

FIRST TIME MARATHON RUNNERS SCHEDULE

SESSION

WEEK ONE

MONDAY	Rest
TUESDAY	20 mins jog
WEDNESDAY	Rest
THURSDAY	20 mins jog
FRIDAY	Rest
SATURDAY	20 mins jog
SUNDAY	5mile jog/walk

WEEK TWO

MONDAY	Rest
TUESDAY	25 mins jog
WEDNESDAY	Rest
THURSDAY	20 mins jog
FRIDAY	Rest
SATURDAY	25 mins jog
SUNDAY	90 mins walk/jog

WEEK THREE

MONDAY	Rest
TUESDAY	25 mins jog
WEDNESDAY	Rest
THURSDAY	20 mins jog
FRIDAY	Rest
SATURDAY	3mile jog
SUNDAY	7-8mile walk-jog

WEEK FOUR

MONDAY	Rest
TUESDAY	25 mins jog
WEDNESDAY	Rest
THURSDAY	25 mins jog
FRIDAY	Rest
SATURDAY	20 mins jog
SUNDAY	10mile walk-jog

WEEK FIVE

MONDAY Rest
TUESDAY 30 mins jog
WEDNESDAY Rest
THURSDAY 30 mins jog
FRIDAY Rest
SATURDAY 20 mins jog
SUNDAY Race 5m or 10km

WEEK SIX

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

WEEK SEVEN

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

WEEK EIGHT

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

WEEK NINE

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

WEEK TEN

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

WEEK ELEVEN

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

WEEK TWELVE

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

WEEK THIRTEEN

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

WEEK FOURTEEN

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