



RUN · ADVANCED

Advanced **Marathon**



18-Week Advanced Marathon Training Plan

Run a marathon PB on a big base with marathon-pace long runs.

EVENT

Marathon

LEVEL

Advanced

LENGTH

18 weeks

DAYS / WEEK

6



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 · 18 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	29 min
29 min continuous		
Tue	Easy Run	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Long Run	76 min
66 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	79 min
69 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Recovery Run	29 min
29 min continuous		
Tue	Easy Run	57 min
47 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Long Run	78 min
68 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Easy Run	57 min
47 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	57 min
47 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Long Run	93 min
83 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	Recovery Run 30 min continuous	30 min
Tue	Easy Run 51 min continuous · 5 min warm-up · 5 min cool-down	61 min
Wed	Long Run 70 min continuous · 5 min warm-up · 5 min cool-down	80 min
Thu	Easy Run 51 min continuous · 5 min warm-up · 5 min cool-down	61 min
Fri	Easy Run 51 min continuous · 5 min warm-up · 5 min cool-down	61 min
Sun	Long Run 97 min continuous · 5 min warm-up · 5 min cool-down	107 min

Week 4

BASE

Mon	Recovery Run 30 min continuous	30 min
Tue	Easy Run 54 min continuous · 5 min warm-up · 5 min cool-down	64 min
Wed	Long Run 70 min continuous · 5 min warm-up · 5 min cool-down	80 min
Thu	Easy Run 54 min continuous · 5 min warm-up · 5 min cool-down	64 min
Fri	Easy Run 54 min continuous · 5 min warm-up · 5 min cool-down	64 min
Sun	Long Run 109 min continuous · 5 min warm-up · 5 min cool-down	119 min

Week 5

BASE

Mon	Recovery Run 30 min continuous	30 min
Tue	Easy Run 57 min continuous · 5 min warm-up · 5 min cool-down	67 min
Wed	Long Run 70 min continuous · 5 min warm-up · 5 min cool-down	80 min
Thu	Easy Run 57 min continuous · 5 min warm-up · 5 min cool-down	67 min
Fri	Easy Run 57 min continuous · 5 min warm-up · 5 min cool-down	67 min
Sun	Long Run 121 min continuous · 5 min warm-up · 5 min cool-down	131 min

Week 6

BASE

Mon	Recovery Run 30 min continuous	30 min
Tue	Easy Run 60 min continuous · 5 min warm-up · 5 min cool-down	70 min
Wed	Long Run 70 min continuous · 5 min warm-up · 5 min cool-down	80 min
Thu	Easy Run 60 min continuous · 5 min warm-up · 5 min cool-down	70 min
Fri	Easy Run 60 min continuous · 5 min warm-up · 5 min cool-down	70 min
Sun	Long Run 133 min continuous · 5 min warm-up · 5 min cool-down	143 min

Week 7

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 80 min continuous · 5 min warm-up · 5 min cool-down	90 min
Thu	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Fri	VO2max Intervals 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Sun	Long Run 133 min continuous · 5 min warm-up · 5 min cool-down	143 min

Week 8

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Long Run 69 min continuous · 5 min warm-up · 5 min cool-down	79 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 115 min continuous · 5 min warm-up · 5 min cool-down	125 min

Week 9

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 97 min continuous · 5 min warm-up · 5 min cool-down	107 min
Thu	Easy Run 55 min continuous · 5 min warm-up · 5 min cool-down	65 min
Fri	VO2max Intervals 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Sun	Long Run 159 min continuous · 5 min warm-up · 5 min cool-down	169 min

Week 10

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 100 min continuous · 5 min warm-up · 5 min cool-down	110 min
Thu	Easy Run 60 min continuous · 5 min warm-up · 5 min cool-down	70 min
Fri	Easy Run 60 min continuous · 5 min warm-up · 5 min cool-down	70 min
Sun	Long Run 177 min continuous · 5 min warm-up · 5 min cool-down	187 min

Week 11

BUILD

Mon	Recovery Run 27 min continuous	27 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 72 min continuous · 5 min warm-up · 5 min cool-down	82 min
Thu	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Fri	Tempo Run 61 min continuous · 15 min warm-up · 10 min cool-down	86 min
Sun	Long Run 2 × 23 min–133 min with recoveries · 5 min warm-up · 5 min cool-down	166 min

Week 12

BUILD

Mon	Recovery Run 27 min continuous	27 min
Tue	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Long Run 59 min continuous · 5 min warm-up · 5 min cool-down	69 min
Thu	Easy Run 32 min continuous · 5 min warm-up · 5 min cool-down	42 min
Fri	Tempo Run 48 min continuous · 15 min warm-up · 10 min cool-down	73 min
Sun	Long Run 2 × 19 min–113 min with recoveries · 5 min warm-up · 5 min cool-down	142 min

Week 13

BUILD

Mon	Recovery Run 27 min continuous	27 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 84 min continuous · 5 min warm-up · 5 min cool-down	94 min
Thu	Easy Run 47 min continuous · 5 min warm-up · 5 min cool-down	57 min
Fri	Tempo Run 74 min continuous · 15 min warm-up · 10 min cool-down	99 min
Sun	Long Run 2 × 27 min–157 min with recoveries · 5 min warm-up · 5 min cool-down	194 min

Week 14

BUILD

Mon	Recovery Run 26 min continuous	26 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 90 min continuous · 5 min warm-up · 5 min cool-down	100 min
Thu	Easy Run 51 min continuous · 5 min warm-up · 5 min cool-down	61 min
Fri	Tempo Run 80 min continuous · 15 min warm-up · 10 min cool-down	105 min
Sun	Long Run 2 × 29 min–169 min with recoveries · 5 min warm-up · 5 min cool-down	208 min

Week 15

PEAK

Mon	Recovery Run 30 min continuous	30 min
Tue	VO2max Intervals 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Easy Run 55 min continuous · 5 min warm-up · 5 min cool-down	65 min
Thu	Easy Run 55 min continuous · 5 min warm-up · 5 min cool-down	65 min
Fri	Tempo Run 83 min continuous · 15 min warm-up · 10 min cool-down	108 min
Sun	Long Run 211 min continuous · 5 min warm-up · 5 min cool-down	221 min

Week 16

TAPER

Mon	Recovery Run 23 min continuous	23 min
Tue	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Wed	Easy Run 24 min continuous · 5 min warm-up · 5 min cool-down	34 min
Thu	Easy Run 24 min continuous · 5 min warm-up · 5 min cool-down	34 min
Fri	Easy Run 24 min continuous · 5 min warm-up · 5 min cool-down	34 min
Sun	Long Run 98 min continuous · 5 min warm-up · 5 min cool-down	108 min

Week 17

TAPER

Mon	Recovery Run 22 min continuous	22 min
Tue	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Wed	Easy Run 23 min continuous · 5 min warm-up · 5 min cool-down	33 min
Thu	Easy Run 23 min continuous · 5 min warm-up · 5 min cool-down	33 min
Fri	Easy Run 23 min continuous · 5 min warm-up · 5 min cool-down	33 min
Sun	Long Run 72 min continuous · 5 min warm-up · 5 min cool-down	82 min

Week 18

RACE WEEK

Mon	Recovery Run 30 min continuous	30 min
Tue	Recovery Run 30 min continuous	30 min
Wed	Base Run with Strides 1 × 16 min with recoveries · 5 min warm-up · 5 min cool-down	30 min
Thu	Recovery Run 30 min continuous	30 min
Fri	Recovery Run 30 min continuous	30 min
Sun	Race Day: Run RACE 260 min continuous	260 min