

Bristol Run Series.

Time to dare.

**10K
Half Marathon
Marathon**

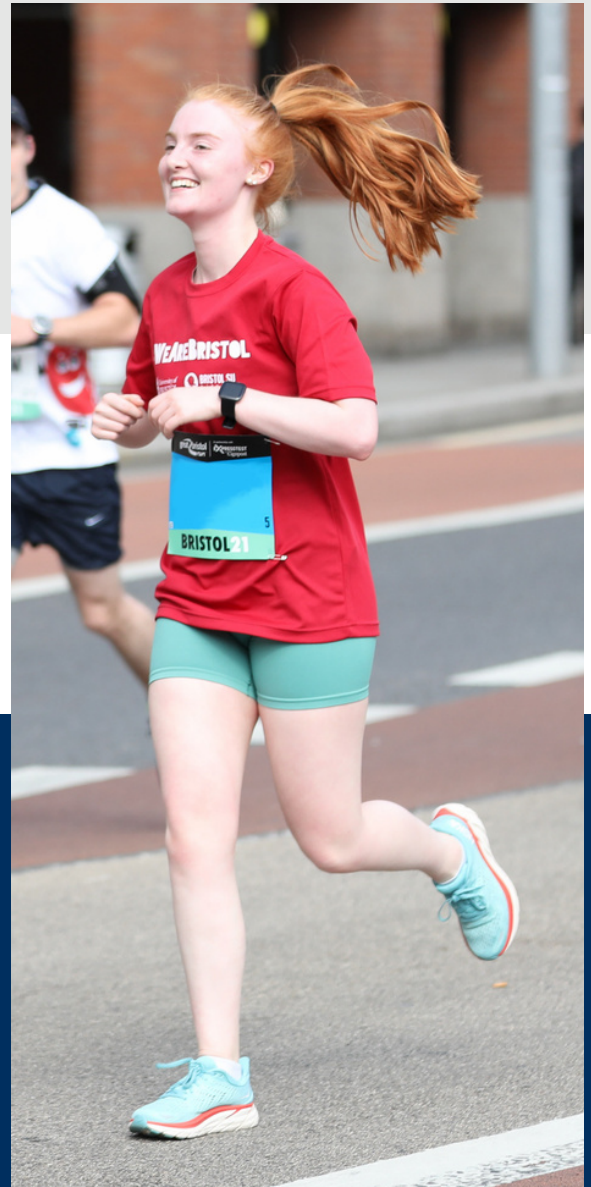
CONGRATULATIONS!

Well done for signing up to the Bristol Run Series **Time to dare** 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.





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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 W/C 11/3/24	20 mins easy run	Rest	6 x 1 km (2 mins rest)	Rest	25 mins easy run	Rest	10 km event Good luck!
WEEK TWO W/C 18/3/24	Rest	30 mins easy run	5 x 5 mins (60 secs rest)	Gym / cross- train	30 mins easy run	Rest	11 km
WEEK THREE W/C 25/3/24	20 mins easy run	Rest	35 mins easy run	40 mins easy run	35 mins easy run	Rest	12 km
WEEK FOUR W/C 1/4/24	Rest	35 mins easy run	4 x 10 mins (60 secs rest)	Gym / cross- train	45 mins easy run	Rest	14 km
WEEK FIVE W/C 8/4/24	30 mins easy run	Rest	4 x 15 mins (90 secs rest)	40 mins easy run	35 min easy run	Rest	16 km

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK SIX W/C 15/4/24	Rest	40 mins easy run	4 x 20 mins (90 secs rest)	Gym / cross- train	50 mins easy run	Rest	18 km
WEEK SEVEN W/C 22/4/24	30 mins easy run	Rest	3 x 25 mins (90 secs rest)	40 mins easy run	50 mins easy run	Rest	20 km
WEEK EIGHT W/C 29/4/24	Rest	45 mins easy run	3 x 30 mins (90 secs rest)	Gym / cross- train	50 mins easy run	Rest	22 km
WEEK NINE W/C 6/5/24	30 mins easy run	Rest	5 x 20 mins (90 secs rest)	40 mins easy run	50 mins easy run	Rest	16 km
WEEK TEN W/C 13/5/24	Rest	20 mins easy run	2 x 10 mins + 2 x 5 mins (90 secs rest)	Gym / cross- train	15 mins easy run	Rest	Half marathon Good luck!

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK ELEVEN W/C 20/5/24	30 mins easy run	Rest	2 x 30 mins (2 mins rest)	40 mins easy run	50 mins easy run	Rest	23 km
WEEK TWELVE W/C 27/5/24	Rest	50 mins easy run	60 mins + 2 x 15 mins (90 secs rest)	Gym / cross- train	50 mins easy run	Rest	25 km
WEEK THIRTEEN W/C 3/6/24	30 mins easy run	Rest	60 mins + 30 mins (90 secs rest)	40 mins easy run	50 mins easy run	Rest	27 km
WEEK FOURTEEN W/C 10/6/24	Rest	50 mins easy run	5 x 15 mins + 3 x 5 mins (90 secs rest)	Gym / cross- train	50 mins easy run	Rest	29 km
WEEK FIFTEEN W/C 17/6/24	30 mins easy run	Rest	3 x 30 mins (90 secs rest)	40 mins easy run	50 mins easy run	Rest	31 km

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK SIXTEEN W/C 24/6/24	Rest	50 mins easy run	4 x 20 mins (60 secs rest)	Gym / cross- train	50 mins easy run	Rest	33 km
WEEK SEVENTEEN W/C 1/7/24	30 mins easy run	Rest	60 mins + 20 mins (90 secs rest)	40 mins easy run	50 mins easy run	Rest	20 km
WEEK EIGHTEEN W/C 8/7/24	Rest	40 mins easy run	3 x 15 mins (90 secs rest)	Gym / cross- train	35 mins easy run	Rest	10 km
WEEK NINETEEN W/C 15/7/24	Rest	40 mins easy run	30 mins easy run	Rest	20 mins easy run	Rest	Marathon Good Luck!