MARATHON TRAINING PLAN – BEGINNER

This beginner marathon plan is designed to get you ready to run your first marathon or first marathon after a long period out of running. You should be able to run continuously at an easy pace for 20 minutes before you start. You if you don't feel you are ready you can check out our run/walk plan and build up gradually, keeping it all in balance.

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to overleaf. Most of us think about the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to you body and respect its need to rest in order to improve.

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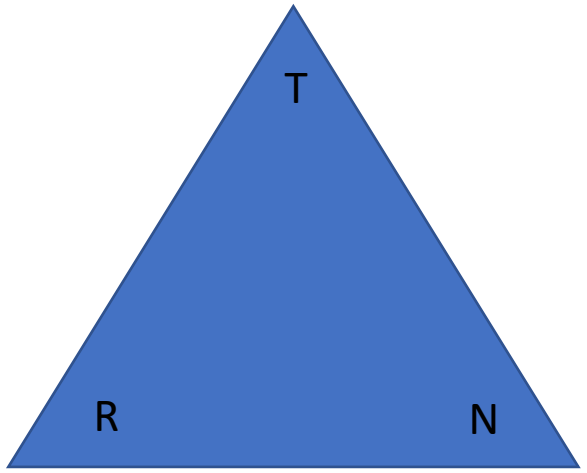




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Training. Your running, cross training and conditioning sessions contained within this plan need to progress over the weeks and get more specific to the distance for which you are training.



Rest. Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Nutrition. You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep you immune system, blood and bones strong

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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	20-30 MINUTE EASY RUN	CORE	THRESHOLD RUN 30 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	REST	30 MINUTES EASY RUN PLUS CORE	LONG RUN 45 MIN TOTAL WITH 2X 20 MINS EASY / 5 MINS WALK
2	REST	20-30 MINUTE EASY RUN	CORE	THRESHOLD RUN 30 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 90 SEC JOG REC X3	REST	30 MINUTES EASY RUN PLUS CORE	LONG RUN 60 MIN TOTAL WITH 2X 25 MINS EASY / 5 MINS WALK
3	REST	THRESHOLD RUN 40 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	CORE	CONTINUOUS HILLS 40 MINUTES TO INCLUDE 8 MINS EFFORT WITH 2 MIN JOG REC X2	REST	30 MINUTES EASY RUN PLUS CORE	LONG RUN 75 MIN TOTAL WITH 3X 25 MINS EASY / 5 MINS WALK
4	REST	20 MINUTE EASY RUN	CORE	PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10 MINS THRESHOLD	REST	PARK RUN OR SELF TIMED 5K	LONG RUN 45-60 MIN WITH A SHORT WALK BREAK AFTER 30 MINS
5	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X4	CORE plus optional easy xt 30-40 mins	CONTINUOUS HILLS 45 MINUTES TO INCLUDE 7MINS EFFORT WITH 2 MIN JOG REC X3	REST	30-40 MINUTES EASY RUN PLUS CORE	LONG RUN 90 MINS TOTAL WALK FOR 5 MINUTES EVERY 20 MINUTES IF NECESSARY
6	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X5	CORE plus optional easy xt 30-40 mins	8CONTINUOUS HILLS 50 MINUTES TO INCLUDE 8 MINS EFFORT WITH 2 MIN JOG REC X3	REST	30-40 MINUTES EASY RUN PLUS CORE	LONG RUN 1HR 45 MINS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY

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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 10 MINS OF THRESHOLD WITH 3 MIN JOG REC X2	CORE PLUS 30-40 MINS CROSS TRAINING	CONTINUOUS HILLS 50 MINUTES TO INCLUDE 10 MINS EFFORT WITH 2 MIN JOG REC X3	REST	40 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
8	REST	THRESHOLD RUN 50 MINUTES TO INCLUDE 8 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	CORE PLUS 30-40 MINS CROSS TRAINING	45 MINUTE RUN AIMING TO PICK UP THE PACE IN THE FINAL 25 MINUTES	REST	40 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS 15 MINS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
9	REST	30 MINUTE PROGRESSION RUN 10 MIN EASY 10 MIN STEADY 10 MIN THRESHOLD	CORE PLUS 30-40 MINS CROSS TRAINING	30-40 MIN EASY PACE RUN	REST	20 MINUTE EASY RUN	HALF MARATHON – OR 2HR 30-45 MIN RUN WITH THE LAST 60 MINS AT PLANNED MARATHON PACE
10	REST	30-40 MIN EASY RUN	CORE PLUS 30-40 MINS CROSS TRAINING	MARATHON PACE PRACTICE 60 MINUTES LAST 40 MINS AT TARGET MP	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS 30 MINS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
11	REST	THRESHOLD RUN 60 MINUTES TO INCLUDE 10 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	CORE PLUS 30-40 MINS CROSS TRAINING	60-70 MINUTE EASY RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS 45 MINS LAST 60 MINS AT MP WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
12	REST	45-60 MIN EASY RUN	CORE PLUS 30-40 MINS CROSS TRAINING	THRESHOLD RUN 70 MINUTES TO INCLUDE 6 MINS OF THRESHOLD WITH 90-120 SEC JOG REC X6	REST	40-50 MINUTES EASY RUN PLUS CORE	3HR – 3HR 15 MINUTES STEADY PACE WITH SHORT WALK BREAKS EACH 30-40 MINUTES IF NEEDED.

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13	REST	6X3 MINUTES WITH ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS FASTER (90 SEC JOG REC)	CORE PLUS 30-40 MINS CROSS TRAINING	70 MINUTE RUN WITH FINAL 20-30 MINUTES AT THRESHOLD EFFORT	REST	40-50 MINUTES EASY RUN PLUS CORE	3HR 15 MINUTES – 3HR 30 MINUTES EASY PACE WITH THE LAST 60-75 MINS AT PLANNED MP SHORT WALK BREAKS EACH 30-40 MINUTES IF NEEDED
14	REST	8X3 MINUTES WITH ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS FASTER (90 SEC JOG REC)	CORE PLUS 30-40 MINS CROSS TRAINING	75 MINUTES WITH 45 MINUTES AT PLANNED MARATHON EFFORT	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2 HRS EASY PACE BUT PICK UP TO STEADY FOR FINAL MINUTES
15	REST	40 MIN RUN WITH 5/4/3/2/1 MINS PICKING UP THE PACE EACH TIME (90 SEC JOG REC)	CORE	45 MINUTE EASY RUN	REST	PARK RUN OR 30 MIN STEADY RUN	75 MINUTE EASY RUN
16	REST	THRESHOLD RUN 30 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 3 MIN JOG REC X3	REST	25-30 MINUTE EASY RUN	REST	25 MINUTE VERY EASY RUN	**MARATHON RACE DAY! GOOD LUCK!**

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- 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 efforts; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.





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