




















































Running training plan: Marathon-Beginners

Easy

Moderate

Hard



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

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Running training plan: Marathon-Beginners

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Yoga or Pilates class 	25 mins steady effort run  	Rest or swim  	25 mins steady effort run  	Rest 	45 mins Cross-Training  	120 min long run: walk 5 min every 15-30 mins if necessary  
6	Yoga or Pilates class 	30 mins steady effort run  	Rest 	10 mins warm up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	40 mins Cross-Training  	40 mins steady effort run over an undulating route  	120-140 mins long run: walk 5 mins every 15-30 mins if necessary  
7	Rest – Yoga or Pilates class  	30 mins steady effort run  	40 mins steady effort Cross-Training  	10 mins warm up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	Rest 	Swim 	90 mins easy/ steady effort long run  
8	Rest – Yoga or Pilates class  	40 mins Cross-Training  	10 mins warm up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	Rest 	30 mins easy effort run  	Rest 	150 mins long run – walk 5 mins every 15-30 min if necessary  

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest – Yoga or Pilates class  	40 mins Cross-Training  	10 mins warm up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	Rest 	45 mins steady effort run  	Rest 	150 mins long run – walk 5 mins every 15-30 min if necessary  
10	Rest – Yoga or Pilates class  	30 mins Cross-Training  	10 mins warm up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	Rest 	30 mins easy effort run  	Rest 	Marathon pace practice: Find a half marathon OR run 13 miles at Marathon Pace & include 15-20 mins jog/walk warm-down 
11	Rest – Yoga or Pilates class  	60 mins steady effort Cross-Training  	10 mins warm up, 4 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	30 mins easy effort run  	Rest 	30 mins easy effort run  	180 mins long run: first 120 mins easy effort and last 60 mins at target Marathon Pace  
12	Yoga or Pilates class 	40 mins steady effort Cross-Training  	Rest 	10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	Rest 	30 mins easy effort run  	120 mins long run: first 90 mins easy effort and last 30 mins at target Marathon Pace  

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Running training plan: Marathon-Beginners

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest – Yoga or Pilates class  	30 mins easy effort run  	10 mins warm up, 3 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	Rest 	Rest 	30 mins easy effort run  	60 mins long run with last 30 mins at target Marathon Pace  
14	Rest 	30 mins easy effort run  	Rest 	20 mins easy effort run  	Rest 	15 mins easy effort run  	Marathon Event!