



BEGINNER TRAINING PLAN

Beginner Training Plan

This training plan is aimed at novice marathon runners covering the distance for the first time, with a few tweaks and challenges if you want to test yourself, or if you feel like pushing on a bit if your training is going really well.

The plan assumes that you will run three times a week and that you've done very little running in the past but are generally in good health and committed to your marathon journey.

The days of the week shown are not fixed and only proposed. If you change them, try to ensure that a run day is followed by a rest day (for example, run on Monday, Wednesday and Saturday or Tuesday, Thursday and Sunday).

Different Types of Training Run

Speed Play: Training involves changing the speed at which you run throughout your training session.

Super Slow: Really, really slow, so slow it hardly seems worth putting your kit on.

Easy Jog: No pressure, just loosening up or a recovery run.

Slow: Still a slow pace but a little faster than an 'easy jog'.

Comfortable: You can chat easily to your training partner and keep the pace consistent.

Steady: Even-paced run where you can chat in short sentences.

Brisk: Slightly breathless, not easy to hold any conversation with your training partner.

Hard: You certainly know you're working, conversation is definitely out.

W/U Warm up.

W/D Warm down.



WEEK 1

MONDAY	30 Mins Easy Jog
TUESDAY	Rest
WEDNESDAY	45 Mins Easy Jog
THURSDAY	Rest
FRIDAY	30 Mins Easy Jog
SATURDAY	Rest
SUNDAY	1 Hour Run/Walk

WEEK 2

MONDAY	40 Mins Easy Jog
TUESDAY	Rest
WEDNESDAY	50 Mins Easy Jog
THURSDAY	Rest
FRIDAY	40 Mins Easy Jog
SATURDAY	Rest/Jog
SUNDAY	1.25 Hour Easy Jog



WEEK 3

MONDAY	30 Mins Easy Jog
TUESDAY	Rest
WEDNESDAY	1 Hour Easy Jog
THURSDAY	Rest
FRIDAY	40 Mins Easy Jog + 12 Min Fast
SATURDAY	Rest/Jog
SUNDAY	1.5 Hour very Easy Jog

WEEK 4

MONDAY	30 Mins Easy Jog
TUESDAY	Rest
WEDNESDAY	1 Hour Easy Jog
THURSDAY	Rest
FRIDAY	30 Mins Easy Jog
SATURDAY	Rest/Jog
SUNDAY	1 Hour Easy Jog



WEEK 5	
MONDAY	30 Mins Easy Jog
TUESDAY	1 Hour Easy Jog
WEDNESDAY	Rest
THURSDAY	15 Mins W/U
FRIDAY	Rest
SATURDAY	30 Mins Easy Jog
SUNDAY	1.75 Hour very Easy Jog

WEEK 6	
MONDAY	40 Mins Easy Jog
TUESDAY	Rest
WEDNESDAY	70 Mins Easy Jog
THURSDAY	Fast W/D
FRIDAY	W/U 15 Mins, Fast W/D
SATURDAY	Rest
SUNDAY	2 Hours Easy Jog



WEEK 7	
MONDAY	20 Mins Easy Jog
TUESDAY	W/U 2.25 Mins , Fast W/D
WEDNESDAY	Rest
THURSDAY	Rest
FRIDAY	Rest
SATURDAY	30 Mins Faster
SUNDAY	2.25 Hours very Easy Jog

WEEK 8	
MONDAY	30 Mins Easy Jog
TUESDAY	40 Mins Easy Jog
WEDNESDAY	1 Hour Steady
THURSDAY	80 Mins Easy Jog
FRIDAY	30 Mins Easy Jog
SATURDAY	Rest
SUNDAY	2.5 or 3 Hours Run/Walk



WEEK 9	
MONDAY	Rest
TUESDAY	30 Mins Easy
WEDNESDAY	75 Mins Easy
THURSDAY	Rest
FRIDAY	30 Mins Easy
SATURDAY	Rest/Jog
SUNDAY	Rest

WEEK 10	
MONDAY	30 Mins Easy Jog
TUESDAY	40 Mins Easy Jog
WEDNESDAY	1 Hour Easy
THURSDAY	80 Mins Easy Jog
FRIDAY	30 Mins Easy Jog
SATURDAY	Rest
SUNDAY	2.5 or 3 Hours Run/Walk



WEEK 11	
MONDAY	Rest
TUESDAY	30 Mins Easy
WEDNESDAY	1 Hour Very Easy
THURSDAY	Rest
FRIDAY	1 Hour Easy
SATURDAY	Rest
SUNDAY	Half Marathon

WEEK 12	
MONDAY	Rest
TUESDAY	Rest
WEDNESDAY	40 Mins Very Easy
THURSDAY	Rest
FRIDAY	Rest
SATURDAY	1.5 Hours Easy
SUNDAY	