

Irish Life Dublin Marathon

Training Plan





Irish Life



DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 1

MON → 3 km

TUES → REST

WED → 4 km

THURS → 4 km

FRI → REST

SAT → 4 km

SUN → 4 km

BEGINNER

MON → 4 km

TUES → REST

WED → 6 km

THURS → 6 km

FRI → REST

SAT → 8 km

SUN → 8 km

ADVANCED





Irish Life



DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 2

MON → 3 km

TUES → REST

WED → 4 km

THURS → 4 km

FRI → REST

SAT → 3 km

SUN → 6 km

BEGINNER

MON → 4 km

TUES → REST

WED → 6 km

THURS → 6 km

FRI → REST

SAT → 4 km

SUN → 10 km

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 3

MON	→	4 km
TUES	→	REST
WED	→	10min easy/5x2min fast with 2min easy jog recovery/10mins easy
THURS	→	3 km
FRI	→	REST
SAT	→	4 km
SUN	→	4 km

BEGINNER

MON	→	REST
TUES	→	8/10 km
WED	→	10min easy/8x2min fast with 2min easy jog recovery/10mins easy
THURS	→	8/10 km
FRI	→	REST
SAT	→	6 km
SUN	→	10 km

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Irish Life Dublin Marathon Training Plan – Week 4

MON → REST

TUES → 4 km

WED → 6 km

THURS → 4 km

FRI → REST

SAT → 4 km

SUN → 8 km

BEGINNER

MON → REST

TUES → 8/10 km

WED → 8km + 5x50m
Strides

THURS → 8/10 km

FRI → REST

SAT → 6 km

SUN → 14/16 km

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Irish Life Dublin Marathon Training Plan – Week 5

MON → REST

TUES → 4 km

WED → 10min easy/7x2min
fast with 2min easy jog
recovery/10mins easy

THURS → 4/6 km

FRI → REST

SAT → 4/6 km

SUN → 6 km

BEGINNER

MON → REST

TUES → 8/10 km

WED → 10min easy/8x3min
fast with 2min easy jog
recovery/10mins easy

THURS → 8/10 km

FRI → REST

SAT → 4/6 km

SUN → 6 km

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Irish Life Dublin Marathon Training Plan – Week 6

MON → **REST**

TUES → **4/6 km**

WED → **6 km**

THURS → **REST**

FRI → **4 km**

SAT → **REST**

SUN → **16 km**

BEGINNER

MON → **REST**

TUES → **10km +
5x50m Strides**

WED → **10/12 km**

THURS → **8/10 km**

FRI → **4 km**

SAT → **REST**

SUN → **16 km**

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DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 7

MON → **REST**

TUES → **4/6 km**

WED → **6 km**

THURS → **4/6 km**

FRI → **REST**

SAT → **4/6 km**

SUN → **14/16 km**

BEGINNER

MON → **REST**

TUES → **10 x 400m x
2mins Recovery**

WED → **10 km**

THURS → **10 km**

FRI → **REST**

SAT → **6 km**

SUN → **20/22 km**

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 8

MON → **REST**

TUES → 10min easy / 20mins tempo / 10mins easy

WED → 10 km

THURS → 4 km

FRI → **REST**

SAT → 4/6 km

SUN → 16/18 km

BEGINNER

MON → **REST**

TUES → 10min easy / 30mins tempo / 10mins easy

WED → 10 km

THURS → 8/10 km

FRI → **REST**

SAT → 6 km

SUN → 20/22 km

ADVANCED





Irish Life



DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 9

MON → **REST**

TUES → **6 km**

WED → **10 km**

THURS → **6 km**

FRI → **REST**

SAT → **4/6 km**

SUN → **16/18 km**

BEGINNER

MON → **REST**

TUES → **12 x 400m x
90sec Recovery**

WED → **14/16 km**

THURS → **REST**

FRI → **6km + 5x50m
Strides**

SAT → **6 km**

SUN → **22 km**

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 10

MON → REST

TUES → 4 km

WED → 10 km

THURS → 6 km

FRI → REST

SAT → 6 km

SUN → 20/22 km

BEGINNER

MON → REST

TUES → 10km +
5x50m Strides

WED → 14/16 km

THURS → 8/10 km

FRI → REST

SAT → 8/10 km

SUN → 22/24 km

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 11

MON → **REST**

TUES → 10min easy/2x15min
tempo with 3mins jog
recovery/10mins easy

WED → 10 km

THURS → 6 km

FRI → **REST**

SAT → 16 km

SUN → **REST**

BEGINNER

MON → **REST**

TUES → 10min easy/2x20min
tempo with 3mins jog
recovery/10mins easy

WED → 12 km

THURS → 6 km

FRI → **REST**

SAT → 16 km

SUN → 8/10 km

ADVANCED





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DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 12

