



RUN · INTERMEDIATE

Intermediate Marathon



16-Week Intermediate Marathon Training Plan

Run a marathon PB off a bigger base and marathon-pace long runs.

EVENT

Marathon

LEVEL

Intermediate

LENGTH

16 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 · 16 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 30 min continuous	30 min
Wed	Long Run 60 min continuous · 5 min warm-up · 5 min cool-down	70 min
Thu	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Fri	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Sun	Long Run 73 min continuous · 5 min warm-up · 5 min cool-down	83 min

Week 2

BASE

Mon	Recovery Run 30 min continuous	30 min
Wed	Long Run 60 min continuous · 5 min warm-up · 5 min cool-down	70 min
Thu	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Fri	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Sun	Long Run 88 min continuous · 5 min warm-up · 5 min cool-down	98 min

Week 3

BASE

Mon Recovery Run 30 min
30 min continuous

Wed Long Run 70 min
60 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 Easy Run 48 min
38 min continuous · 5 min warm-up · 5 min cool-down

Sun Long Run 113 min
103 min continuous · 5 min warm-up · 5 min cool-down

Week 4

BASE

Mon Recovery Run 30 min
30 min continuous

Wed Long Run 70 min
60 min continuous · 5 min warm-up · 5 min cool-down

Thu Easy Run 51 min
41 min continuous · 5 min warm-up · 5 min cool-down

Fri Easy Run 51 min
41 min continuous · 5 min warm-up · 5 min cool-down

Sun Long Run 128 min
118 min continuous · 5 min warm-up · 5 min cool-down

Week 5

BASE

Mon Recovery Run 30 min
30 min continuous

Wed Long Run 70 min
60 min continuous · 5 min warm-up · 5 min cool-down

Thu Easy Run 55 min
45 min continuous · 5 min warm-up · 5 min cool-down

Fri Easy Run 55 min
45 min continuous · 5 min warm-up · 5 min cool-down

Sun Long Run 143 min
133 min continuous · 5 min warm-up · 5 min cool-down

Week 6

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 55 min
5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down

Thu Long Run 70 min
60 min continuous · 5 min warm-up · 5 min cool-down

Fri Easy Run 40 min
30 min continuous · 5 min warm-up · 5 min cool-down

Sun Long Run 143 min
133 min continuous · 5 min warm-up · 5 min cool-down

Week 7

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 55 min
5 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Long Run 80 min
70 min continuous · 5 min warm-up · 5 min
cool-down

Fri VO2max Intervals 45 min
5 × (3 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Sun Long Run 156 min
146 min continuous · 5 min warm-up · 5 min
cool-down

Week 8

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 41 min
3 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Long Run 72 min
62 min continuous · 5 min warm-up · 5 min
cool-down

Fri Easy Run 40 min
30 min continuous · 5 min warm-up · 5 min
cool-down

Sun Long Run 135 min
125 min continuous · 5 min warm-up · 5 min
cool-down

Week 9

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 55 min
5 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Long Run 100 min
90 min continuous · 5 min warm-up · 5 min
cool-down

Fri VO2max Intervals 45 min
5 × (3 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Sun Long Run 182 min
172 min continuous · 5 min warm-up · 5 min
cool-down

Week 10

BUILD

Mon Recovery Run 29 min
29 min continuous

Wed Threshold Intervals 60 min
5 × (5 min work / 2 min easy) · 15 min warm-up
· 10 min cool-down

Thu Long Run 69 min
59 min continuous · 5 min warm-up · 5 min
cool-down

Fri Tempo Run 88 min
63 min continuous · 15 min warm-up · 10 min
cool-down

Sun Long Run 178 min
2 × 25 min–143 min with recoveries · 5 min
warm-up · 5 min cool-down

Week 11

BUILD

Mon Recovery Run 29 min
29 min continuous

Wed Threshold Intervals 60 min
5 × (5 min work / 2 min easy) · 15 min warm-up
· 10 min cool-down

Thu Long Run 79 min
69 min continuous · 5 min warm-up · 5 min
cool-down

Fri Tempo Run 95 min
70 min continuous · 15 min warm-up · 10 min
cool-down

Sun Long Run 197 min
2 × 28 min–159 min with recoveries · 5 min
warm-up · 5 min cool-down

Week 12

BUILD

Mon Recovery Run 29 min
29 min continuous

Wed Threshold Intervals 48 min
4 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Thu Long Run 70 min
60 min continuous · 5 min warm-up · 5 min
cool-down

Fri Tempo Run 80 min
55 min continuous · 15 min warm-up · 10 min
cool-down

Sun Long Run 170 min
2 × 24 min–136 min with recoveries · 5 min
warm-up · 5 min cool-down

Week 13

BUILD

Mon Recovery Run 30 min
30 min continuous

Wed Threshold Intervals 60 min
5 × (5 min work / 2 min easy) · 15 min warm-up
· 10 min cool-down

Thu Long Run 98 min
88 min continuous · 5 min warm-up · 5 min
cool-down

Fri Tempo Run 108 min
83 min continuous · 15 min warm-up · 10 min
cool-down

Sun Long Run 235 min
2 × 33 min–192 min with recoveries · 5 min
warm-up · 5 min cool-down

Week 14

PEAK

Mon Recovery Run 30 min
30 min continuous

Wed VO2max Intervals 45 min
5 × (3 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

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

Fri Tempo Run 100 min
75 min continuous · 15 min warm-up · 10 min
cool-down

Sun Long Run 221 min
211 min continuous · 5 min warm-up · 5 min
cool-down

Week 15

TAPER

Mon	Recovery Run 24 min continuous	24 min
Wed	Threshold Intervals 3 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	41 min
Thu	Easy Run 18 min continuous · 5 min warm-up · 5 min cool-down	28 min
Fri	Easy Run 18 min continuous · 5 min warm-up · 5 min cool-down	28 min
Sun	Long Run 106 min continuous · 5 min warm-up · 5 min cool-down	116 min

Week 16

RACE WEEK

Mon	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