



## “Get me round” marathon training plan

### Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and

perform at your best is to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here’s a guide for just that.

### Is this plan suitable for me?

This plan is for beginners and novices. You’ll probably not be used to regular training, and now you simply want to beat the marathon in any time and to enjoy the day. Ask yourself if the plan matches your current fitness level,

and take care to see that it fits your availability to train each week. Be honest. Think carefully about your work, family and social commitments. While you want to challenge yourself, your training should be enjoyable and stress free.

Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You’re relaxed and enjoying the session.
Easy	6.5-7	65-70%	You’re in control and very much at a conversational level but you’ll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you’re working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you’re out of breath, but you know you could still do more if you had to.

\*Perceived effort =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest	<b>Workout run</b> 10 mins walk, 5 mins easy run, 4 x 4 mins steady effort run with 90 secs recovery walk between sets, 10 mins walk + stretch	<b>Pilates / Cross-training</b> 30 mins easy + stretch	<b>Walk</b> 60 mins walk + stretch	Rest	<b>Cross-training</b> 30 mins cross-training + stretch	<b>Long run</b> 75 min run: alternate 4 mins running with 1 min walking
<b>Week 2</b>	Rest	<b>Workout run</b> 10 mins walk, 5 mins easy run, 4 x 4 mins steady effort run with 90 secs recovery walk between sets, 10 mins walk + stretch	<b>Pilates / Cross-training</b> 30 mins easy + stretch	<b>Run</b> 20 mins easy effort run + stretch	Rest	<b>Cross-training</b> 30 mins cross-training + stretch	<b>Long run</b> 90 min run: alternate 4 mins running with 1 min walking
<b>Week 3</b>	Rest	<b>Workout run</b> 10 mins walk, 5 mins easy run, 4 x 5 mins steady effort run with 90 secs recovery walk between sets, 10 mins walk + stretch	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Run</b> 20 mins steady effort run + stretch	Rest	<b>Cross-training</b> 45 mins cross-training + stretch	<b>Long run</b> 105 min run: alternate 4 mins running with 1 min walking
<b>Week 4</b>	Rest	<b>Workout run</b> 10 mins walk, 5 mins easy run, 4 x 5 mins steady effort run with 90 secs recovery walk between sets, 10 mins walk + stretch	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Run</b> 20 mins steady effort run undulating terrain (if possible) + stretch	Rest	<b>Cross-training</b> 45 mins cross-training + stretch	<b>Long run</b> 120 min run: alternate 4 mins running with 1 min walking
<b>Week 5</b>	Rest	<b>Run</b> 25 mins easy effort run + stretch	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 5 mins walk, 5 mins easy run, 5 x 3 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Cross-training</b> 30 mins cross-training + stretch	<b>Long run</b> 120 min run: alternate 4 mins running with 1 min walking
<b>Week 6</b>	Rest	<b>Workout run</b> 10 mins walk, 5 mins easy run, 5 x 6 mins at steady effort run with 90 secs recovery walk between sets, 10 mins walk + stretch	Rest	Rest	<b>Run</b> 20 mins easy effort run + stretch	Rest	<b>Half marathon race</b>
<b>Week 7</b>	Rest	<b>Cross-training</b> 40 mins easy cross-training	<b>Run</b> 20 mins easy run <b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 5 mins walk, 5 mins easy run, 5 x 3 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Cross-training</b> 30 mins cross-training + stretch	<b>Long run</b> 135 min run: alternate 4 mins running with 1 min walking

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 8</b>	Rest	<b>Cross-training</b> 30 mins easy cross-training + stretch	<b>Workout run</b> 5 mins walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 60 second brisk walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Run</b> 30 mins steady effort run + stretch	Rest	<b>Long run</b> 150 min run: alternate 4 mins running with 1 min walking
<b>Week 9</b>	Rest	<b>Cross-training</b> 30 mins easy cross-training + 20 mins conditioning work	<b>Workout run</b> 5 mins walk, 5 mins easy run, 5 x 4 mins at threshold effort with a 60 second brisk walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Run</b> 30 mins steady effort run + stretch	Rest	<b>Long run</b> 165 min run: alternate 4 mins running with 1 min walking
<b>Week 10</b>	Rest	<b>Run</b> 30 mins easy effort run + stretch	<b>Cross-training</b> 20 mins row + 20 mins step + 20 mins cross-trainer + stretch	<b>Workout run</b> 5 mins walk, 5 mins easy run, 6 x 4 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Run</b> 20 mins easy effort run + stretch	<b>Long run</b> 180 min run: alternate 4 mins running with 1 min walking
<b>Week 11</b>	Rest	<b>Cross-training</b> 60 mins easy cross-training: include 1, 2, 3, 2, 1 mins at hard effort with a 60 second recovery in the middle	<b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 5 mins walk, 5 mins easy run, 5 x 5 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Run</b> 25 mins easy effort run <b>Conditioning</b> 20 mins conditioning work	<b>Long run</b> 180 min run: alternate 4 mins running with 1 min walking
<b>Week 12</b>	Rest	<b>Run</b> 20 mins easy run <b>Conditioning</b> 20 mins conditioning work	<b>Cross-training</b> 60 mins easy cross-training: include 1, 2, 3, 2, 1 mins at hard effort with a 60 second recovery in the middle	Rest	<b>Workout run</b> 5 mins walk, 5 mins easy run, 5 x 5 mins at threshold effort with a 90 second brisk walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Long run</b> 120 min run: alternate 4 mins running with 1 min walking
<b>Week 13</b>	Rest	<b>Cross-training</b> 30 mins easy cross-training + stretch	<b>Workout run</b> 5 mins walk, 5 mins easy run, 6 x 4 mins at threshold effort with a 90 second walk between sets, 5 mins easy run, 5 min cool down (walk)	<b>Cross-training</b> 30 mins easy cross-training + stretch	<b>Run</b> 25 mins easy effort run + 20 mins conditioning work	Rest	<b>Long run</b> 60 min run: alternate 4 mins running with 1 min walking
<b>Week 14</b>	Rest	<b>Workout run</b> 5 mins walk, 5 mins easy run, 3 x 3 mins at threshold effort with a 60 second walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	<b>Run</b> 15 mins easy effort run + stretch	Rest	<b>Run</b> 15 mins easy effort run + stretch	<b>Marathon race</b> 