MARATHON

Beginner Plan

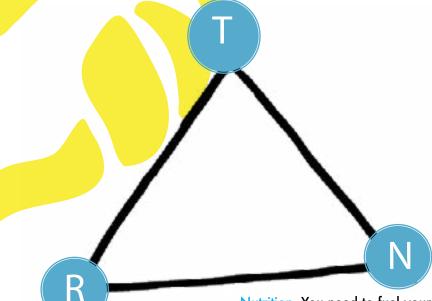## This plan.

This beginner marathon plan is designed to get you ready to run your first marathon or first marathon after a long period out of running. You should be able to run continously at an easy pace for 20 minutes before you start. You if you don't feel you are ready you can check out our run/walk plan and build up gradually.

Keeping it all in balance.

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to the right. Most of us think about the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to you body and respect its need to rest in order to improve.

Training. Your running, cross training and conditioning sessions comtained within this plan need to progress over the weeks and get more specific to the distance for whcih you are trianing. .

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Rest. Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Nutrition. You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep you immune system, blood and bones strong.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest	Easy run: 20-30 minutes	Core	Threshold run 30 mins to include 3 x 5 mins @ threshold/ 2 min jog/walk recovery	Rest	30 minute easy run + core	Long run 45 min total with 2 x (20 mins easy / 5 mins walk)
2.	Rest	Easy run: 20-30 minutes	Core	Threshold run 30 mins to include 3 x 5 mins @ threshold/ 90s jog/walk recovery	Rest	30 minute easy run + core	Long run 60 mins total. 2 x (25 min easy / 5 min walk)
3.	Rest	Threshold run, 40 mins total. 3 x (5 mins threshold / 2 min jog)	Core	Continuous hills, 40 mins total. 2 x (8 mins effort/2 mins jog)	Rest	30 mins easy run + core	Long run 75 mins total 3 x (5 mins walk / 20 mins easy run)
4.	Rest	Easy pace run 20 mins continuous	Core	Progression run of 10/10/10 – 10 mins easy, 10 mis steady, 10 mins threshold effort	Rest	Parkrun or self timed 5km TT	Long run of 45-60 mins with a short walk break after 30 minutes

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	Rest	Threshold run, 45 mins total. 4 x (5 mins threshold / 2 min jog)	Core + optional easy XT 30-40 minutes.	Continuous hills, 45 mins total. 3 x (7 mins effort/2 mins jog)	Rest	30-40 min easy run + core	Long run 90 mins total walk for 5 minutes every 20 mins if necessary
6.	Rest	Threshold run, 45 mins total. 5 x (5 mins threshold / 2min jog)	Core + optional easy XT 30-40 minutes.	Continuous hills, 50 mins total. 3 x (8 mins effort/2 mins jog)	Rest	30-40 min easy run + core	Long run 1hr 45 mins total walk for 5 minutes every 30 mins if necessary
7.	Rest	Threshold run, 45 mins including 2 x (10 mins threshold / 3 min jog rec)	Core + optional easy XT 30-40 minutes.	Continuous hills, 50 mins total. 3 x (10 mins effort/2 mins jog)	Rest	40 mins easy run + core	Long run 2hrs easy pace total. Walk for 5 minutes every 30 mins if necessary
8.	Rest	Threshold run, 50 mins including 3 x (8 mins threshold / 2 min jog rec)	Core + optional easy XT 30-40 minutes.	45 minute run aiming to pick up the pace in the final 25 minutes.	Rest	40 mins easy run + core	Long run 2hrs 15 mins easy pace total. Walk for 5 minutes every 30 mins if necessary

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest	30 minutes as a progression of 10/10/10	Core + optional easy XT 30-40 minutes.	Easy pace 30-40 minute run	Rest	20 mins easy run	Ideal day for a HALF MARATHON OR 2 hour 30-45 min run with the last 60 minutes @ planned marathon pace
10.	Rest	Easy run, 30-40 mins	Core + optional easy XT 30-40 minutes.	Marathon pace practice: 60 mins, last 40 @ target MP	Rest	40-50 mins easy run + core	Long run 2hrs 30 mins easy pace total. Walk for 5 minutes every 30 mins if necessary
11.	Rest	Threshold run, 60 mins including 3 x (10 mins threshold / 2 min jog rec)	Core + optional easy XT 30-40 minutes.	Easy run, 60-70 min with the final 25 minutes at threshold effort.s	Rest	40-50 mins easy run + core	Long run 2hrs 45 mins easy pace total last 60 mins at MP. Walk for 5 minutes every 30 mins if necessary
12.	Rest	45-60 minutes easy	Core + optional easy XT 30-40 minutes.	70 minutes with 6 x 6 minutes at threshold effort from 90-120s brisk walk or jog recovery.	Rest	40-50 mins easy run + core	3 hours- 3.15 steady pace with short walk breaks each 30-40 minutes if needed. Practice race kit and fueling

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest	6 x 3 minutes with the odd numbers at 'threshold' effort, the even numbers faster from 90s walk recovery	Core + optional easy XT 30-40 minutes.	70 minutes with the final 20-30 minutes at threshold effort.	Rest	40-50 mins easy run + core	Long run 3hrs 15-30 minutes easy pace total last 60-75 mins at planned marathon effort. Walk for 5 minutes every 30 mins if necessary.
14.	Rest	8 x 3 minutes with the odd numbers at 'threshold' effort, the even numbers faster from 90s walk recovery	Core + optional easy XT 30-40 minutes.	75 minutes with 45 minutes at planned marathon effort	Rest	40-50 mins easy run + core	Long run: 2 hours easy pace but pick up to steady for final 30 minutes.
15.	Rest	40 mins to include 5/4/3/2/1 picking up the pace each block from threshold effort to a hard pace with 90 seconds jogged recovery.	Core.	45 minutes easy	Rest	Parkrun or 30 minute steady run + core.	Easy run, 75 mins total
16.	Rest	Easy run, 30 mins total including 3 x (5 mins @ threshold effort / 3 mins jog recovery)	Rest	Easy run, 25-30 mins	Rest	25 minute super easy	Marathon Race Day - Good Luck!

Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running economy and aerobic capacity .

Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races
from 5km – marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build to 75% of WHR as you start to practice periods of marathon or race pace running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Continuous Hills (CH)

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5-10% gradient for 45-90 seconds at a 'threshold effort'. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of MHR and be able to utter just a few words.

Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

Marathon Pace (MP)

Understanding the pace and effort you intend on running your marathon at is very important. Pace judgment and patience on the big day will be crucial to running your best marathon. Marathon pace practice allows your body and mind to get used to what will be required on race day, and it builds endurance quickly.

Warming Up/Warm down (WU)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement.

Cross-Training & core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training. More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.

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