

# 18 weeks Copenhagen Marathon 2024 training plan

## Improver

This is where the journey begins towards your Copenhagen Marathon!

### Your starting point

This training programme is suited for you if you've already run a marathon or a half marathon before but still have lots to learn. You have some experience in long distance running, you are currently able to run 10 - 15 km, and you train 3-5 times a weeks.

### your training

During the next 18 weeks you will be training up to 5 times a week with a minimum of 3 times a week. Fit the amount of trainings with the time you have available. If you go with 3-4 times a week, thus cutting some of the optional runs in the training plan, aim to run the same amount of kilometres during the week as on your long weekend run. The most important element in your training plan is doing lots of kilometres to improve your endurance, which is absolutely key to running a marathon. Also, you will be adding tempo runs and – if you feel for a bit more challenge – intervals to also improve your speed. Once you get to the 20+ km runs, use those to practice your intake of fluid and energy during running, and, if you've run a marathon before, consider what you want to adjust or improve. Use your training to experiment and find out what works for you.

### Your goal

As an improver you can choose to set a time goal for yourself, if you are motivated for it, and you feel that you've picked up the most important basic marathon experience. Continue focusing on keeping a steady pace over the whole maraton distance to build up, progress and finish strong. A marathon requires preparation and focus every time.

## 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 will 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. After a long slow run, it's okay to feel tired, however, you should always feel that you would be able to run a few more kilometres if you had to.

### Tempo runs

At your level, tempo runs are quite a must if you want to improve and become faster. Apart from your long runs, you should definitely prioritize your tempo runs, while intervals are an add-on if you have the time and energy in your daily schedule. A tempo run is *not* a speed session, but an exercise in determining your marathon (race day) pace. Maybe you already have an good idea what your marathon pace should be, maybe you still have lots of "pace practicing" ahead of you. Most importantly, on your tempo runs, 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've established a good training routine, and you feel like challenging yourself a bit more, you can consider adding an interval session once in a while. However, intervals are not a must even for an improver, so keep it down to once or twice a week and always prioritize your slow runs and your tempo run. Start for example with 3 x 1 minutes with 1 minute pause in between and slowly increase to e.g. 3 x 1.5 km with 1 minute pause after 10-12 weeks. Your pace should be higher than your tempo run, corresponding to about 90 % of your maximum effort. Aim to run all intervals fast, but in the same pace – if you need to slow down on the last intervals, you've been running too fast.

See your training plan on the next page



## WEEK 1

Day	Distance	
Monday	5 km	You may skip Monday or Tuesday to start with 3 times a week.
Tuesday	7 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday		
Sunday	15 km	Easy pace

## WEEK 3

Day	Distance	
Monday	5 km	
Tuesday	7 km	Now you can introduce intervals if you want. Tuesday is a good day for this. If you don't have time, skip the intervals, not the tempo runs.
Wednesday		
Thursday	10 km	Now it's time to introduce tempo runs. Thursdays are good for tempo runs. If you train 3-4 times a week, always prioritize your tempo runs.
Friday		
Saturday	5 km	
Sunday	17 km	Easy pace

## WEEK 2

Day	Distance	
Monday	5 km	You may skip Monday or Saturday to continue with 3-4 times a week.
Tuesday	7 km	
Wednesday		
Thursday	5 km	
Friday		
Saturday	5 km	You may skip Monday or Saturday to continue with 3-4 times a week.
Sunday	15 km	Easy pace

## WEEK 4

Day	Distance	
Monday	5 km	Keep Mondays easy to recover after your long weekend run. If you train 3-4 times a week, you can skip Mondays.
Tuesday	7 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	Keep Saturdays easy to be ready to the long weekend run. If you train 3-4 times a week, you can continue to skip Saturdays.
Sunday	17 km	Easy pace

## WEEK 5

Day	Distance	
Monday	5 km	Over the next weeks, either increase the number of weekly trainings or keep it down to 3-4 times a week.
Tuesday	8 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	
Sunday	19 km	

## WEEK 6

Day	Distance	
Monday	5 km	
Tuesday	8 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	
Sunday	19 km	Easy pace

## WEEK 7

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

## WEEK 8

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

## WEEK 9

Day	Distance	
Monday	5 km	
Tuesday	8 km	
Wednesday		
Thursday	5 km	
Friday		
Saturday	5 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	7 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	
Sunday	23 km	Easy pace

## WEEK 11

Day	Distance	
Monday	5 km	
Tuesday	8 km	
Wednesday		
Thursday	12 km	This week and next week you'll be running your longest tempo runs of 12 km before the CPH Marathon.
Friday		
Saturday	5 km	
Sunday	23 km	Easy pace

## WEEK 12

Day	Distance	
Monday	5 km	
Tuesday	9 km	
Wednesday		
Thursday	12 km	
Friday		
Saturday	5 km	
Sunday	24 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	9 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	
Sunday	28 - 30 km	

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## WEEK 15

Day	Distance	
Monday	5 km	While your mileage is decreasing, keep up the speed / intensity in your training.
Tuesday	7 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	
Sunday	20 km	

## WEEK 14

Day	Distance	
Monday	5 km	Now it's time for tapering to allow your body to recover for race day.
Tuesday	7 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	
Sunday	22 km	

## WEEK 16

Day	Distance	
Monday	5 km	
Tuesday	7 km	
Wednesday		
Thursday	10 km	
Friday		
Saturday	5 km	
Sunday	14 km	Easy pace

## WEEK 17

Day	Distance	
Monday	5 km	Use the last two weeks to relax more, refuel and hydrate well.
Tuesday	7 km	
Wednesday		
Thursday	5 km	
Friday		
Saturday	5 km	
Sunday	12 km	Easy pace

## WEEK 18

Day	Distance	
Monday	5 km	
Tuesday	7 km	
Wednesday		
Thursday	5 km	
Friday		
Saturday	5 km	Loosen up with a shake out of max 5 km
Sunday	42,195 km	Have a great Copenhagen Marathon '24. Enjoy!