

# Beginners Marathon Training Plan

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for



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# THE MARATHON TRAINING PLAN

BEGINNER



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Gentle 3-4mile Jog	Rest	Gentle 3-4M fartlek	Rest	30min walk / jog	Rest	Easy 4-5 Mile
2	Gentle 3 mile Jog	Rest	3 Mile Tempo run	Rest	40min Jog / walk	Rest	Easy 6 Mile
3	Rest	Rest	4 Mile fartlek	Rest	5 mile easy Jog	Rest	Easy 6-7 Mile
4	Gentle 3 mi or rest	Rest	30 min Hill session	Rest	3 miles easy	Rest	Easy 7-8 Mile
5	Gentle 3mi or rest	Rest	3-4 Mile Tempo	Rest	4 mile Jog	Rest	Easy 8 Mile
6	Rest	Rest	30 min Hill session	Rest	Cross train	Rest	Easy 8-9 miles
7	Rest	Rest	Cross Train	Rest	45minute Fartlek	Rest	10 mile jog.
8	Rest or easy 3m jog	Rest	4 Mile Tempo run	Rest	5 mile jog	Rest	10-11 mile jog.

# THE MARATHON TRAINING PLAN

BEGINNER



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	Rest or easy 3mi jog	Rest	5 mile fartlek - hard	Rest	4 mile jog	Rest	11-12 mile jog
10	Rest or easy 4mi jog	Rest	Hard Hill Session	Rest	4 mile Jog	Rest	13-14M jog - Walk if needed
11	Rest	Rest	5M tempo run	Rest	6 mile run	Rest	14-15 M Try not to walk
12	Rest or easy 4mi jog	Rest	Hills / fartlek - Hard	Rest	cross train or 6M	Rest	16-17M jog walk if needed.
13	Rest or easy 4mi jog	Rest	5mile Tempo run	Rest	cross train or 6M	Rest	18-20M jog walk if needed.
14	Rest	Rest	4- 5 mile Fartlek	Rest	cross train or 6M	Rest	10M with quick spurts
15	Rest or easy 4mi jog	Rest	5 miles at race pace	Rest	cross train or 6M	Rest	6M at Race Pace
16	Gentle 3mi or rest	Rest	Gentle 3 mile	Rest	Gentle 3 mile	Rest	RACE DAY



## Key points on how to use the beginner's timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word. Everyone is different and adapts to running at a different rate. Therefore, if you find the going tough then its fine to reduce the distance a bit, equally if you find it too easy dip into the advanced schedule.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't be afraid of looking at the advanced schedule and incorporate some sessions if you feel up to it.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

## Training diary

- Use the following pages to scribble down any notes you wish about your training. This might include information such as:
- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

# TRAINING DIARY

DATE	DISTANCE RUN	NOTES