MARATHON TRAINING PLAN – RUN/WALK

HAMPSHIRE AND® ISLE OF WIGHT AIR AMBULANCE



This run/walk plan is ideal if you are just starting out on your running journey taking you through 14 weeks of training based on a mix of running and walking to get you ready to have a fantastic experience on marathon day..

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.

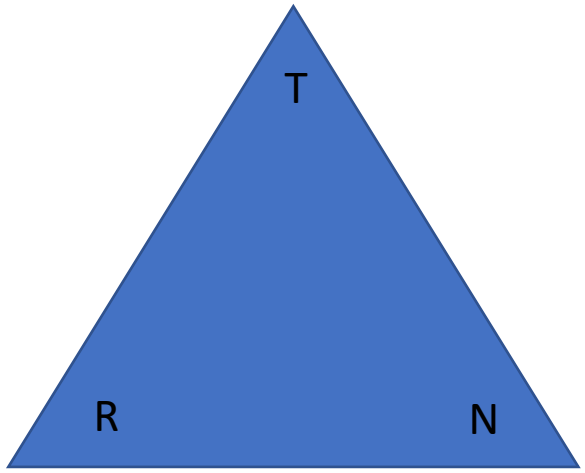




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Training. Your running, cross training and conditioning sessions contained within this plan need to progress over the weeks and get more specific to the distance for which you are training.



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	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE	REST	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 60 MINS – 5 MIN RUN 5 MIN WALK ALTERNATING
2	REST	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE	REST	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 80 MINS – 5 MIN RUN 5 MIN WALK ALTERNATING
3	REST	45 MINUTE – 10 MINS EASY RUN 5 MINS WALK X3	REST	45 MINUTE – 10 MINS EASY RUN 5 MINS WALK X3 ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 90 MINS – 10 MIN RUN 5 MIN WALK ALTERNATING
4	REST	45 MINUTE – 15 MINS WALK 15 MINS EASY RUN 15 MINS WALK	REST	45 MINUTE – 10 MINS EASY RUN 5 MINS WALK X3 ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 105 MINS – 10 MIN RUN 5 MIN WALK ALTERNATING
5	REST	20 MIN BRISK WALK 20 MIN EASY RUN	REST	5 MIN BRISK WALK 5 MIN EASY RUN 5 MIN UNCOMFORTABLE RUN X3	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS– 5 MIN RUN 5 MIN WALK ALTERNATING
6	REST	15 MIN BRISK WALK 30 MIN EASY RUN 15 MIN BRISK WALK	REST	8 MIN RUN 2 MIN WALK X4 ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 90 MINS – 10 MIN RUN 5 MIN WALK ALTERNATING

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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	REST	10 MIN BRISK WALK 10 MIN EASY RUN 10 MIN UNCOMFORTABLE RUN	REST	30 MIN EASY RUN FOLLOWED BY 15 MIN BRISK WALK ALL ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS – 15 MIN RUN 5 MIN WALK ALTERNATING
8	REST	15 MIN BRISK WALK 15 MIN EASY RUN 15 MIN UNCOMFORTABLE RUN	REST	30 MIN EASY RUN FOLLOWED BY 15 MIN BRISK WALK ALL ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS 20 MINS – 15 MIN RUN 5 MIN WALK ALTERNATING
9	REST	20 MIN BRISK WALK 20 MIN EASY RUN 20 MIN UNCOMFORTABLE RUN	REST	30 MIN EASY PACE RUN	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	HALF MARATHON – AIM TO COMPLETE AS 10-15 MINS EASY RUN 5 MINS BRISK WALK REPEATED THROUGHOUT
10	REST	30 MIN EASY RUN	REST	60 MINS TO INCLUDE 5 MIN EASY RUN 5 MIN BRISK WALK 5 MIN UNCOMFORTABLE RUN 5 MIN BRISK WALK X3	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS 55 MINS – 15 MIN RUN 5 MIN WALK ALTERNATING
11	REST	30 MIN EASY RUN	REST	60 MIN RUN TO INCLUDE 3X10 MINS UNCOMFORTABLE RUN WITH 5 MIN BRISK WALK RECOVERY	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 3 HRS 15 MINS – 15 MIN RUN 5 MIN WALK ALTERNATING
12	REST	40 MIN EASY RUN	REST	60 MIN RUN TO INCLUDE 3X10 MINS UNCOMFORTABLE RUN WITH 5 MIN BRISK WALK RECOVERY	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS - 25. RUN 5 MIN WALK X4

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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	REST	30 MIN EASY RUN	REST	45 MIN EASY RUN	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 1 HR - 25. RUN 5 MIN WALK X2
14	REST	10 MIN BRISK WALK 20 MIN EASY RUN	REST	15 MIN EASY RUN 15 MIN BRISK WALK	REST	5 MIN WALK/5 MIN EASY RUN	MARATHON ! 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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