

Beginners

Marathon Training Plan



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Easy 3-4mile Jog/ Rest	Rest	Gentle 3-4M	Rest	40min walk / jog	Rest	Steady 4-5 Mile
2	Easy 3-4 mile Jog / Rest	Rest	4 miles steady	Easy 3-4 Miles	40min Jog / walk	Rest	Steady 5-6 Mile
3	Easy 4-5 mile Jog / Rest	Rest	5-6 miles steady	Rest	5 mile easy	Rest	Steady 6-7 Mile
4	Easy 4-5 mile Jog / Rest	Rest	6 miles steady	Rest	3 miles easy	Rest	Steady 7-8 Mile
5	Easy 4-5 mile Jog / Rest	Rest	6-7 Mile steady	Rest	4-5 mile easy	Rest	Steady 8-9 Mile
6	Easy 4-5 mile Jog / Rest	Rest	4-5 mile tempo	Rest	60 mins Cross train	Rest	Steady 9-10 miles
7	Easy 4-5 mile Jog / Rest	Rest	7-8 mile steady	Rest	5-6 miles easy	Rest	Steady 10-11 mile

- **Fartlek** - A run with alternating speeds **Tempo** - A "Comfortably hard" run

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8	Easy 4-5 mile Jog / Rest	Rest	8-9 miles steady	Rest	6 mile easy / 4 mile fartlek	Rest	Steady 11-12 mile
9	Easy 4-5 mile Jog / Rest	Rest	9-10 miles steady	Rest	6-7 mile easy / 4 mile fartlek	Rest	Steady 12-13 mile
10	Easy 4-5 mile Jog / Rest	Rest	10-11 miles steady	Rest	7-8 mile easy / 5 mile fartlek	Rest	Steady 14-15M
11	Rest	Rest	8-10 mile steady	Rest	6-7 tempo run	Rest	Steady 16-18M
12	Easy 4-5 mile Jog / Rest	Rest	10-12 miles steady	Rest	cross train or 6M	Rest	Steady 18-20M
13	Easy 4-5 mile Jog / Rest	Rest	5 mile Tempo run	Rest	90 mins cross train / 6 miles easy	Rest	Steady 20-22M
14	Rest	Rest	4- 5 mile Fartlek	Rest	cross train or 6M	Rest	10M with quick spurts
15	Easy 4-5 mile Jog / Rest	Rest	5 mile Tempo run	Rest	cross train or 6 miles easy	Rest	6M at Race Pace
16	Gentle 3 mile/ rest	Rest	Gentle 3 mile	Rest	Gentle 3 mile	Rest	RACE DAY

- **Fartlek** - A run with alternating speeds **Tempo** - A "Comfortably hard" run

Key points on how to use the beginner's timetable

- *Remember that it is just a guide, you do not necessarily have to follow it word for word. Everyone is different and adapts to running at a different rate. Therefore, if you find the going tough then it's fine to reduce the distance a bit, equally if you find it too easy dip into the advanced schedule.*
- *I cannot stress strongly enough that you must listen to your body. If your legs feel fine during training and you feel you can get more miles in your legs during the week, then feel free. There is a fine line between doing sufficient miles and too many. This plan is pretty basic and being fairly cautious, so if you think you can handle more mileage, or add in an extra fartlek session then do so - just be careful.*
- *Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.*
- *Don't be afraid of looking at the advanced schedule and incorporate some sessions if you feel up to it.*
- *Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.*

Training diary

- *Use the following pages to scribble down any notes you wish about your training. This might include information such as:*
- *The distance and time of the run.*
- *How you felt during the run.*
- *Average Heart Rate (if you have a Heart Rate Monitor)*

TRAINING DIARY

DATE	DISTANCE RUN	NOTES