

## First time marathon - runners training schedule

### SESSION

<b>WEEK ONE</b>	
MONDAY	Rest
TUESDAY	20 mins jog
WEDNESDAY	Rest
THURSDAY	20 mins jog
FRIDAY	Rest
SATURDAY	20 mins jog
SUNDAY	5mile jog/walk

<b>WEEK TWO</b>	
MONDAY	Rest
TUESDAY	25 mins jog
WEDNESDAY	Rest
THURSDAY	20 mins jog
FRIDAY	Rest
SATURDAY	25 mins jog
SUNDAY	90 mins walk/jog

<b>WEEK THREE</b>	
MONDAY	Rest
TUESDAY	25 mins jog
WEDNESDAY	Rest
THURSDAY	20 mins jog
FRIDAY	Rest
SATURDAY	3mile jog
SUNDAY	7-8mile walk-jog

<b>WEEK FOUR</b>	
MONDAY	Rest
TUESDAY	25 mins jog
WEDNESDAY	Rest
THURSDAY	25 mins jog
FRIDAY	Rest
SATURDAY	20 mins jog
SUNDAY	10mile walk-jog

<b>WEEK FIVE</b>	
MONDAY	Rest
TUESDAY	30 mins jog
WEDNESDAY	Rest
THURSDAY	30 mins jog
FRIDAY	Rest
SATURDAY	20 mins jog
SUNDAY	Race 5m or 10km

<b>WEEK SIX</b>	
MONDAY	Rest
TUESDAY	30 mins easy
WEDNESDAY	30 mins steady including 6*1min fast,2 mins between efforts
THURSDAY	5 mins easy,then 10-15 brisk,5 mins jog
FRIDAY	Rest
SATURDAY	20 mins steady
SUNDAY	12 miles Walk/jog

<b>WEEK SEVEN</b>	
MONDAY	Rest
TUESDAY	30 mins, including 4*1 min fast and 4*30 secs fast
WEDNESDAY	Rest
THURSDAY	Warm up, then 2miles timed run, then 5 mins jog
FRIDAY	Rest
SATURDAY	20 mins easy, off-road
SUNDAY	10km race

<b>WEEK EIGHT</b>	
MONDAY	Rest
TUESDAY	30 mins steady
WEDNESDAY	Warm up, then 2 * 1mile timed, warm down.
THURSDAY	25 mins easy
FRIDAY	30 mins steady
SATURDAY	Rest
SUNDAY	run/walk 10m race

<b>WEEK NINE</b>	
MONDAY	Rest
TUESDAY	25 mins easy
WEDNESDAY	Warm up, then 2miles timed run, then 5 mins jog
THURSDAY	30 mins steady including 6*1min fast,2 mins between efforts
FRIDAY	20 mins easy
SATURDAY	Rest
SUNDAY	15 mile jog/walk

<b>WEEK TEN</b>	
MONDAY	Rest
TUESDAY	25 mins very easy
WEDNESDAY	Warm up, then 3miles brisk, timed
THURSDAY	20 mins steady
FRIDAY	Rest
SATURDAY	20 mins on grass, including a few strides
SUNDAY	Half marathon race, walk 5 mins after an hour

<b>WEEK ELEVEN</b>	
MONDAY	Rest
TUESDAY	25 mins easy, off-road
WEDNESDAY	Warm up, then 2miles timed, as week 9
THURSDAY	20 mins easy
FRIDAY	Rest
SATURDAY	30 mins easy
SUNDAY	Jog/walk 18miles, take drinks, take your time

<b>WEEK TWELVE</b>	
MONDAY	Rest
TUESDAY	20 mins very easy
WEDNESDAY	Warm up, then 3x1mile timed, with 5-min recoveries
THURSDAY	40 mins steady
FRIDAY	Rest
SATURDAY	20 mins easy
SUNDAY	Race 6-10miles or 10miles steady

<b>WEEK THIRTEEN</b>	
MONDAY	Rest

TUESDAY	20 mins easy
WEDNESDAY	35 mins steady
THURSDAY	Warm up, then 3miles timed, as week 10
FRIDAY	Rest
SATURDAY	20 mins easy
SUNDAY	50-60 mins steady, practice your pre-race routine

<b>WEEK FOURTEEN</b>	
MONDAY	Rest
TUESDAY	20 min jog
WEDNESDAY	Rest
THURSDAY	10 min jog, then 1mile at race pace, then 5mins jog
FRIDAY	Rest
SATURDAY	10-15mins jog, plus stretching and loosening
SUNDAY	RACE DAY