



Together we are
beating cancer

Marathon Training Plan Run / Walk



Marathon Run/Walk



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Rest	30 minutes: 3 minutes easy run 3 minutes walk alternate	Rest	30 minutes: 3 minutes easy run 3 minutes walk alternate	Rest	Rest – consider a Pilates / yoga / cross training session	Long run / walk: 60 minutes – 5 minute run 5 minute walk alternating
02	Rest	30 minutes: 3 minutes easy run 3 minutes walk alternate	Rest	30 minutes: 3 minutes easy run 3 minutes walk alternate on a hilly route	Rest	Rest – consider a Pilates / yoga / cross training session	Long run / walk: 80 minutes – 5 minute run 5 minute walk alternating
03	Rest	45 minutes: 10 minutes easy run 5 minutes walk x 3	Rest	45 minutes: 10 minutes easy run 5 minutes walk x 3 on a hilly route	Rest	Rest – consider a Pilates / yoga / cross training session	Long run / walk: 90 minutes – 10 minute run 5 minute walk alternating

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04	Rest	45 minutes: 15 minutes walk, 15 minutes easy run, 15 minutes walk	Rest	45 minutes: 10 minutes easy run 5 minutes walk x 3 on a hilly route	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 105 minutes - 10 minute run 5 minute walk alternating
	Rest	40 minutes: 20 minute brisk walk, 20 minute easy run	Rest	45 minutes: 5 minute brisk walk, 5 minute easy run, 5 minute uncomfortable run x 3	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 2 hours - 5 minute run 5 minute walk alternating
06	Rest	60 minutes: 15 minute brisk walk, 30 minute easy run, 15 minute brisk walk	Rest	40 minutes: 8 minute run, 2 minute walk x 4 on a hilly route	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 90 minutes - 10 minute run 5 minute walk alternating
	Rest	30 minutes: 10 minute brisk walk, 10 minute easy run, 10 minute uncomfortable run	Rest	45 minutes: 30 minute easy run 15 minute brisk walk all on a hilly route	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 2 hours - 15 minute run 5 minute walk alternating

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08	Rest	45 minutes: 15 minute brisk walk, 15 minute easy run, 15 minute uncomfortable run	Rest	45 minutes: 30 minute easy run 15 minute brisk walk all on a hilly route	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 2 hours 20 minutes - 15 minute run 5 minute walk alternating
	Rest	60 minutes: 20 minute brisk walk, 20 minute easy run, 20 minute uncomfortable run	Rest	30 minute easy pace run	Rest	Rest - consider a Pilates / yoga / cross training session	Half marathon - aim to complete as 10-15 minutes easy run, 5 minutes brisk walk repeated throughout
10	Rest	30 minute easy run	Rest	60 minutes: 5 minute easy run, 5 minute brisk walk, 5 minute uncomfortable run, 5 minute brisk walk x 3	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 2 hours 55 minutes - 15 minute run 5 minute walk alternating
	Rest	30 minute easy run	Rest	60 minutes: 3 x 10 uncomfortable run with 5 minute brisk walk recovery	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 3 hours 15 minutes - 15 minute run 5 minute walk alternating

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12	Rest	40 minute easy run	Rest	60 minutes: 3 x 10 uncomfortable run with 5 minute brisk walk recovery	Rest	Rest - consider a Pilates / yoga / cross training session	Long run / walk: 2 hours - 25 minute run 5 minute walk x 4
13	Rest	30 minute easy run	Rest	45 minute easy pace run	Rest	Rest - consider a Pilates / yoga / cross training session	Long run /walk: 1 hour - 25 minute run 5 minute walk x 2
14	Rest	30 minutes: 10 minute brisk walk 20 minute easy run	Rest	30 minutes: 15 minute easy run 15 minute brisk walk	Rest	10 minutes: 5 minute walk / 5 minute easy run	Marathon Good luck!

Important information

- Please do a 15-minute warm-up and cool-down before threshold, continuous or hills or interval sessions.
- If you're feeling up to it, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions.
- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.