

# MARATHON BEGINNERS TRAINING PLAN

- Hopefully you own a pair of running shoes and have at least started to run. The following training plan will get you around a marathon in a reasonable time, it's based on four runs per week over a 16-week period. It does need a fair bit of commitment on your part, you can move the days around, it's not essential to always do the long runs on a Sunday if that doesn't suit, just try to cover at least three of these sessions including the long run within each week. Don't forget that we have our team session every Thursday evening which could substitute one of these sessions.
- If you are feeling really tired or suffering a niggle, add an extra rest day or go for cross training or strength and conditioning instead. Sleep is also a really important part of your recovery, so make sure you get enough.
- Nutrition is really important; your body needs the right sort of fuel to make it run and to aid recovery. Aim to eat within 20 minutes of finishing a run, protein shakes and bars are perfect for post run refuelling.
- Do a warm up and cool down before and after every session and try to include 10 minutes of stretching into your every-day routine.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest or strength and conditioning	Easy run 20 mins	Rest	Threshold run 30 mins including 2 x 5 mins at threshold with 2min recovery	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 45 min total. Including 2 x 20 mins easy with 5 mins walk between
Week 2	Rest or strength and conditioning	Easy run 25 mins	Rest	Threshold run 30 mins including 3 x 4 mins at threshold with 2 mins recovery	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 60 min total. Including 2 x 25 mins easy with 5 mins walk between
Week 3	Rest or strength and conditioning	Threshold run 40 mins including 3 x 5 mins at threshold pace and 2 mins recovery	Rest	Continuous hills, 40 mins total. Including 3 x 4 mins effort with 2 mins jog recovery	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 75 min total. Including 3 x 20 mins easy with 5 mins walk between
Week 4	Rest or strength and conditioning	Threshold run 45 mins including 4 x 5 mins at threshold pace and 2 mins recovery	Rest	Continuous hills, 45 mins total. Including 3 x 5 mins effort with 2 mins recovery	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 90 mins easy, walk for 5 mins every 20 mins if necessary

*Continued*



## RUNNING GLOSSARY

- **Cross training** involves working your heart and lungs but not through running. This could be cycling, swimming or on a rower.
- **Recovery runs** are your easiest runs of the week. They should be at a comfortable pace. Relax and aim to feel better at the end than you did at the start.
- **Threshold running** involves blocks of running at a controlled discomfort effort. You should only be able to speak 4–5 words at a time but if pushed you could still slightly speed up. Include short recovery jogs between each threshold block.
- **Fartlek sessions** are running at different speeds for different lengths of time.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest or strength and conditioning	Threshold run, 45 mins total. Including 5 x 5 mins threshold with 2min recoveries	Rest	Syiphus Hill Session 4 x 15, 30, 45, 60 sec hard effort uphill with easy downhill recoveries	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run 105 mins total. Walk for 5 mins every 30 mins if necessary
Week 6	Rest or strength and conditioning	Threshold run, 45 mins total. Including 2 x 10 mins threshold with 3min recovery	Rest	Threshold run 30 mins, including 3 x 4 mins at threshold with 2 min recoveries	Rest	40 mins easy run	Long run 2hrs easy pace. Walk for 5 mins every 30 mins if necessary
Week 7	Rest or strength and conditioning	30 mins easy	Rest	40 mins easy run	Rest	30 mins easy aerobic cross training or 30 mins easy run	Easy run 60 mins total. Walk for 5 mins half way if necessary
Week 8	Rest or strength and conditioning	Threshold run, 50 mins including 3 x 8 mins threshold with 2 min recoveries	Rest	Continuous hills, 50 mins total. 4 x 6 mins with 2 min recoveries	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run 135 mins easy. Walk for 5 mins every 30 mins if necessary
Week 9	Rest or strength and conditioning	Progressive run 15 mins easy, 15 mins steady, 15 mins at threshold pace	Rest	60 mins run with the last 40 mins at target MP	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run 150 mins run. Walk 5 mins every 30 mins if required
Week 10	Rest or strength and conditioning	Threshold run, 45 mins including 4 x 5 mins threshold with 2 min recoveries	Rest	30 mins easy run	Rest	15 mins easy run and stretch	Half marathon race or 135 mins with last 45–60 mins at target MP
Week 11	Rest or strength and conditioning	30 mins easy run	Rest	45 mins easy run	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run 75 mins easy

- **Continuous hills** is an exercise running on a steady gradient at threshold pace up and down the hill.
- **Syiphus hill session** is a series of repeated uphill sprints for 15, 30, 45 and 60 seconds with easy downhill recoveries or 20 seconds hard uphill with 60 second easy downhill recoveries.
- **Long run**, these build up week on week, increasing in duration with an easier week every few weeks. Your longest run should be three weeks before race day before you start tapering to allow your body time to recover before the big event.
- **Progressive Runs** are runs where you pick up the pace in blocks from easy to steady and finishing at threshold pace.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest	Threshold run, 60 mins including 3 × 10 mins threshold with 2 min recoveries	Rest	Fartlek session of 6 mins, 5 mins, 4 mins, 3 mins, 2 mins, 1min with 90 secs recoveries. Pace begins at threshold increasing as rep length decreases	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run 165 mins easy pace with last 60 mins at target MP. Walk for 5 mins every 30 mins if necessary
Week 13	Rest or strength and conditioning	30 mins easy run	Rest	Marathon Pace Session. 12 mins at MP + 3 × 4 mins at threshold + 12 mins at MP with 2 mins recoveries	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run 3 hrs easy pace with last 60 mins at MP. Walk for 5 mins every 30 mins if necessary
Week 14	Rest or strength and conditioning	Threshold run, 45 mins including 4 × 5 mins threshold with 2 min recoveries	Rest	Marathon pace practice, 75 mins with the last 45 mins at marathon pace	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run: 90 to 120 mins easy pace. Walk 5 mins every 30 mins if necessary
Week 15	Rest or strength and conditioning	45 mins easy run	Rest	75min run. Middle 45 mins alternating 3 mins threshold, 3 mins steady	Rest	30 mins easy aerobic cross training or 30 mins easy run	Long run 65–75 mins easy
Week 16	Rest	Easy run, 30 mins total including 3 × 5 mins at marathon pace with 2 mins recoveries	Rest	25-30 mins easy run	Rest	15 mins easy run and stretch	Race Day Enjoy