

Running Training Plan

Taper for the Beginner Marathon Training Plan

Goal – reduce training to prepare for marathon

Plan Duration – 3 weeks

This short plan follows on directly from our marathon plan. It will help you make the most of your training for the big day.

Tapering is vital as it allows your body to recover and rebuild after the weeks of high training load. You will not run to your potential if your body is still tired from marathon training.

There is no such thing as a 'one-size fits all' taper. Some people need more time for a taper than others and there are many variables that affect the ideal taper. Typically, high intensity, high mileage training requires more recovery, but again this will depend on individual runners' preferences.

The taper detailed here fits well with the training load of our beginners marathon training plan.

It is usual as a runner approaches their marathon for them to feel heavy, rusty, and generally lacking in zest. Part of the tapering process is that your muscles get loaded with fuel during the final 3 days, so it's important for you to maintain your food intake and also water. For every gram of carbohydrate your body stores for fuel, it needs 2 grams of water; this contributes to the heavy feeling (think of a car full of fuel ideally prepared for a long journey). Good luck, enjoy *your* journey and [do let us know](#) how you get on.

Weeks one, two and three

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Easy jog 30 mins (or 3 miles)	0.30	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.40	post-session stretch
Friday		Cross Train 30 mins	0.35	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 90 mins (or 9 miles)	1.35	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Friday		Easy cross train 30 mins	0.30	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 60 Mins (or 6 miles)	1.05	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 20 mins (or 2 miles) or Friday	0.20	post-session stretch
Friday		See above		
Saturday		Keep off feet as much as possible		
Sunday		~ RACE! ~		

Total exercise time for 21 days 7.00