

24 Week

Running Plan



TCS London Marathon

2025



FULL MARATHON - 24 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
24	12-Nov	I am energised	1-2 miles	How far does 20 minutes take you?	30 mins	3-4 miles	<p>Use these first few weeks to build a running habit. Explore your local routes and how far you can get in a fix period of time. The times and distances provided are a guide only!</p>
23	19-Nov	I choose to be kind to myself	2-3 miles	Run for 3 minutes walk for 1, dedicate 45 minutes	20-30 mins	3-4 miles	
22	26-Nov	I cherish my body	2-3 miles	How far does 30 minutes take you?	30 mins	4-5 miles	
21	03-Dec	I wake each day rested and full of energy	3-4 miles	Run for 3 minutes, walk for 30 seconds, dedicate 45 minutes	40 mins	5-6 miles	
20	10-Dec	I am capable of great things	3 miles	3 miles standard run	20-30 mins	5 miles	<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>
19	17-Dec	I celebrate life	5 miles	3 miles Interval 1 mile slow, 1 mile speedier, 1 mile slow	30 mins	6 miles	
18	24-Dec	I am unique	4 miles	3 miles - Hill training At least 5 sprint bursts uphill, recovery down	30 mins	6 miles	
17	31-Dec	I treat my body with love and respect	6 miles	2 miles - Fartlek intervals at least 6 varied bursts speedy	20-30mins	8 miles	

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		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	My stamina increases every day	4 miles	3 miles Interval 1 slow, 1 speed, 1 slow	45 mins	9 miles		
15	14-Jan	I am proud of my accomplishments	4 miles	4 miles - Hill training At least 6 sprint bursts uphill, recovery down	30 mins	8 miles		
14	21-Jan	I am stronger than I realise	6 miles	3 miles - Fartlek intervals at least 8 varied bursts speedy"	45 mins	10 miles		
13	28-Jan	Challenges are good for me	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	My mind and body are strong and powerful	6 miles	6 miles - Hill training At least 8 sprint bursts uphill, recovery down	30 mins	17 miles		

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		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	6 miles - Fartlek intervals at least 8 bursts speedy	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!		

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