

# MARATHON TRAINING SCHEDULE (BEGINNER)

|               | Monday             | Tuesday | Wednesday   | Thursday | Friday                       | Saturday                     | Sunday   |
|---------------|--------------------|---------|---|----------|------------------------------|------------------------------|--|
| <b>WEEK 1</b> | 20 mins jogging    | Rest    | 20 mins jogging   | Rest     | 20 mins jogging              | 1 hr ramble - no pressure    |  |
| <b>2</b>      | 20-25 mins jogging | Rest    | 20-25 mins jogging  | Rest     | Rest                         | 20-25 mins jogging           | 90 mins ramble                                     |
| <b>3</b>      | 20-25 mins jogging | Rest    | 20-25 mins jogging  | Rest     | Rest                         | 20-25 mins jogging           | 90 mins ramble                                     |
| <b>4</b>      | 20-25 mins jogging | Rest    | 20-25 mins jogging  | Rest     | Rest                         | 20-25 mins jogging           | 1 hr jog-walk, with more jogging than walking      |
| <b>5</b>      | 20 mins run        | Rest    | 30 mins run   | Rest     | Rest                         | Timed run over 2M course     | 90 mins ramble or run in 10K road race             |
| <b>6</b>      | 25-30 mins run     | Rest    | 25-30 mins run, inc 8 x 30 secs uphill  | Rest     | Rest                         | 25-30 mins run               | 1 hr jog-walk with more jogging than walking       |
| <b>7</b>      | 30 mins run        | Rest    | 30 mins run   | Rest     | 30 mins run                  | 30 mins run                  | 8M run, walking when you have to                   |
| <b>8</b>      | 30 mins run        | Rest    | 30 mins run   | Rest     | 30 mins run                  | 30 mins run                  | 2 hr jog walk or half marathon race                |
| <b>9</b>      | 30 mins run        | Rest    | 3 x 1M session, times with 5 mins rest after each                                       | Rest     | 30 mins run                  | 30 mins run                  | 8M run, walking when you have to                   |
| <b>10</b>     | 25-30 mins run     | Rest    | 3M run timed  | Rest     | 25-30 mins run               | 25-30 mins run               | Long slow 10M run                                  |
| <b>11</b>     | 25-30 mins run     | Rest    | 3 x 1M session timed with 5 mins rest after each  | Rest     | 25-30 mins run               | 25-30 mins run               | Long slow 12M run (or 10M race)                    |
| <b>12</b>     | 25-30 mins run     | Rest    | 3M run, timed, at a faster pace   | Rest     | 25-30 mins run               | 25-30 mins run               | Half marathon race                                 |
| <b>13</b>     | 20 mins run        | Rest    | 3 x 1M, timed, with 5 mins rest after each, aiming at faster average speed than week 11 | Rest     | 20 mins run                  | 35 mins run at marathon pace | 16-18M endurance run, walking 5 mins in every hour |
| <b>14</b>     | 20 mins run        | Rest    | 3M run, timed   | Rest     | 40 mins run at marathon pace | 20 mins run                  | 10K or 10M race or 10M run, inc 5M at brisk pace   |
| <b>15</b>     | 20 mins run        | Rest    | 35 mins run at marathon pace  | Rest     | 2x1m session, timed          | 20 mins run                  | 50 mins run at marathon pace                       |
| <b>16</b>     | 20 mins easy       | Rest    | 30 mins easy, inc a few stride  | Rest     | Rest                         | 20 mins jogging              | RACE DAY!  |

