



RUN · INTERMEDIATE

Intermediate Marathon



12-Week Marathon Training Plan

A focused 12-week marathon build for runners with a base.

EVENT

Marathon

LEVEL

Intermediate

LENGTH

12 weeks

DAYS / WEEK

5



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 12 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Recovery Run 41 min continuous	41 min
Wed	Easy Run 49 min continuous · 5 min warm-up · 5 min cool-down	59 min
Thu	Easy Run 27 min continuous · 5 min warm-up · 5 min cool-down	37 min
Fri	Easy Run 27 min continuous · 5 min warm-up · 5 min cool-down	37 min
Sun	Long Run 86 min continuous · 5 min warm-up · 5 min cool-down	96 min

Week 2

BASE

Mon	Recovery Run 41 min continuous	41 min
Wed	Easy Run 49 min continuous · 5 min warm-up · 5 min cool-down	59 min
Thu	Easy Run 38 min continuous · 5 min warm-up · 5 min cool-down	48 min
Fri	Easy Run 38 min continuous · 5 min warm-up · 5 min cool-down	48 min
Sun	Long Run 105 min continuous · 5 min warm-up · 5 min cool-down	115 min

Week 3

BASE

Mon	Recovery Run 41 min continuous	41 min
Wed	Easy Run 49 min continuous · 5 min warm-up · 5 min cool-down	59 min
Thu	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Fri	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Sun	Long Run 142 min continuous · 5 min warm-up · 5 min cool-down	152 min

Week 4

BUILD

Mon	Recovery Run 41 min continuous	41 min
Wed	Easy Run 49 min continuous · 5 min warm-up · 5 min cool-down	59 min
Thu	Easy Run 27 min continuous · 5 min warm-up · 5 min cool-down	37 min
Fri	Tempo Run 29 min continuous · 10 min warm-up · 10 min cool-down	49 min
Sun	Long Run 123 min continuous · 5 min warm-up · 5 min cool-down	133 min

Week 5

BUILD

Mon	Recovery Run 41 min continuous	41 min
Wed	Easy Run 55 min continuous · 5 min warm-up · 5 min cool-down	65 min
Thu	Easy Run 31 min continuous · 5 min warm-up · 5 min cool-down	41 min
Fri	Tempo Run 34 min continuous · 10 min warm-up · 10 min cool-down	54 min
Sun	Long Run 141 min continuous · 5 min warm-up · 5 min cool-down	151 min

Week 6

BUILD

Mon	Recovery Run 29 min continuous	29 min
Wed	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Thu	Easy Run 21 min continuous · 5 min warm-up · 5 min cool-down	31 min
Fri	Tempo Run 22 min continuous · 10 min warm-up · 10 min cool-down	42 min
Sun	Long Run 108 min continuous · 5 min warm-up · 5 min cool-down	118 min

Week 7

BUILD

Mon Recovery Run 41 min
41 min continuous

Wed Easy Run 78 min
68 min continuous · 5 min warm-up · 5 min cool-down

Thu Easy Run 48 min
38 min continuous · 5 min warm-up · 5 min cool-down

Fri Tempo Run 65 min
40 min continuous · 15 min warm-up · 10 min cool-down

Sun Long Run 185 min
175 min continuous · 5 min warm-up · 5 min cool-down

Week 8

BUILD

Mon Recovery Run 41 min
41 min continuous

Wed Easy Run 84 min
74 min continuous · 5 min warm-up · 5 min cool-down

Thu Easy Run 50 min
40 min continuous · 5 min warm-up · 5 min cool-down

Fri Tempo Run 70 min
45 min continuous · 15 min warm-up · 10 min cool-down

Sun Long Run 204 min
194 min continuous · 5 min warm-up · 5 min cool-down

Week 9

BUILD

Mon Recovery Run 29 min
29 min continuous

Wed Easy Run 63 min
53 min continuous · 5 min warm-up · 5 min cool-down

Thu Easy Run 39 min
29 min continuous · 5 min warm-up · 5 min cool-down

Fri Tempo Run 52 min
32 min continuous · 10 min warm-up · 10 min cool-down

Sun Long Run 154 min
144 min continuous · 5 min warm-up · 5 min cool-down

Week 10

BUILD

Mon Recovery Run 44 min
44 min continuous

Wed Easy Run 90 min
80 min continuous · 5 min warm-up · 5 min cool-down

Thu Easy Run 50 min
40 min continuous · 5 min warm-up · 5 min cool-down

Fri Tempo Run 83 min
58 min continuous · 15 min warm-up · 10 min cool-down

Sun Long Run 240 min
230 min continuous · 5 min warm-up · 5 min cool-down

Week 11

TAPER

Mon	Recovery Run 36 min continuous	36 min
Wed	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Thu	Easy Run 16 min continuous · 5 min warm-up · 5 min cool-down	26 min
Fri	Easy Run 16 min continuous · 5 min warm-up · 5 min cool-down	26 min
Sun	Long Run 114 min continuous · 5 min warm-up · 5 min cool-down	124 min

Week 12

RACE WEEK

Mon	Recovery Run 40 min continuous	40 min
Wed	Recovery Run 40 min continuous	40 min
Thu	Recovery Run 40 min continuous	40 min
Fri	Tempo Run 20 min continuous · 10 min warm-up · 10 min cool-down	40 min
Sun	Race Day: Run RACE 260 min continuous	260 min