

Marathon Training Programme - Beginners

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	Rest	Rest/Cross train	20-25 minutes jogging	Rest	2-3 miles	Rest	1 hour run/walk
2	Rest	Rest/Cross train	20-25 minutes jogging	Rest	2-3 miles	Rest	90 minutes run/walk
3	Rest	Rest/Cross train	20-25 minutes jogging	Rest	2-3 miles	Rest	90 minutes run/walk
4	Rest	Rest/Cross train	25-30 minutes jogging	Rest	3-4 miles	Rest	1 hour jogging
5	Rest	Rest/Cross train	30 minute run	Rest	3 miles fartlek	Rest	6 mile run
6	Rest	Rest/Cross train	30-35 minute run	Rest	30-35 minute run	Rest	1 hour jogging or 10K race
7							

	Rest	Rest/Cross train	35 minute run	Rest	30 minutes fartlek	Rest	8 mile LSD
8	Rest	Rest/Cross train	40 minute run	Rest	40 minute run	Rest	10 miles LSD
9	Rest	Rest/Cross train	45 minute run	Rest	30 minute run (including 5 x 30 seconds uphill)	Rest	12 miles LSD
10	Rest	Rest/Cross train	3 mile (faster pace)	Rest	25-30 minutes	Rest	14 miles LSD
11	Rest	Rest/Cross train	4 mile run	Rest	30 minutes fartlek (off road)	Rest	14-16 miles LSD
12	Rest	Rest/Cross train	4 mile faster pace	Rest	25-30 minutes run	Rest	16-18 miles LSD
13	Rest	Rest/Cross train	40 minute run	Rest	4-5 mile run	Rest	18-20 miles LSD
14	Rest	Rest/Cross train	3 mile timed run	Rest	40 minute run	Rest	10 miles LSD

					(marathon pace)		or half marathon race
15	Rest	Rest/Cross train	35 minute run (marathon pace)	Rest	20-25 minute run	Rest	50 minutes marathon pace
16	Rest	Rest	30 minutes easy	Rest	20 minute jog	Rest	RACE DAY!!

LSD = Long Slow Distance

Please note that a warm up and cool down should be included in each session.