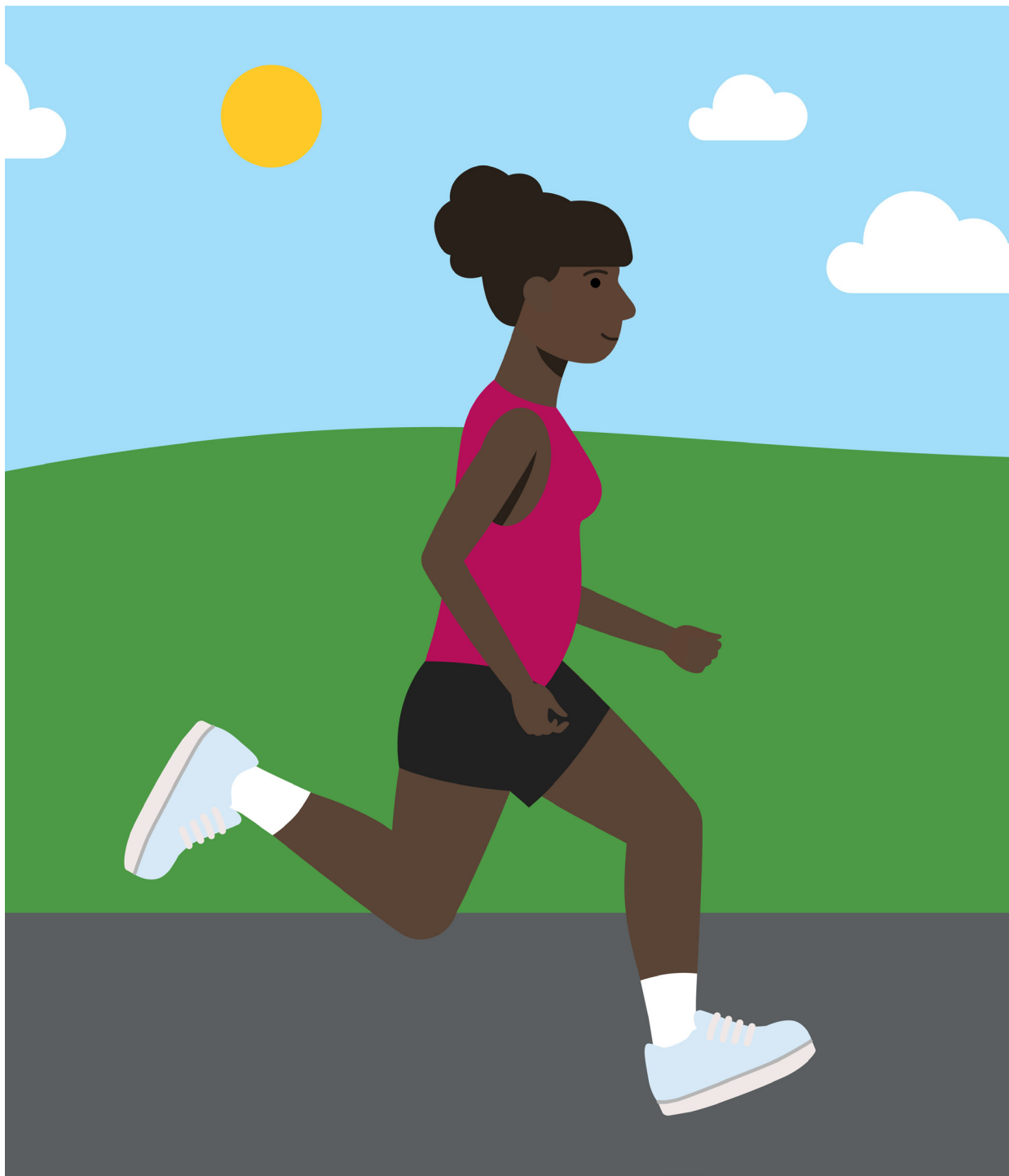




Together we are
beating cancer

Marathon Training Plan Beginner

running
withus 

Marathon Beginner



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Rest	Easy run: 20-30 minutes	Core	Threshold run: 30 minutes to include 3 x 5 minutes at threshold / 2 minute jog / walk recovery	Rest	30 minute easy run + core	Long run: 45 minute total with 2 x (20 minutes easy / 5 minutes walk)
	Rest	Easy run: 20-30 minutes	Core	Threshold run: 30 minutes to include 3 x 5 minutes at threshold / 90 seconds jog/ walk recovery	Rest	30 minute easy run + core	Long run: 60 minute total with 2 x (25 minutes easy / 5 minutes walk)
03	Rest	Threshold run: 40 minutes total. 3 x (5 minutes threshold / 2 minute jog)	Core	Continuous hills: 40 minutes total. 2 x (8 minutes effort / 2 minutes jog)	Rest	30 minute easy run + core	Long run: 75 minute total with 3 x (20 minutes easy run / 5 minutes walk)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04	Rest	Easy pace run 20 minutes continuous	Core	Progression run of 10/10/10 – 10 minutes easy, 10 minutes steady, 10 minutes threshold effort	Rest	Parkrun or self timed 5km time trial	Long run: 45-60 minutes with a short walk break after 30 minutes
05	Rest	Threshold run: 45 minutes total. 4 x (5 minutes threshold / 2 minute jog)	Core + optional easy cross training 30-40 minutes	Continuous hills: 45 minutes total. 3 x (7 minutes effort/2 minutes jog)	Rest	30-40 minute easy run + core	Long run: 90 minutes total walk for 5 minutes every 20 minutes if necessary
06	Rest	Threshold run: 45 minutes total. 5 x (5 minutes threshold / 2 minute jog)	Core + optional easy cross training 30-40 minutes	Continuous hills: 50 minutes total. 3 x (8 minutes effort/2 minutes jog)	Rest	30-40 minute easy run + core	Long run: 1 hour 45 minutes total walk for 5 minutes every 30 minutes if necessary
07	Rest	Threshold run: 45 minutes including 2 x (10 minutes threshold / 3 minute jog recovery)	Core + optional easy cross training 30-40 minutes	Continuous hills: 50 minutes total. 3 x (10 minutes effort/2 minutes jog)	Rest	40 minute easy run + core	Long run: 2 hours easy pace total. Walk for 5 minutes every 30 minutes if necessary

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08	Rest	Threshold run: 50 minutes including 3 x (8 minutes threshold / 2 minute jog recovery)	Core + optional easy cross training 30-40 minutes	45 minute run aiming to pick up the pace in the final 25 minutes	Rest	40 minute easy run + core	Long run: 2 hours 15 minutes easy pace total. Walk for 5 minutes every 30 minutes if necessary
