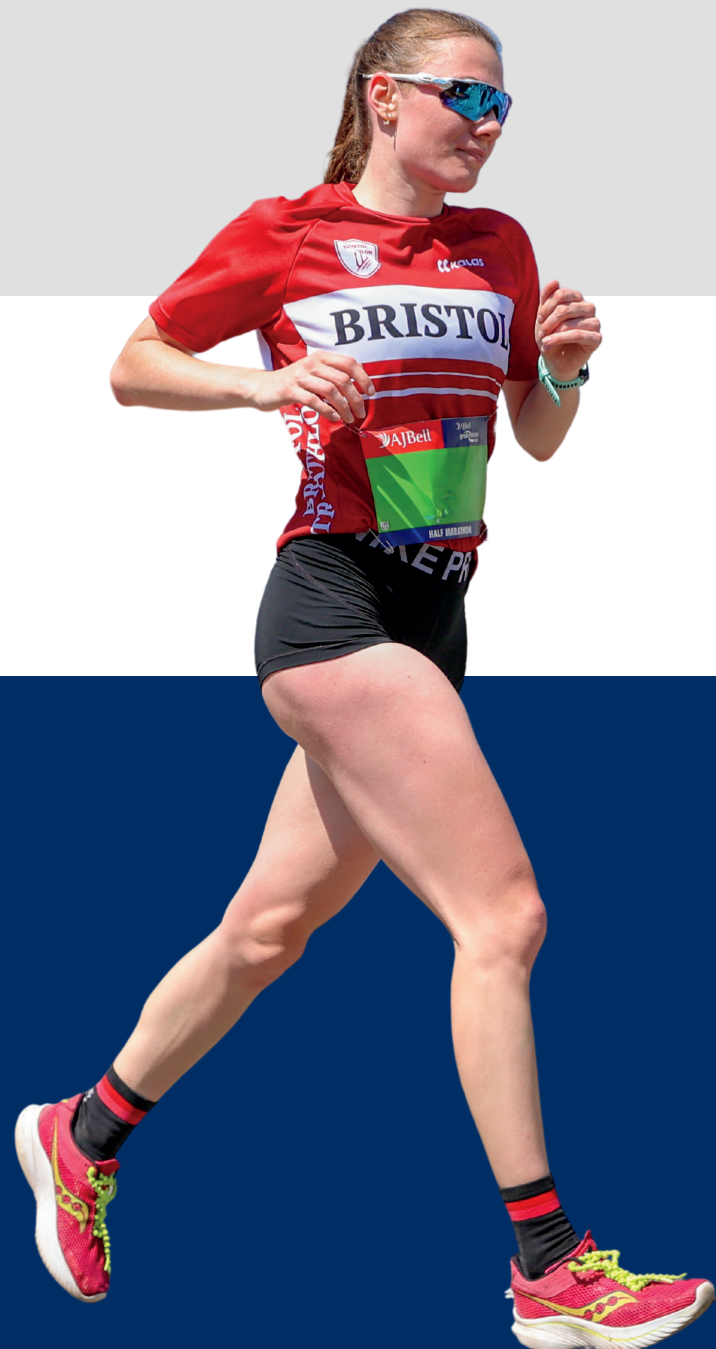
### CONGRATULATIONS!

Well done for signing up to the Bristol Run Series **Challenger** pathway!

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.

## MARATHON TRAINING PLAN.





# Bristol Run Series.

CHALLENGER

**Challenger.**

## MARATHON TRAINING PLAN.

### A guide to your training plan.

#### EASY JOG / WALK:

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
WEEK ELEVEN	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!
WEEK TWELVE	30 mins easy	Rest	2 x 30 mins (2 mins rest)	40 mins easy	50 mins easy	Rest	23 km
WEEK THIRTEEN	Rest	55 mins easy	60 mins then 2 x 15 mins (90 secs rest)	Gym / cross-train	50 mins easy	Rest	25 km
WEEK FOURTEEN	35 mins easy	Rest	60 mins then 30 mins (90 secs rest)	40 mins easy	50 mins easy	Rest	27 km
WEEK FIFTEEN	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!