



Marathon Training Plan

Run/Walk plan



COACHING &
CONSULTANCY
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This plan.

This run/walk plan is ideal if you are just starting out on your running journey taking you through 14 weeks of training based on a mix of running and walking to get you ready to have a fantastic experience on marathon day.

Keeping it all in balance.

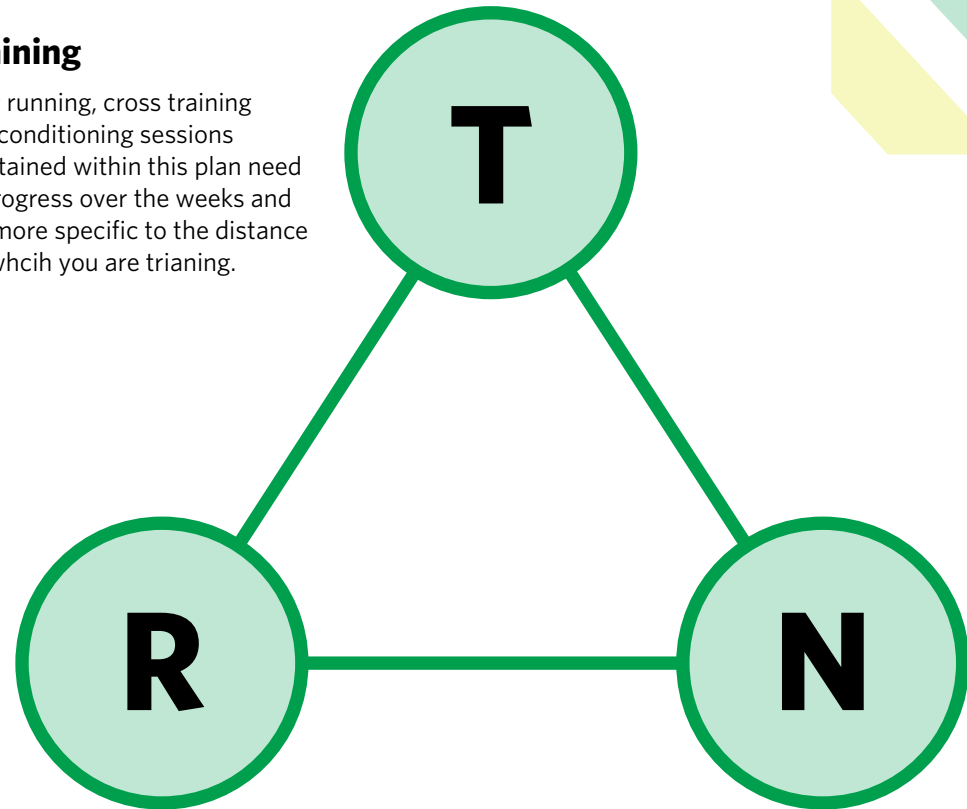
Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple.

The key is the training triangle you see to the right. Most of us think about the training sessions we need to do to become stronger, fitter or faster.

In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to your body and respect its need to rest in order to improve.

Training

Your running, cross training and conditioning sessions contained within this plan need to progress over the weeks and get more specific to the distance for which you are training.



Rest

Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Nutrition

You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep your immune system, blood and bones strong.

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.

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. 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. 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. Consider a Pilates or yoga class or easy cross training.	120 mins with 15 min 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. Consider a Pilates or yoga class or easy cross training.	140 mins with 15 min easy run/ 5 brisk walk repeated.

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 min easy pace run.	Rest.	Rest. 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. 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. 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. Consider a Pilates or yoga class or easy cross training.	120 mins to include 25 min run/5 min brisk walk x 4.

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest.	30 min easy pace run.	Rest.	45 min easy pace run.	Rest.	Rest. 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 brisk walk + 20 mins easy pace run.	Rest.	Recovery run 15 mins/brisk walk 15 mins.	Rest.	Rest. Consider a Pilates or yoga class or easy cross training.	Marathon Race Day - Good Luck!!!



Glossary

Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself.

Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off.

Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts.

They are run at a controlled brisk pace, about 80-85% of your MHR, you'll only be capable of uttering a couple of words to your training partners.

Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running economy and aerobic capacity.

Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races from 5km - marathon.

At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort.

Gradually this will build to 75% of WHR as you start to practice periods of marathon or race pace running.

These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Continuous Hills (CH)

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running.

Run up a 5-10% gradient for 45-90 seconds at a 'threshold effort'. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends.

Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80-85% of MHR and be able to utter just a few words.





Glossary

Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery.

The effort level is around 85-100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

Marathon Pace (MP)

Understanding the pace and effort you intend on running your marathon at is very important.

Pace judgment and patience on the big day will be crucial to running your best marathon.

Marathon pace practice allows your body and mind to get used to what will be required on race day, and it builds endurance quickly.

Warming Up/ Warm down (WU)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually.

A 10-15 minute jog lets your muscles warm up and improve their range of movement. body to burn fat as its primary fuel source.


Cross-Training & core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training.

More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning.

To achieve this you should aim to work a variety of muscle groups and not just your legs.

Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running. 80-85% of MHR and be able to utter just a few words.



**For more information about training and training plans,
please get in touch with Running with us on:**

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**For event related and fundraising enquiries, please do
contact SJA events team on events@sja.org.uk**

Good luck!

**St John
Ambulance**



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