



TRAINING PLAN

Marathon Training Plan - Run/Walk



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COACHING &
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THE MARATHON

RUN/WALK

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 14 week run/walk 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 totally new to running and is suitable for beginners mixing running with walking. 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..

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.

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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

RUN/WALK

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest	Recovery run/walk 30 mins. Aim for 3 min easy run/3 min easy walk and alternate	Rest	Recovery run/walk 30 mins. Aim for 3 min easy run/3 min easy walk and alternate	Rest	REST. Consider a Pilates or yoga class or easy cross training	Long Run / walk Aim for 60 mins of 5 min run/5 min brisk walk
2.	Rest	Recovery run/walk 30 mins. Aim for 3 min easy run/3 min easy walk and alternate	Rest	Hilly Route. run/walk 30 mins. Aim for 3 min easy run/3 min easy walk and alternate	Rest	REST. Consider a Pilates or yoga class or easy cross training	Long Run/Walk 80 mins. Aim for 80 mins of 5 min run/5 min brisk walk
3.	Rest	Run/walk 45 mins. Aim for 10 min easy pace run/5 min brisk walk x 3	Rest	Hilly Route. Run/walk 45 mins. Aim for 10 min easy pace run/5 min brisk walk x 3	Rest	REST. Consider a Pilates or yoga class or easy cross training	Long Run /Walk 90 mins. Aim for 10 min easy run/5 min walk and keep repeating.
4.	Rest	Run/walk 45 mins. Try 15 brisk walk, 15 easy run, 15 brisk walk/run	Rest	Hilly Route. Try 5 min run /5 min brisk walk alternating and including the hills.	Rest	REST. Consider a Pilates or yoga class or easy cross training	105 mins Aim for 10 min easy run/5 min walk and keep repeating.

THE MARATHON

RUN/WALK

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.	Rest	20 min brisk walk/20 min easy run	Rest	Hilly Route.8 min run/2 min walk x 4	Rest	REST or consider a Pilates or yoga class or easy cross training	120 mins with 5 min brisk walk/5 min easy run alternating
6.	Rest	15 min brisk walk/30 min easy run/15 min brisk walk	Rest	5 min brisk walk/ 5 min easy run/5 min uncomfortable pace run ALL x 3	Rest	REST or consider a Pilates or yoga class or easy cross training	90 mins.Aim for 10 min easy run/5 min walk and keep repeating.
7.	Rest	30 mins to include. 10 brisk walk/10 min easy run/10 min uncomfortable run.	Rest	Hilly Route. 30 mins continuous running with a 15 min brisk walk warm down.	Rest	REST or consider a Pilates or yoga class or easy cross training	120 mins with 15 easy run/5 brisk walk repeated.
8.	Rest	45 mins to include 15 brisk walk/15 easy pace run/run uncomfortable pace run.	Rest	Hilly Route. 30 mins continuous running with a 15 min brisk walk warm down	Rest	REST or consider a Pilates or yoga class or easy cross training	140 mins with 15 easy run /5 brisk walk repeated.

THE MARATHON

RUN/WALK

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest	60 mins to include 20 brisk walk/20 easy pace run/20 uncomfortable pace run	Rest	30 mins easy pace run	Rest	REST or consider a Pilates or yoga class or easy cross training	Half Marathon. Enter and aim to complete by running 10-15 easy run/5 brisk walk repeated to the end. Well done!
10.	Rest	30 min easy pace run	Rest	60 mins to include 5 brisk walk/5 easy 5 run/5 uncomfortable pace run ALL x 4	Rest	REST or consider a Pilates or yoga class or easy cross training	175 Mins with 15 easy run /5 brisk walk repeated.
11.	Rest	30 min easy pace run	Rest	60 mins to include 3 x 10 mins @ uncomfortable pace with a 5 min brisk walk/jog recovery.	Rest	REST or consider a Pilates or yoga class or easy cross training	195 Mins with 15 easy run /5 brisk walk repeated.
12.	Rest	40 min easy pace run	Rest	60 mins to include 3 x 10 mins @ uncomfortable pace with a 5 min brisk walk/jog recovery.	Rest	REST or consider a Pilates or yoga class or easy cross training	120 mins to include 25 min run/5 min brisk walk x 4

THE MARATHON

RUN/WALK

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest	30 min easy pace run	Rest	45 mins easy pace run.	Rest	REST or consider a Pilates or yoga class or easy cross training	60 minsto include 25 min run/5 min brisk walk x 2
14.	Rest	10 ins brsik walk + 20 mins easy pace run	Rest	Recovery run 15 mins/brisk walk 15 mins	Rest	5 min brisk walk/5 min run	Marathon Race Day - Good Luck!!!

THE MARATHON

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- 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.