

Marathon Training Plans

Beginner Marathon Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	20 min jog	REST	20 min jog	REST	REST	20 min jog	1 hour ramble (mixture of jog/walk)
2	20-25 min jog	REST	20-25 min jog	REST	REST	20-25 min jog	90 min ramble
3	20-25 min jog	REST	20-25 min jog	REST	REST	20-25 min jog	90 min ramble
4	20-25 min jog	REST	20-25 min jog	REST	REST	20-25 min jog	1 hour (jogging as much as poss)
5	20 min jog	REST	30 min jog	REST	REST	Timed run over a 2 mile course	90 min ramble
6	25-30 min jog	REST	25-30 min jog including 8 x 30 sec uphill	REST	REST	25-30 min jog	1 hour jog (with some walking if needed)
7	30 min jog	REST	30 min jog	REST	30 min run	30 min jog	8 miles run, walking when you have to
8	30 min jog	REST	30 min jog	REST	30 min run	30 min jog	2 hour jog/walk
9	30 min jog	REST	30 min jog	REST	30 min run	30 min jog	8 miles run, walking where you have to
10	25-30 min jog	REST	25-30 min jog	REST	25-30 min run	25-30 min jog	Long, slow 10 miles run
11	25-30 min jog	REST	25-30 min jog	REST	25-30 min run	25-30 min jog	Long, slow 12 miles run
12	25-30 min jog	REST	25-30 min jog	REST	25-30 min run	25-30 min jog	Half marathon race (easy run)
13	20 min jog	REST	20 min jog	REST	35 min run at marathon pace	35 min run at marathon pace	16-18 miles endurance run, walking 5 min in every hour
14	20 min jog	REST	40 min run at marathon pace	REST	20 min run	20 min run	10 miles race
15	20 min jog	REST	35 min run at marathon pace	REST	2 x 1 mile timed	20 min run	Practice your marathon preparation and run 50 min at marathon pace
16	20 min jog	REST	30 min easy run including a few strides	REST	REST	20 min jog in race kit	RACE DAY

Intermediate Marathon Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest or 5 mile easy off road if possible	6 miles slowly	7 miles including 10 x 1 min fast followed by 2 min slow	6 miles easy	REST	5-7 miles off road run	8 miles steady
2	Rest or 5 miles easy	5 miles, first and last mile slow, middle 3 quicker	6 miles steady	Warm up then 4 x 3 min fast, 2 min slow	REST	6 miles easy off road	10 miles slow
3	Rest or 5 miles easy	6 miles steady with a few faster stretches	Run to a hill then 8 x 40 sec up hill jogging back for recovery	5 miles easy	REST	6-8 miles off road easy	12 miles slow
4	Rest of 5 miles easy	Warm up then 3 x 1000m with 3 min recovery jog	5 miles easy	Run to hill then 9 x 40 sec uphill, jogging back for recovery. Run home	REST	Warm up then 3 miles at a good speed	10 miles slow
5	Rest or 5 miles easy	6 miles including repeated bursts of 200m with 400m recovery jog	6 miles. Start slow, get quicker	Hill session. 10 x 40 sec up hill	REST or jog up to 3 miles	4 miles easy	Half marathon race
6	Rest or 5 miles easy off road	6 miles start slow, get quicker	Warm up then 3 x 1 mile approx with 5 min recovery after each	7 miles steady run with some strides at end	3 miles jog off road	5 mile fartlek including some fast 200m bursts	13 miles steady
7	Rest of 5 miles easy off road	Warm up then 3 x 10 min at half marathon pace with 4 min recovery	4 miles easy off road	6 miles steady	REST	Warm up then 3 miles at a brisk pace	18 miles steady
8	Rest of 4 miles easy off road	5 miles easy run	6 miles to hill. 9 x 40 sec up hill jogging back for recovery	6 miles start slow get quicker	REST or 3 mile jog	5 miles including a few fast strides	Half marathon race
9	Rest or easy 5 miles off road	6 miles steady pace run	6 miles slow	Warm up then 4 x 1 mile with 5 min recoveries	REST	Warm up then brisk 3 miles	16-18 miles slow run
10	Rest or 5 miles easy off road	5 miles easy with a few fast strides	8 miles steady including 6 miles at marathon pace	6 miles, start slow get quicker	REST or jog 3 miles	6 mile including 3 miles at a faster pace	11-13 miles run

11	Rest or easy 5 miles	Warm up then 6 x 45 sec fast with 3 min recovery jog	8 miles at marathon pace	6 miles start slowly finish fast	REST	5 miles easy with a few strides	18 miles run
12	Rest or easy 5 miles off road	5 miles easy	4 x 1 miles at 10k pace	6 miles steady	REST	4 miles jogging and easy strides	Half marathon race
13	Rest or 5 miles easy off road	6 miles steady	6 miles including 10 x 30 sec fast with 2 min recovery jog	3 miles jog	3 miles jogging and strides	REST	20 miles run
14	Rest or 4 miles jog off road	8 miles steady	6 miles easy	REST	REST	7 miles including 5 mile at timed marathon pace	10-12 miles run
15	6 miles steady	6 miles steady	Warm up then 10 x 400m with 90 sec recoveries	REST	REST	Warm up then 2 x 2 miles at marathon pace timed	10 miles run, practice your marathon preparation
16	Rest or 3 miles jog	Warm up then 1 mile at race pace. Cool down	4 miles easy with a few strides	REST	REST	20 min jog including some strides	RACE DAY

Glossary

Fartlek Training: This session will include short bursts of running at full speed, longer periods of sustained effort, easy running, jogging and walking.

Strides: A slightly longer than usual running step repeated for a set period of time.

Recovery: A very slow paced jog or walk to slow your breathing and heart rate down.

Repetitions: Anywhere in your programme where you see something written like 10 x 1 min we are asking you to do a repetition. For example 10 bursts of fast running with a 2 minute recovery in between.