



# Marathon Training Schedule (Beginner)

Have A Heart is an appeal run by Global Charities, registered charity number: 1091657 (England & Wales) and SC041475 (Scotland).

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>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 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	Average 3M run, timed	Rest	40 mins run at marathon pace	20 mins run	10K or 10M race or 10M run,
<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 inc 5M at brisk 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)

Have A Heart is an appeal run by Global Charities, registered charity number: 1091657 (England & Wales) and SC041475 (Scotland).

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	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
<b>2</b>	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
<b>3</b>	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
<b>4</b>	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
<b>5</b>	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
<b>6</b>	Rest or 5M easy off road	6M, start slowly, work up to faster pace if not tired	Warm up, then repetition session, 3 x1m 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
<b>7</b>	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
<b>8</b>	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
<b>9</b>	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
<b>10</b>	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
<b>11</b>	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
<b>12</b>	Rest or 5M run	5M easy	Repetition runs: 4 x1M at 10K pace	6M steady	Rest	4M jogging and easy strides	Half marathon race
<b>13</b>	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
<b>14</b>	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
<b>15</b>	Rest or 5M easy off road	6M easy	Warm up, then 10 x 400m (with 90 secs recoveries) or 12 x1 min fast, 1 min slow	5M easy	Rest	Warm up, then 2x2M at marathon pace, timed	10M steady. Practice your marathon preparation
<b>16</b>	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)

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	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
<b>2</b>	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
<b>3</b>	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
<b>4</b>	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
<b>5</b>	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
<b>6</b>	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
<b>7</b>	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
<b>8</b>	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
<b>9</b>	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.
<b>10</b>	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
<b>11</b>	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
<b>12</b>	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
<b>13</b>	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
<b>14</b>	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
<b>15</b>	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
<b>16</b>	5M easy Warm down	Warm up, then 1M at race pace.	4M easy, with a few strides	3M easy, in racing kit	Rest with easy strides	30 min jogging,	RACE DAY!!!