MON → **REST**

TUES → **Easy 6 km**

WED → **6 km**

THURS → **6 km**

FRI → **6 km**

SAT → **REST**

SUN → **22 km**

BEGINNER

MON → **REST**

TUES → **6km + 5x75m
Strides**

WED → **12 km**

THURS → **6 km**

FRI → **REST**

SAT → **8 km**

SUN → **24 km**

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 13

MON → **REST**

TUES → 10min easy/5x4min
fast with 2min easy jog
recover/10mins easy

WED → 6 km

THURS → 6 km

FRI → **REST**

SAT → 4 km

SUN → 22/24 km

BEGINNER

MON → **REST**

TUES → 10min easy/7x4min
fast with 2min easy jog
recover/10mins easy

WED → 8 km

THURS → 8/10 km

FRI → **REST**

SAT → 8/10 km

SUN → 24/26 km

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DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 14

MON → **REST**

TUES → **6 km**

WED → **10 km**

THURS → **6 km**

FRI → **REST**

SAT → **6 km**

SUN → **24 km**

BEGINNER

MON → **REST**

TUES → **12 x 400m x
90sec Recovery**

WED → **12 km**

THURS → **8/10 km**

FRI → **REST**

SAT → **6 km**

SUN → **26 km**

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 15

MON	→	REST
TUES	→	10min easy/3x10min tempo with 2min jog recovery/10mins easy
WED	→	10/12 km
THURS	→	6 km
FRI	→	REST
SAT	→	21 km
SUN	→	REST

BEGINNER

MON	→	REST
TUES	→	10min easy/3x15min tempo with 3min jog recovery/10mins easy
WED	→	12/14 km
THURS	→	8/10 km
FRI	→	REST
SAT	→	21 km
SUN	→	Easy 6 km

ADVANCED





Irish Life Dublin Marathon Training Plan – Week 16

MON → REST

TUES → Easy 6 km

WED → 10/12 km

THURS → 6 km

FRI → REST

SAT → REST

SUN → 28 km

BEGINNER

MON → REST

TUES → 12 x 400m x
90sec Recovery

WED → 12/14 km

THURS → 8/10 km

FRI → REST

SAT → 6 km

SUN → 30/32 km

ADVANCED





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DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 17

MON → **REST**

TUES → **Easy 6 km**

WED → **10/12 km**

THURS → **6 km**

FRI → **REST**

SAT → **REST**

SUN → **30/32 km**

BEGINNER

MON → **REST**

TUES → **10km +
5x50m Strides**

WED → **16 km**

THURS → **6 km**

FRI → **REST**

SAT → **REST**

SUN → **32/34 km**

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DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 18

MON → **REST**

TUES → 10min easy/5x2min
fast with 2min easy jog
recovery/10mins easy

WED → 10/12 km

THURS → 6 km

FRI → **REST**

SAT → **REST**

SUN → 24/26 km

BEGINNER

MON → **REST**

TUES → 10min easy/7x2min
fast with 2min easy jog
recovery/10mins easy

WED → 12 km

THURS → 6 km

FRI → **REST**

SAT → 6 km

SUN → 24/26 km

ADVANCED





Irish Life



DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 19

MON → **REST**

TUES → 10 km

WED → 6 km

THURS → 6 km

FRI → **REST**

SAT → 6 km

SUN → 12/14 km

BEGINNER

MON → **REST**

TUES → 10 km

WED → 6 km

THURS → 6 km

FRI → **REST**

SAT → 6 km

SUN → 12/14 km

ADVANCED





Irish Life



DUBLIN
MARATHON 2023

Irish Life Dublin Marathon Training Plan – Week 20

MON → REST

TUES → REST

WED → 6 km

THURS → 4 km

FRI → REST

SAT → REST

SUN → RACE DAY

BEGINNER

MON → REST

TUES → REST

WED → 6 km

THURS → 4 km

FRI → REST

SAT → REST

SUN → RACE DAY

ADVANCED





Irish Life Dublin Marathon Training Plan – Definitions

WARM UP



Warming up can help prevent injury & improve performance. Incorporate walking, strides & stretches such as lunges and leg swings into your pre--run routine.

COOL DOWN



Finish your run with a cool down walk. This relaxes your muscles and lowers your heart rate & breathing from our workout intensity.

REST DAY



Take a break and let your body recover. Feel free to go for a walk/cycle or even do a strength workout if your body feels good. Use this time to get stretching/foam rolling to get ready for the next run/walk.

FARTLEK



This is simple speed-work. After a warm up, run fast for as far as you can, take as much time as needed to recover & then go again. To help, pick a point up ahead, run to it and then pick another point up ahead & recover for the specified time. Repeat for the specified time & then cool down.

TEMPO



A pace you should be able to maintain for a longer period if needed.

FAST



Is a harder pace but not totally all out.