

18 weeks Copenhagen Marathon 2024 training plan

Advanced

This is where the journey begins towards your Copenhagen Marathon!

Your starting point

This training programme is suited for you who've already run one or more marathons or half marathons, who is ambitious and prepared to invest time and energy into taking your running to the next level. Your training sessions are currently 15 km or more, and you train up to 5 times a week.

Your training

Over the next 18 weeks you will be training 5 times a week to reach your goal of becoming a better and faster marathon runner. Being an experienced and highly motivated long-distance runner, it will be natural for you to define a time goal for yourself, perhaps even an ambitious one such as 3 – 3.5 hours. When training for a marathon, volume and lots of easy pace training is the key to success. Your basic physical condition is really good which enables you to have a high weekly mileage. At your level, you need to also prioritize your tempo runs and interval sessions, that will improve your top speed making you more enduring and faster at the same time.

Your goal

You are most probably motivated to run faster and even aim for a personal best. You are quite good at estimating your different training paces and have a good sense of your strengths and weaknesses. Your main task will be to analyze more and to fine-tune your paces and intervals in order to further improve while staying injury-free.

Your training sessions

Easy runs

Volume, volume, and more volume. Long runs in a slow pace are the main ingredient in every marathon training plan, regardless if you are a first-timer or a pro. This is where you build up your muscles, tendons and joints to endure the strain you'll be putting on your body when training for and running a marathon. Your pace should be slow enough to keep a conversation while running, which would be about 45 seconds – 1 minute slower per kilometer than your 10 km pace.

Tempo runs

At your level, tempo runs are an absolute must to improve and become faster. A tempo run is *not* a speed session, but an exercise in determining your marathon (race day) pace. Maybe you already know your marathon pace and can focus on the next task, which is to strike your exact marathon pace right away, so you don't run too fast, and eventually "hardcode" it into your body memory so that you can get into your marathon pace even without a GPS watch. You should run faster than your slow/easy runs, but still be able to run a few more kilometres than your training plan, if you had to. Otherwise, you are running too fast.

Intervals

If you're not already running intervals, this is definitely your next move after you've established a nice routine with your tempo runs. Tuesdays could be good choice for intervals, while Thursdays are for tempo runs. Your interval pace shouldn't be all out, but still faster than your marathon pace and closer to your half marathon race pace than your 10 km race pace. Begin for example with 4 x 1 km with 1 minute pause in between. Looking two months ahead, you could aim for 4 x 1.5 km or 3 x 2 km with 1 minute pause. As your shape gradually improves and you gain more experience, you'll become better at assessing your pace and adjusting your intervals.

See your training plan on the next page



Week 1

Day	Distance	
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	10 km	
Sunday	16 km	Easy pace

WEEK 2

Day	Distance	
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	10 km	
Sunday	18 km	Easy pace

WEEK 3

Day	Distance	
Monday	5 km	
Tuesday	9 km	Now start introducing interval sessions. Tuesdays would be a good choice for intervals.
Wednesday		
Thursday	10 km	Now it's time to introduce tempo runs. Thursdays would be good for that.
Friday		
Saturday	12 km	
Sunday	19 km	Easy pace

WEEK 4

Day	Distance	
Monday	5 km	Continue to keep Mondays easy after your long weekend run.
Tuesday	7 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	12 km	Keep your Saturdays easy to be ready for the long weekend run.
Sunday	20 km	Easy pace

WEEK 5

Day	Distance	
Monday	5 km	
Tuesday	8 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	10 km	
Sunday	21 km	Easy pace

WEEK 6

Day	Distance	
Monday	5 km	
Tuesday	8 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	10 km	
Sunday	22 km	Easy pace

WEEK 7

Day	Distance	
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	15 km	
Friday		
Saturday	10 km	
Sunday	23 km	Easy pace

WEEK 8

Day	Distance	
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	15 km	
Friday		
Saturday	10 km	
Sunday	24 km	Easy pace

WEEK 9

Day	Distance	
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	7-8 km	
Sunday	21,1 km	Join the Nike Spring Run, Copenhagen, on March 5, or another local test race if you feel like it.

WEEK 10

Day	Distance	
Monday	5 km	
Tuesday	10 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	10 km	
Sunday	26 km	Easy pace

WEEK 11

Day	Distance	
Monday	5 km	
Tuesday	10 km	
Wednesday		
Thursday	14 km	This week and the next you will be running your longest tempo runs of 14 km before the CPH Marathon.
Friday		
Saturday	10 km	
Sunday	26 km	Easy pace

WEEK 12

Day	Distance	
Monday	5 km	
Tuesday	10 km	
Wednesday		
Thursday	14 km	
Friday		
Saturday	10 km	
Sunday	27 km	Easy pace

WEEK 13

Day	Distance	
Monday	5 km	This week you'll be running your longest run before your marathon. Consider it a "rehearsal" run and remember to practice your fluid and energy intake.
Tuesday	12 km	
Wednesday		
Thursday	14 km	
Friday		
Saturday	7 km	
Sunday	30 km	Easy pace
	Easy pace	

WEEK 15

Day	Distance	
Monday	5 km	While your mileage is decreasing, keep up the speed / intensity in your training.
Tuesday	9 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	8 km	
Sunday	22 km	Easy pace

WEEK 14

Day	Distance	
Monday	5 km	Now it's time for tapering to allow your body to recover for race day.
Tuesday	9 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	10 km	
Sunday	24 km	Easy pace

WEEK 16

Day	Distance	Notes
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	7 km	
Sunday	15 km	Easy pace

WEEK 17

Day	Distance	
Monday	5 km	Use the last two weeks to relax more, refuel and hydrate well.
Tuesday	9 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	7 km	
Sunday	15 km	Easy pace

WEEK 18

Day	Distance	
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	5 km	
Friday		
Saturday	7-8 km	Loosen up with a shake out of max 5 km
Sunday	42.195 km	Have a great Copenhagen Marathon '24. Enjoy!