

14-WEEK BEGINNER MARATHON TRAINING PLAN

MY PLEDGE: _____

MY TARGET TIME: _____

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

Tempo Run at a challenging – but sustainable – pace.
Fast Push yourself to the highest pace you can.
Easy Run at a relaxed pace.
Jog Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>		30 mins steady walking		10 mins brisk walking 20 mins easy running 10 mins easy walking		15 mins steady walking 30 mins easy running 10 mins steady walking	
2 <i>Building time on feet</i>		5 mins brisk walking; 5 mins easy running – 4 reps		10 mins brisk walking 20 mins easy running 10 mins brisk walking		10 mins steady walking 20 mins easy running 10 mins steady walking 20 mins easy running	
3 <i>Building time on feet</i>		3 mins brisk walking; 7 mins easy running – 4 reps		10 mins brisk walking 25 mins easy running 10 mins brisk walking		15 mins steady walking 20 mins easy running 15 mins steady walking 20 mins easy running	
4		2 mins brisk walking; 8 mins easy running – 4 reps		10 mins brisk walking 30 mins easy running 10 mins brisk walking		10 mins steady walking 25 mins easy running 10 mins steady walking 25 mins easy running	
5		1 min brisk walking; 9 mins easy running – 4 reps		10 mins brisk walking 35 mins easy running 10 mins brisk walking		10 mins steady walking 30 mins easy running 10 mins steady walking 30 mins easy running	
6		10 mins easy running 1 min tempo running; 2 mins walking then jogging – 6 reps 10 mins easy jogging		10 mins running; 5 mins walking – 4 reps		5 mins steady walking 35 mins easy running 5 mins steady walking 35 mins easy running	

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7		12 mins easy running 2 mins tempo running; 2 mins jogging then walking – 6 reps 12 mins jogging		12 mins running; 3 mins walking – 4 reps		40 mins easy running 5 mins steady walking 30 mins easy running 5 mins walking 20 mins easy running	
8		15 mins steady running 3 mins tempo running; 1 min walking – 6 reps 15 mins easy running		30 mins easy running		Race 10k or a half marathon. #1	
9		30 mins steady running		10 mins easy running 8 mins tempo running; 2 mins easy running – 3 reps 10 mins easy running		25 mins easy running 5 mins walking 25 mins easy running 5 mins walking 25 mins easy running 5 mins walking 25 mins easy running #2	
10		35 mins steady running		10 mins easy running 10 mins steady running 10 mins fast running 10 mins steady running 10 mins easy running		35 mins easy running; 3 mins walking – 4 reps #3	
11		40 mins easy running		10 mins easy running 40 mins tempo running 10 mins easy running		5 mins brisk walking 60 mins easy running 5 mins brisk walking 60 mins easy running 10 mins brisk walking 30 mins easy running 10 mins easy walking #4	
12		20 mins easy running		10 mins easy running 30 mins running at marathon race pace 10 mins easy running		90 minutes easy running Wear the kit and running shoes you'll use on race day to check they're comfortable. #5	
13		25 mins easy running		5 mins easy running 30 secs fast running; 30 secs walking – 4 reps 5 min easy running		60 mins easy running	
14	20 mins easy running		5 mins easy running Run 1 mile at marathon race pace 5 mins easy running		10 mins easy running		RACE DAY GOOD LUCK <small>#6</small>

#1 This is a good opportunity to practice your race day preparation.

What is your marathon race pace? Run a half marathon, double your finish time and add 30 minutes to get an approximate indication of your marathon finish time. If your half marathon took you 2 hours you should expect your marathon to take you around 4 hours 30 minutes.

#2 Use this session to practice your fueling and hydration strategies.

#3 Practice your fueling and hydration strategies.

#4 Concentrate hard on this run. Practice your fueling and hydration strategies.

#5 Wear the kit and running shoes you'll use on race day to check they're comfortable.

#6 Make sure you start sensibly and stick to your race and pace plan. You've done the training – you're physically and psychologically ready to go the distance