MARATHON TRAINING PLAN

breast cancer care

Before you start remember that your body may need time to adjust to your new fitness regime. We recommend you ideally start your training plan no less than thirteen weeks before you start your challenge. When training, stick within the limits of speed and distance that are comfortable for you. And remember, rest is as important as time spent on your feet. If you'd still like to exercise on your rest days, choose a low impact activity such as swimming, cycling or fitness circuits in the gym.

BEGINNER							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest or light cross train for 30 mins	30 min easy run	Pilates/ yoga	10 min walk, 30 min easy run, 10 min walk Pilates/ yoga	REST	Rest or 30 min relaxed cross train	Long easy run 50 min
2	Rest or light cross train for 30 mins	30 min easy run	Pilates/ yoga	10 min walk, 35 min run, 10 min walk	REST	Rest or 30 min relaxed cross train	Long easy run 50 min
3	Rest or light cross train for 30 mins	30 min easy run	Pilates/ yoga	10 min easy run, 20 min steady run, 10 min easy run	REST	Rest or 30 min relaxed cross train	Long easy run 60 min
4	Rest or light cross train for 30 mins	30 min easy run	Pilates/ yoga	30 min fast run (inc. easy, steady and threshold speeds)	REST	Rest or 30 min relaxed cross train	Long run 75 min
5	Rest or light cross train for 30 mins	35 min easy run	Pilates/ yoga	40 minute fast run	REST	Rest or 30 min relaxed cross train	Long run 90 min
6	REST	10 min easy run, Interval run 4x5 mins, 10 mins easy run	Pilates/ yoga	10 min easy run, 10 min steady run, 10 min threshold run, 10 min easy	REST	REST	10 mile run
7	Rest or light cross train for 30 mins	10 min easy run, 2x10 threshold run, 10 min easy	Pilates/ yoga	40 min easy run	REST	Rest or 30 min relaxed cross train	12 miles easy or half marathon race

8	Rest or light cross train for 30 mins	10 min easy run, interval run 6x3 min- fast, 10 min easy run	Pilates/ yoga	10 min easy run, 3x10 threshold run, 10 min easy run	REST	Rest or 30 min relaxed cross train	14 mile run
9	Rest or light cross train for 30 mins	30 min easy run	Pilates/ yoga	60 min steady run	REST	Rest or 45 min relaxed cross train	12 miles easy run
10	REST	40 min easy run	Pilates/ yoga	10 min easy run, 40 min thresh-old run, 10 min easy run	REST	Recovery run 15 min + stretch	16 mile run (target mar- athon pace for first and last 4 miles)
11	Rest or light cross train for 30 mins	10 min easy run, interval run 8x90 sec fast, 10 min easy run	Pilates/ yoga	30 min easy run	REST	Rest or 45 min relaxed cross train	18 mile run
12	Rest or light cross train for 30 mins	40 min steady run	45 min cross train	10 min easy, 3x15 min threshold run, 10 min easy run	REST	Rest or 45 min relaxed cross train	16 mile run
13	Rest or light cross train for 30 mins	30 min easy run	45 min cross train	40 min steady run	REST	Rest or 30 min relaxed cross train	20 mile run
14	REST	30 min easy jog or cross train	REST	20 min easy jog or cross train	REST	REST	RACE DAY

Glossary

Easy: Training to be done at your own pace, jogging and walking where necessary.
Recovery run: Easy run where you can hold a conversation. This should be around 6/10 for effort.
Steady run: You should still be able to hold a conversation, but it will be 7/10 for effort.
Marathon pace: This is your target pace per mile/km for race day. Make sure you are realistic; it should still be conversational if you are a beginner and slightly eas
ier than threshold if you are a more experienced runner.
Threshold running: This is very important for improving your stamina and performance on race day. You should be running at about 8.5/10 for effort, which is a 3-4
word answer pace, and it should be controlled discomfort—i.e. if it is too painful, slow down!
Continuous hills: These should be run in a park, off road if possible. Run at your threshold pace up and down the hill, and for about 60 seconds up and 60 seconds
down continuously on a sensible gradient. Make sure you keep light on your feet and falls forwards as you descend.
10k pace: This should be paced at your target 10k PB pace and no quicker.
Cross Train: This is non running based training, for example going to the gym or playing a squash match.
Core conditioning: It's important to improve your core stability as you increase the distances that you are running. Pilates and yoga classes are great for this.