

16 Week

Running Plan





TCS London Marathon

2025

FULL MARATHON - 16 Week Running Plan

| Weeks to go | Week starting | Affirmation of the week | Run Day 1 | Run Day 2 | Run Day 3 | Run Day 4 | REST! | |
|--|---------------|--|--------------------|--|------------------|-----------|---------------------------|---|
| | | REST DAY! Your Positive Affirmation for the week... | Medium - Fast Pace | CHALLENGE DAY! (or substitute for medium pace run). | Easy-Medium Pace | Long Run | Alternative Training/Rest | |
|  | | Top tips for January: | | <ol style="list-style-type: none"> 1. Get your gait analysis done/buy suitable trainers 2. Add the SMASH Zoom workshops to your calendar 3. Set up your fundraising page and let everyone know what you're doing! | | | | <p>Aim to fully rest at least 1 day a week.</p> <p>Today could be a good day to do some yoga or some extra stretching.</p> <p>Why not use today to have a think about who you are going to dedicate your next long run</p> <p>It may be the same person next week or it may be a different person for each of your runs.</p> <p>If you start to struggle, remember your dedication and let it push you forward</p> |
| 16 | 07-Jan | I am energised | 3 miles | 3 miles Interval 1 slow, 1 speed, 1 slow | 45 mins | 6 miles | | |
| 15 | 14-Jan | I choose to be kind to myself | 4 miles | 4 miles - Hill training At least 6 sprint bursts uphill, recovery down | 30 mins | 8 miles | | |
| 14 | 21-Jan | I choose to be kind to myself | 6 miles | 3 miles - Fartlek intervals at least 8 varied bursts speedy | 45 mins | 10 miles | | |
| 13 | 28-Jan | I wake each day rested and full of energy | 5 miles | 4 miles Interval 1 slow, 2 speed, 1 slow | 30 mins | 12 miles | | |
|  | | Top tips for February: | | <ol style="list-style-type: none"> 1. Know your toilet breaks during your running routes 2. Trial energy gels 3. Send a message to loved ones updating them on your progress - ask for donations! | | | | |
| 12 | 04-Feb | I create the life I deserve | 6 miles | 6 miles - Hill training At least 6 sprint bursts uphill, recovery down | 45 mins | 11 miles | | |
| 11 | 11-Feb | I choose to be happy and love myself today | 6 miles | 4 miles - Fartlek intervals at least 8 bursts speedy | 45 mins | 14 miles | | |
| 10 | 18-Feb | I am powerful and unstoppable | 8 miles | 5 miles Interval 1 slow, 3 speed, 1 slow | 30 mins | 13 miles | | |
| 9 | 25-Feb | I am stronger than I realise | 6 miles | 6 miles - Hill training At least 8 sprint bursts uphill, recovery down | 30 mins | 17 miles | | |

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| | | REST DAY! Your Positive Affirmation for the week... | Medium - Fast Pace | CHALLENGE DAY! (or substitute for medium pace run). | Easy-Medium Pace | Long Run | Alternative Training/Rest | |
|  | | Top tips for March: | <ol style="list-style-type: none"> 1. Think about organising a fundraising event 2. Plan and practice your fuel routine for long runs 3. Run and Rest! Both are equally important in your training plan, especially at this stage. | | | | | <p>Aim to fully rest at least 1 day a week.</p> <p>Today could be a good day to do some yoga or some extra stretching.</p> <p>Why not use today to have a think about who you are going to dedicate your next long run</p> <p>It may be the same person next week or it may be a different person for each of your runs.</p> <p>If you start to struggle, remember your dedication and let it push you forward</p> |
| 8 | 03-Mar | I take my goals seriously | 8-9 miles | 7 miles - Fartlek intervals at least 10 bursts speedy | 60 mins | 15 miles | | |
| 7 | 10-Mar | I am proud to be me | 6 miles | 6 miles Interval 1 slow, 2 speed x 2 | 30 mins | 20 miles | | |
| 6 | 17-Mar | My body is getting stronger and stronger each day | 8 miles | 7 miles - Hill training At least 8 sprint bursts uphill, recovery down | 45 mins | 18 miles | | |
| 5 | 24-Mar | I am happy with who I am | 9-10 miles | 7 miles - Hill training At least 8 sprint bursts uphill, recovery down | 60 mins | 15 miles | | |
|  | | Top tips for April: | <ol style="list-style-type: none"> 1. Practice your race day routine including what to eat in the days before a long run 2. Plan your post-race schedule and book something to look forward to! 3. Don't be afraid to remind people about your amazing journey and ask for final donations! | | | | | |
| 4 | 31-Mar | Everything I do leads me closer to a healthier body and mind | 5 miles | 6 miles Interval 1 slow, 2 speed x 2 | 45 mins | 22 miles | | |
| 3 | 07-Apr | I have complete power over my wellbeing | 7-8 miles | 6 miles - Hill training At least 6 sprint bursts uphill, recovery down | 30 mins | 17 miles | | |
| 2 | 14-Apr | Everything is possible | 5 miles | 4 miles - Fartlek intervals at least 8 bursts speed | 45 mins | 10 miles | | |
| 1 | 21-Apr | I've got this | 20 mins easy | 3 miles Interval 1 slow, 1 speedy, 1 slow | 30 mins | TCS LONDON MARATHON! | | |

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| Interval training | Consists of a series of repeated rounds of exercise, lasting varied amounts of time. |
| Fartlek training | Involves varying the intensity or speed of your run to improve your fitness and endurance. |
| Hill training | Improves leg-muscle strength, quickens your stride and can even protect your leg muscles against soreness. |

Any training regime carries with it potential risks as well as the many health benefits and we would like to make sure you are as safe as possible.

If you do have any injuries or illnesses, or if you are pregnant, we would always recommend speaking with your GP before increasing your training load.

Hi, we are Sam and Ash from SMASH Mind and Body and we are delighted to be working with Age UK to support you through your training for the London Marathon 2025. We want your training to be as efficient as possible but we also want you to enjoy the journey! We will be regularly updating your running support webpage and will be hosting Zoom running workshops (with Q&A at the end of each one) as you follow our plan. We want you to feel your best and we know that our motivation and support, alongside your own strength and determination, will ensure that race day is enjoyable and a big success!



www.smashmindandbody.com/ageuk25

Password: Marathon25