

Training plans

These training plans will bring you on a progressive path to go from a 5km to a marathon.

If you have been inactive for a long period we recommend that you consult with your GP before commencing any training plan.

Beginner's Marathon Plan

Distance in Km's		Long Run							Milestones/ Mini Targets
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total	
1	5	Rest	8	6	Rest	11	Rest	30	
2	5	Rest	8	6	Rest	15	Rest	34	
3	6	Rest	10	7	Rest	19	Rest	42	Distance covered in week 3
4	6	Rest	10	7	Rest	22	Rest	45	Half the distance covered
5	6	Rest	10	8	Rest	26	Rest	50	
6	6	Rest	12	Rest	Rest	30	Rest	48	Recovery week (3 days run)
7	8	Rest	10	8	Rest	32	Rest	58	
8	8	Rest	10	8	Rest	34	Rest	60	Longest distance week
9	6	Rest	8	6	Rest	36	Rest	56	Longest long run
10	6	Rest	10	6	Rest	25	Rest	47	
11	5	Rest	6	10	Rest	20	Rest	41	
12	Rest	5	3	Rest	Rest	Rest	42.2	50.2	Finished

If you work weekends - you will need to alter the days to suit your timetable.

*Make sure you get your long runs/ walks completed as much as possible.

- This plan is designed for someone who can comfortably complete a 5 mile/ 10km at present
 - This plan is designed for someone who has a goal to complete their first marathon (the finish time is not the primary goal)
 - This plan is designed to gradually build up the km's and hopefully keep you injury free
 - **Note:** Training for a marathon is a commitment! The training is the journey. Enjoy the journey and the of course the marathon.
- Target finishing time _____
- Notes on race _____
- Target Race _____
- Race date & location _____
- Have you entered ? Y/N _____