



Marathon Beginner's Plan

RUN
things



Disclaimer

This training plan is designed for people who are in good general health. It assumes you do not have any long-standing injuries, illnesses or medical conditions. If you do or you are pregnant, you should consult a suitable medical professional before starting the plan.

Who is this plan for?

This training plan is designed for people who have never run a marathon, but have some running experience and are in good general health.

How the plan works

This training plan has been designed to be flexible. Although the sessions are scheduled on certain days, you can adapt the plan each week to fit in with your schedule. Any of the sessions can be moved to a different day. There's one important rule to remember: you should not do 3 or more runs on 3 or more consecutive days.

Warming up and cooling down

'Easy' sessions, 'steady' sessions and 'variable' sessions do not require a warm up or cool down because they're low intensity. For intervals, time trials and race pace, you should do a fast walk or slow jog for 5 minutes before and after the main session.

Definitions

Here's some more information on the main session types in the plan:

Easy

This is low effort – maximum 6/10 and simply plodding along.

Steady

This is medium effort – about 7/10. You should feel a little challenged but will finish feeling like you could have gone faster.

Variable

This is a session where the efforts or paces are varied throughout the run and are prescribed within the session.

Race pace

Practicing your race-day pace. Warm up and cool down needed.

Intervals

Mixed speed. High intensity (hard effort) for either a duration or a distance, followed by a period of rest. These are repeated a specific number of times. Warm up and cool down needed.

Cross training

This is being active in other areas – not running. Swimming, cycling, yoga or gym/strength and conditioning are recommended.



Marathon Beginner's Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes NB: walk breaks are fine	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes NB: walk breaks are fine	Cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 6.5km/4 miles • Effort: 6/10 • Duration: speed dependent
Week 2	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes 	Cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 8km/5 miles • Effort: 6/10 • Duration: speed dependent
Week 3	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: think what race pace might be like • Effort: 7/10 • Duration: 45 minutes 	Cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 10km/6.25 miles • Effort: 6/10 • Duration: speed dependent
Week 4	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Steady run <ul style="list-style-type: none"> • Target: think what race pace might be like • Effort: 7/10 • Duration: 45 minutes 	Cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 13km/8 miles • Effort: 6/10 • Duration: speed dependent
Week 5	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 6 • Reps time: 3 minutes • Rest: 2 minutes • Effort: 8-9/10 	Rest or cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 16km/10 miles • Effort: 7/10 • Duration: speed dependent

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Week 6	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Race pace <p>30 minutes easy, 30 minutes race pace</p> <ul style="list-style-type: none"> • Target: consistency and planning • Effort: variable • Duration: speed dependent 	Rest or cross training	Rest or cross training	Rest weekend. Optional run. No longer than one hour.
Week 7	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Intervals <p>Reps no: 5 Reps time: 5 minutes Rest: 2 minutes Effort: 8-9/10</p>	Rest or cross training	Rest	Easy run <ul style="list-style-type: none"> • Target: 19km/12 miles • Effort: 6/10 • Duration: speed dependent
Week 8	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Race pace <p>45 minutes easy, 15 minutes race pace</p> <ul style="list-style-type: none"> • Target: consistency and planning • Effort: variable • Duration: speed dependent 	Rest or cross training	Rest	Half marathon <ul style="list-style-type: none"> • Target: 21.1km/13.1 miles • Effort: 7-8/10 • Duration: speed dependent
Week 9	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 8 • Reps time: 3 minutes • Rest: 2 minutes • Effort: 8-9/10 	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: 24km/14 miles • Effort: 6/10 • Duration: speed dependent

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Week 10	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Race pace <p>60 mins race pace</p> <ul style="list-style-type: none"> • Target: consistency and planning • Effort: variable • Duration: speed dependent 	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: 26km/16 miles • Effort: 6/10 • Duration: speed dependent
Week 11	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 6 • Reps time: 5 minutes • Rest: 2 minutes • Effort: 8-9/10 	Steady run <ul style="list-style-type: none"> • Target: confidence building • Effort: 7/10 • Duration: 45 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: 28km/17.5 miles • Effort: 6/10 • Duration: speed dependent
Week 12	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Race pace <p>60 minutes</p> <ul style="list-style-type: none"> • Target: consistency and planning • Effort: 7-8/10 • Duration: speed dependent 	Steady run <ul style="list-style-type: none"> • Target: confidence building • Effort: 7/10 • Duration: 45 minutes 	Rest	Rest weekend. No long run.
Week 13	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Race pace <p>60 minutes</p> <ul style="list-style-type: none"> • Target: consistency and planning • Effort: 7-8/10 • Duration: speed dependent 	Steady run <ul style="list-style-type: none"> • Target: confidence building • Effort: 7/10 • Duration: 45 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: 29km/18 miles • Effort: 6/10 • Duration: speed dependent

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Week 14	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 60 minutes 	Rest or cross training	Race pace <ul style="list-style-type: none"> • 60 minutes • Target: consistency and planning • 7-8/10 • Duration: speed dependent 	Steady run <ul style="list-style-type: none"> • Target: confidence building • Effort: 7/10 • Duration: 45 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: 32km/20 miles • Effort: 6/10 • Duration: speed dependent
Week 15	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Rest	Easy run <ul style="list-style-type: none"> • Target: taper time • Effort: 6/10 • Duration: 60 minutes
Week 16	Rest	Race pace <ul style="list-style-type: none"> • Target: 5km/3 miles • Effort: 7/10 • Duration: speed dependent 	Rest	Rest	Easy run <ul style="list-style-type: none"> • Target: focus, leg preparation • Effort 6/10 • Duration: 20 minutes 	Rest	Race day

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