09	Rest	30 minutes as a progression of 10/10/10	Core + optional easy cross training 30-40 minutes	Easy pace 30-40 minute run	Rest	20 minute easy run	Ideal day for a half marathon or 2 hour 30-45 minute run with the last 60 minutes at planned marathon pace (MP)
10	Rest	Easy run: 30-40 minute run	Core + optional easy cross training 30-40 minutes	Marathon pace practice: 60 mins, last 40 at target marathon pace	Rest	40-50 minute easy run + core	Long run: 2 hours 30 minutes easy pace total. Walk for 5 minutes every 30 minutes if necessary
11	Rest	Threshold run: 60 minutes including 3 x (10 minutes threshold / 2 minutes jog recovery)	Core + optional easy cross training 30-40 minutes	Easy run: 60-70 minute with the final 25 minutes at threshold efforts	Rest	40 minute easy run + core	Long run: 2 hours 45 minutes easy pace total last 60 minutes at MP. Walk for 5 minutes every 30 minutes if necessary

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12	Rest	45–60 minutes easy	Core + optional easy cross training 30–40 minutes	70 minutes with 6 x 6 minutes at threshold effort from 90–120 seconds brisk walk or jog recovery	Rest	40–50 minute easy run + core	3 hours– 3 hours 15 minutes steady pace with short walk breaks each 30–40 minutes if needed. Practice race kit and fuelling
13	Rest	6 x 3 minutes with the odd numbers at 'threshold' effort, the even numbers faster from 90 seconds walk recovery	Core + optional easy cross training 30–40 minutes	70 minutes with the final 20–30 minutes at threshold effort	Rest	40–50 minute easy run + core	3 hours 15–30 minutes easy pace total last 60–75 minutes at planned marathon effort. Walk for 5 minutes every 30 minutes if necessary
14	Rest	8 x 3 minutes with the odd numbers at 'threshold' effort, the even numbers faster from 90 seconds walk recovery	Core + optional easy cross training 30–40 minutes	75 minutes with 45 minutes at planned marathon effort	Rest	40–50 minute easy run + core	Long run: 2 hours easy pace but pick up to steady for final 30 minutes

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15	Rest	40 minutes include 5/4/3/2/1 picking up the pace each block from threshold effort to a hard pace with 90 seconds jogged recovery	Core	45 minutes easy	Rest	Parkrun or 30 minute steady run + core	Easy run: 75 minutes total
16	Rest	Easy run: 30 minutes total including 3 x (5 minutes at threshold effort / 3 minutes jog recovery)	Rest	Easy run: 25–30 minutes	Rest	25 minute run super easy	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.