

Running Training Plan

Beginner Marathon Training Plan

Goal – Half Marathon distance to Marathon distance

Optional Goal – Marathon Race (NB: this programme does not include a [taper](#))

Plan Duration – 8 weeks

This plan assumes that you have followed our beginners [5k](#), [10k plans](#) and [half marathon plans](#) or are able to run 13 miles continuously. It is a plan to 'get you round' the marathon distance. Advancing from Half Marathon to Marathon in 8 weeks is a real challenge, so if you have struggled with the earlier schedules (or think that you might) then contact us for advice.

Weeks 1 and 2 continue with 4 sessions per week. All runs should be at a pace you can sustain, but the 'long run' on a Sunday should be a fair bit slower: ([conversational pace](#)). We are looking to increase time on feet during these runs — a

first marathon may take 4 hours and very often significantly more!

This plan assumes 10 mins per mile apart from the long run which is given as 12 mins per mile; the long runs should be the lesser of the time or distance given. We have continued to include a 5 minute warm up and a post session stretch in the programme — it is important that you warm up before a session and also help your body return to it's resting state afterwards. Stretching after running should not be hard or sustained; after running (especially the long run) the muscles will be damaged and must be treated gently so stretch for no more than 15 seconds per stretch.

Weeks one and two

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Friday		Cross Train 45 mins	0.45	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 90 mins (or 7.5 miles)	1.35	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Wednesday		rest		
Thursday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Friday	5 min brisk walk	Jog 40 mins (4 miles) undulating route	0.45	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 120 Mins (or 10 miles)	2.05	post-session stretch

Total exercise time for 14 days 8.00

In weeks three and four we continue to include a 'cross training' session. This could be a hill walk, a cycle ride, a gym class — anything that exercises you **aerobically** and yet gives your body a break from running. A Monday stretching session is an

optional extra, but you may want to take this up to help your body remain injury free.

The warm up before your Sunday run is not vital — simply ease into the run gently, and remember to KEEP IT EASY!

Weeks three and four

Day	Warm up	Session	Duration	Notes
Monday				stretch (optional)
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 45 mins (4.5 miles) undulating route	0.35	post-session stretch
Friday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Saturday		Rest		
Sunday		Jog 140 Mins (or 11.5 miles)	2.20	post-session stretch
Monday		Rest		stretch (optional)
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 50 mins (5 miles) undulating route	0.55	post-session stretch
Friday		60 mins Cross Train	1.00	post-session stretch
Saturday		Rest		
Sunday		Jog 160 mins (or 13.5 miles)	2.40	post-session stretch
Total exercise time for 14 days			10.00	

After weeks five and six you should be feeling really pleased with yourself — running continuously for 2 hours or more is a fantastic achievement. Well Done! Remember to run at 'conversational pace' — especially on a Sunday!

If you feel like putting in a bit more effort, add a bit of **Fartlek** to your Friday runs.

You should make sure that you stretch to ward off injury, and you might want to think about **ice baths** after your long runs.

Weeks five and six

Day	Warm up	Session	Duration	Notes
Monday		Rest		stretch (optional)
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 50 Mins (5 miles) undulating route	0.55	post-session stretch
Friday	5 min brisk walk	Jog 40 Mins (or 4 miles)	0.45	post-session stretch
Saturday		Rest		
Sunday		Jog 180 Mins (or 15 miles)	3.00	post-session stretch
Monday		Rest		stretch (optional)
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 50 Mins (5 miles) undulating route	0.55	post-session stretch
Friday	5 min brisk walk	Jog 40 Mins (or 4 miles)	0.45	post-session stretch
Saturday		Rest		
Sunday		Jog 180 Mins (or 15 miles)	3.00	post-session stretch
Total exercise time for 14 days			11.00	

Weeks seven and eight

Day	Warm up	Session	Duration	Notes
Monday		Rest		stretch (optional)
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 50 Mins (5 miles) undulating route	0.55	post-session stretch
Friday		60 mins Cross Train	1.00	post-session stretch
Saturday		Rest		
Sunday		Jog 145 Mins (or 12 miles)	2.25	post-session stretch
Monday		Rest		stretch (optional)
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 Mins (or 3 miles)	0.35	post-session stretch
Friday	5 min brisk walk	Jog 45 Mins (4.5 miles) undulating route	0.50	post-session stretch
Saturday		Rest		
Sunday		Jog 220 Mins (or 18 miles)	3.40	post-session stretch
Total exercise time for 14 days			11.05	

Weeks seven and eight

Reaching this point is a fantastic achievement — you have made huge advances over the last 8 weeks and you should be feeling great. Not many people can run as far as you! CONGRATULATIONS. If you are planning to take part in a marathon, you should now follow our [TAPERING](#) programme.

Special Notes

This training plan is for marathon beginners, but it is not for everyone new to running. Some people should speak to their doctor before undertaking any form of physical exercise, in particular, those who are (or have):

- More than 20% over their ideal weight
- More than 40 years old
- A smoker or ex-smoker
- Pregnant
- Personal or family history of heart trouble
- High blood pressure, diabetes or other medical condition