# MARATHON TRAINING SCHEDULE (INTERMEDIATE)

| WEEK | Monday                               | Tuesday   | Wednesday  | Thursday   | Friday                    | Saturday                                    | Sunday   |
|------|--------------------------------------|---|--|--|---------------------------|---|--|
| 1    | Rest or 5M easy off road if possible | 6M start slowly, finish faster  | 7M. Warm up, then 10x1min fast, 2 minutes slow                                     | 6M easy  | Rest                      | 5 -7 M steady off - road                    | 8M steady                                      |
| 2    | Rest or 5M easy                      | 5M: first and last mile, slow, middle 3M faster                                     | 6M steady  | Warm up, then 4 x 3 mins fast, 2 mins slow                                       | Rest                      | 6M easy, off road                           | 10M slow                                       |
| 3    | Rest or 5M easy                      | 6M steady, with few faster stretches  | Run to a hill, then 8 x 40 secs uphill jogging back for recovery. Run home         | 5M easy  | Rest                      | 6-8M steady, off road                       | 12M slow - take it easy                        |
| 4    | Rest or 5M easy                      | Warm up, then 3 x 4 mins with 3 min jog recoveries. Warm down                       | 5M easy  | Run to a hill, then 9 x 40 secs uphill, jogging back for recovery. Run home      | Rest                      | Warm up, then 3M at good speed. Warm down   | 10M steady, as wk 2 but with more confidence   |
| 5    | Rest or 5M easy                      | 6M, start slow then put in repeated bursts over 200m, jogging about 400m after each | 6M, start slowly, finish faster  | Hill session, as wk 4 but add 1 more rep   | Rest or jog up to 3M      | 4M easy                                     | Half marathon race                             |
| 6    | Rest or 5M easy off road             | 6M, start slowly, work up to faster pace if not tired                               | Warm up, then repetition session, 3 x 1m approx, with 5 min recoveries after each  | 7M steady, with some strides at the end  | 3M jogging only, off road | 5M fartlek, inc some 200m bursts            | 13M steady                                     |
| 7    | Rest or 5M easy                      | Warm up, then 3x 10 minutes at half marathon pace with 4 mins recoveries            | 4M easy off road   | 6M steady with a few surges  | Rest                      | Warm up then at 3M at brisk pace. Warm down | 18M - take your time and take drinks too       |
| 8    | Rest or 4m easy off road             | 5M another easy run   | 6M to hill, then 9 x 40 seconds uphill, jogging back for recovery                  | 6M - start slowly, finish strongly   | Rest or 3M jog            | 5m steady, inc a few fast strides           | Half marathon race                             |
| 9    | Rest or 5M easy off road             | 6M steady pace run, no pressure   | 6M, slow start then put in fast strides of 30 seconds, with 1 min jog recovery     | Warm up then 4 x 1M with 5 mins recoveries                                       | Rest                      | Warm up then brisk 3M. Warm down            | 16-18M, another endurance run. Take it steady  |
| 10   | Rest or 5M easy off road             | 5M easy, with a few fast strides  | 8M steady, inc 6M at marathon pace   | 6M - start slow then put in fast strides of 30 seconds, with 1min jog recoveries | Rest or 3M jog            | 6M, 3M at brisk pace                        | 11-13M steady, or race 10-13M                  |
| 11   | Rest or 5M easy                      | Warm up, then 6 x 45 secs fast, 3 minutes jog. Warm down                            | 8M at marathon pace  | 6M - start slow, finish fast   | Rest                      | 5M easy with a few strides                  | 18M endurance run                              |
| 12   | Rest or 5M run                       | 5M easy   | Repetition runs: 4 x 1M at 10K pace  | 6M steady  | Rest                      | 4M jogging and easy strides                 | Half marathon race                             |
| 13   | Rest or 5M easy off road             | 6M steady   | 6M inc 10 x 30 secs fast, with 1 min jog recoveries                                | 8M, inc 2 x 3M at marathon pace  | 3M jogging and strides    | Rest  | 20M endurance run- the last one. Start easily  |
| 14   | Rest or 4M jog off road              | 8M steady   | Warm up, then 6 x 800m (with 2min rest), or 6 x 3mins fast, 2 mins slow. Warm down | 6M easy  | Rest                      | 7M, inc 5M timed, at marathon pace          | 10-12M, inc a race or fast run of 6-10M        |
| 15   | Rest or 5M easy off road             | 6M easy   | Warm up, then 10 x 400m (with 90 secs recoveries) or 12 x 1 min fast, 1 min slow   | 5M easy  | Rest                      | Warm up, then 2x2M at marathon pace, timed  | 10M steady. Practice your marathon preparation |
| 16   | Rest or 3M jog                       | Warm up, then 1M at race pace   | 4M easy, with a few strides  | 3M jog in racing kit   | rest                      | 20 mins jogging                             | RACE DAY!!                                     |

