



RUNNING TO POWER HEART RESEARCH

Beginners marathon training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest-Yoga or Pilates class	25 min easy effort run + stretch	30 mins cross training + stretch	25 mins steady effort run + stretch	Rest	30 mins cross training + stretch	75 mins long run: walk 5 mins every 15-30 mins if necessary + stretch
2	Rest – Yoga or Pilates class	Rest	30 mins cross training + stretch	25 mins steady effort run + stretch	Rest	30 mins cross training + stretch	80 min long run: walk 5 min every 15-30 mins if necessary
3	Rest – Yoga or Pilates class	30 mins easy effort run + stretch	40 mins cross training + stretch	10 mins warm up, 3 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	30 mins cross training + stretch	90 mins long run: walk 5 min every 15-30 mins if necessary + stretch
4	Yoga or Pilates class	25 mins steady effort run + stretch	Rest	10 mins warm up, 3 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	30 mins easy effort run + stretch	105-120 min long run: walk 5 min every 15-30 mins if necessary + stretch
5	Yoga or Pilates class	30 mins easy effort run + stretch	Rest or swim	25 mins steady effort run + stretch	Rest	45 mins cross train + stretch	120 min long run: walk 5 min every 15-30 mins if necessary + stretch

FIGHT FOR EVERY HEARTBEAT

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6	Yoga or Pilates class	30 mins steady effort run + stretch	Rest	10 mins warm up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	40 mins cross training + stretch	40 mins steady effort run over an undulating route + stretch	120-140 mins long run: walk 5 mins every 15-30 mins if necessary + stretch
7	Rest – Yoga or Pilates class	30 mins steady effort run + stretch	40 mins steady effort cross training + stretch	10 mins warm up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	Swim + stretch	90 mins easy/steady effort long run + stretch
8	Rest – Yoga or Pilates class	40 mins cross training + stretch	10 mins warm up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	30 mins easy effort run + stretch	Rest	150 mins long run – walk 5 mins every 15-30 min if necessary + stretch
9	Rest – Yoga or Pilates class	30 mins cross training + stretch	10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	45 mins steady effort run + stretch	Rest	150 mins long run – walk 5 mins every 15-30 mins if necessary + stretch
10	Rest – Yoga or Pilates class	40 mins cross training + stretch	10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	30 mins easy effort run + stretch	Rest	Marathon pace practice: Find a half marathon OR run 13 miles at Marathon Pace & include 15-20 mins jog/walk warm-down

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11	Rest – Yoga or Pilates class	60 mins steady effort cross training + stretch	10 mins warm up, 4 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	30 mins easy effort run + stretch	Rest	30 mins easy effort run + stretch	180 mins long run: first 120 mins easy effort and last 60 mins at target Marathon Pace + stretch
12	Yoga or Pilates class	40 mins steady effort cross training + stretch	Rest	10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	30 mins easy effort run + stretch	120 mins long run: first 90 mins easy effort and last 30 mins at target Marathon Pace + stretch
13	Rest – Yoga or Pilates class	30 mins easy effort run + stretch	10 mins warm up, 3 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	Rest	30 mins easy effort run + stretch	60 mins long run with last 30 mins at target Marathon Pace + stretch
14	Rest	30 mins easy effort run + stretch	Rest	20 mins easy effort run + stretch	Rest	15 mins easy effort run + stretch	MARATHON RACE DAY

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