



TRAINING PLAN

Marathon Training Plan - Beginner



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COACHING &
CONSULTANCY
runningwithus.com

THE MARATHON

BEGINNER

THIS TRAINING PLAN, PUT TOGETHER BY OUR COACHING PARTNERS RUNNINGWITHUS, IS DESIGNED TO GET YOU TO THE START LINE OF THE MARATHON FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

THE RIGHT PLAN FOR ME?

This 16 week beginners runner's plan is designed for those who are either new to regular running or those stepping up to longer distances for the first time. This plan will see you training 3-4 times a week and we would encourage you to complement the running outline with core conditioning and cross training as outlined in our Running Guide.

WHY TRAIN IN THIS WAY?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal half marathon pace.

WHAT IF I AM NOT THERE YET?

This training plan assumes you are able to run for 20-30 minutes continuously at an easy pace. Really focus on holding back your effort on your easy runs - many beginner runners try to run them a little too hard. You can always mix the sessions in the plan with cross training. Our 'run/walk' plan might be for you if you feel this is too much of a step up.

IS THIS EVERYTHING I NEED TO KNOW?

No - this plan is supported by our *Running Guides*, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

THE MARATHON

BEGINNER

WHAT DO ALL THE TERMS MEAN?

All of the training schedules involve a broad variety of training sessions and intensities. We have a full glossary of the different terms you will see in this guide, such as 'threshold running' and 'progression runs', in our guide called 'The Training'

WHAT IF I MISS A SESSION, PICK UP A NIGGLE OR GET SICK?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a half marathon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you. Take care not to run back-to-back 'hard' days – so try to avoid running a threshold session followed the next day by a hill session, for example.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, check out our cross-training tips in the Running Guide ... don't just add more running unless you are ready.

NOTES

Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts.

Check out our *Running Guide* for our top core exercises and stretches. Remember to stretch well after every run.

THE MARATHON

BEGINNER

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 mins 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

THE MARATHON

BEGINNER

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

THE MARATHON

BEGINNER

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

THE MARATHON

BEGINNER

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!

THE MARATHON

BEGINNER

- Important note: please do a 15-minute warm-up and cool-down before threshold, continuous hills or interval sessions.
- If you're feeling OK, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions above.
- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.