

Novice Marathon Training Programme Finish + 5 hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	24 - 30 min easy	Rest	20 mins jog 6 x 20 secs fast - 20 min jog	Rest	10 mins jog - fast 15 min 5 min jog	20 min easy	90 min jogging or walking
Week 2	Rest	24 - 30 min easy	10 min jog 6 x 60 secs fast - 20 min jog	10 min jog then hard 20 10 min jog	Rest	35 min easy	2 - 3 hours walking
Week 3	10 min jog - 6 x 45 secs uphill 10 min jog	Rest	35 min easy	10 min jog 10 mins fast 5 min easy	Rest	35 min easy	90 mins walk / jog
Week 4	Rest	20 - 25 min easy	5 min easy 7 x 60 secs fast - with 90 secs jog recovery between 5 min jog	30 mins easy	Rest	10 min jog - 20 min hard - 5 min jog	90 min jogging or walking
Week 5	Rest	20 - 25 min easy	10 min jog - 6 x 45 secs uphill 10 min jog	Rest	30 min easy	20 mins	10 k race
Week 6	Rest	20-25 min easy	10 min jog 4 x 40 secs fast 10 min jog	Rest	5 min jog 15 mins hard 5 min jog	25 min easy	90 mins easy run
Week 7	35 mins easy run	Rest	10 min jog 8x 45 secs uphill 10 min jog	5 mins jog 15 min fast 5 min jog	Rest	10 mins jog 2 x 5min fast 10 min jog	60 min easy
Week 8	30 min easy	Rest	10 min jog 6 x 60 secs fast with 2 min recovery between 10 min jog	25 - 30 min easy	Rest	10 min jog 20 mins fast 10 min jog	75 - 90 min easy
Week 9	Rest	25 - 30 min easy	10 mins jog 6 x 60 secs fast and 6 x 30 secs fast -10 min jog	Rest	30 min slow	Rest	Race - Half Marathon
Week10	Rest	30 mins easy	10 min jog 8x 45 secs uphill 10 min jog	Rest	10 mins jog 2 x 10 min fast with 5 min rec - 10	25 min easy	90 mins easy run
Week 11	25 - 30 min easy	Rest	10 min jog 20 mins fast 10 min jog	30 min slow	20 min slow	Rest	2 hrs 20 mins easy run take drinks and walk for 5 min at end of each hour
Week 12	Rest	25 mins easy	10 mins jog 2 x 10 min fast with 5 min rec - 10	30 mins easy	Rest	30 mins with 6 x 20 secs fast	2 hr steady
Week 13	Rest	25 mins easy	30 mins with 6 x 20 secs fast	60 mins marathon pace	25 mins easy	Rest	10 mile or 10k race
Week 14	Rest	25 min easy	10 min jog 10 min fast 10 mins jog	35 mins marathon pace		Rest	70 mins easy run
Week 15	20 min easy	Rest	10 mins jog then 10 min at race pace in race shoes	Rest	20 mins jog in race kit	Rest	THE RACE