# MARATHON TRAINING SCHEDULE (ADVANCED)

| WEEK | Monday                        | Tuesday   | Wednesday  | Thursday  | Friday                           | Saturday                                     | Sunday   |
|------|-------------------------------|---|--|---|----------------------------------|--|--|
| 1    | 5M easy, off road             | 7M steady with a few strides  | 6M easy  | Run to a hill, then 10x30 seconds uphill, jog down                        | Rest or 5M easy                  | 6-7M steady, off road                        | 9-11M slow, no pressure  |
| 2    | 5M easy                       | Warm up, then 3-4M at a brisk pace, timed. Warm down  | 6M steady  | Warm up, then 8 x 90 secs slow  | Rest or 5M easy                  | 6-8M steady, cross country                   | 12M slow, no pressure  |
| 3    | 5M easy                       | 6M - run to a hill, then 10 x 30 secs uphill, jogging back down                             | 6M easy  | Warm up, then 4 x 5-6 mins with 3 min recoveries                          | Rest or 5M easy                  | 7-8M steady, cross country or in park        | 10M slow, no pressure  |
| 4    | 5M easy, with a few strides   | 7M warm up, then 3-4M at brisk pace, timed. Warm down                                       | 5M easy  | Warm up, then 6 x 3 mins fast, 2 mins slow                                | Rest                             | 3-5M easy                                    | 13M, starting slowly, finishing faster                                       |
| 5    | 5 easy                        | 7M run to a hill then 12 x 30secs uphill jogging back down                                  | 6M steady, no pressure   | 8M. Start easily, then put in bursts of 100m-200m jogging until recovered | Rest or 5M easy                  | Rest or jog up to 4M                         | Half marathon race   |
| 6    | 5M easy, off road             | Hill session: 4 x 90 secs - 2mins hill climb, jogging back each time                        | 7M steady, no pressure   | Warm up, then 4 x 5-6 mins with 3 mins rest between each. Time them       | Rest or 5M easy                  | Warm up, then 6M at marathon pace. Warm down | 10-12M easy. Don't push  |
| 7    | 6M steady, with few strides   | Warm up, then 7 x 800m (or 7 x 3 mins) with 2 mins recoveries                               | 5M easy, off road if possible  | Hill running: 12 x 30 secs, or fartleks with 12-15 sec bursts             | Rest or 5M easy, starting slowly | 3M, jogging only                             | 18M slow. Start easy   |
| 8    | 5M easy, off road             | 6M. Slow start, then speed up if you're not tired   | Warm up, then 6M at a fast pace, timed                                 | 6M fartlek, including bursts of 200- 300m                                 | Rest or 5M easy, off road        | 4M, jogging only                             | 18M slow. Start slow   |
| 9    | 5M easy, off road             | Warm up, then 6 x 3 mins fast, 2 mins slow (or 6 x 800m on track, with 400m jog recoveries) | 7M steady pace, untimed  | 8M inc repetitions: 3 x 3K (or 3 x 10 mins) with 5 min recoveries         | Rest or 4M, jogging only         | 5M easy with strides                         | 20M. Set up some feeding stations where you can pick up carbohydrate drinks. |
| 10   | 3M jog, off road              | 6M steady, starting slowly  | 8M inc intervals: 10 x 400m at 10K pace, or 12 x 1min fast, 1 min slow | 8M inc intervals: 10 x 400m at 10K pace or 12 x 1min fast, 1 min slow     | Rest or 7M steady, untimed       | 3M, jogging only                             | 8M steady, inc 6M pace run   |
| 11   | 5M easy                       | 7M fartlek, inc sustained bursts of up to 400m  | 6M steady- start slowly, finish fast                                   | 10M, inc 8m pace run  | Rest or 3M jog                   | 5-6M easy, with a few strides                | 18M easy   |
| 12   | 5M jogging, off road          | 7M steady, starting slowly  | 7M, inc 14 x 30 secs uphill  | 8M at brisk pace  | Rest or 3M, jogging only         | 10M - inc 4x1M, with 5 min recoveries        | 13-15M easy, or half marathon race   |
| 13   | 6M, at whatever pace you like | 7M of easy fartlek  | 10M steady, inc 8M pace run  | 7M, inc intervals: 10 x 400m at 10K pace, or 12 x 1 min fast, 1 min slow  | 5M easy, with some strides       | 3M, jogging only                             | 20-22M the last big training run   |
| 14   | 5-6M easy, off road           | 8M, starting slowly, then fartlek   | 6M easy  | 10M, inc 7M at marathon pace  | Rest or 3M easy                  | 4M jogging, plus some strides                | 15M steady, or half marathon race  |
| 15   | 5-6M easy, off road           | Warm up, then 4 x 1M at faster than marathon pace   | 8M steady, not pushing   | 10M, with two 3M stretches at marathon pace                               | Rest or 3M jog                   | Warm up, then 4-5M at a brisk pace           | 10M steady. Practice your marathon preparation                               |
| 16   | 5M easy                       | Warm up, then 1M at race pace. Warm down  | 4M easy, with a few strides  | 3M easy, in racing kit  | Rest                             | 30 min jogging, with easy strides            | RACE DAY!!!  |