

# MARATHON TRAINING SCHEDULE

[www.marathons.org.uk](http://www.marathons.org.uk)

**Duration** 16 weeks

**Suitable for** New marathon runners who have completed the basic running program.

This means you should be already used to running for around 15 **miles per week**

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	Recovery session	Steady	Hard	Rest	Steady	Rest	The Long Run	Weekly Mileage
Week 1	2 miles easy pace	3 miles easy pace	2 miles Fartlek	Rest	3 miles easy pace	Rest	5 miles	15 miles
Week 2	Walk or Light jog	3 miles easy pace	1 Hour Cross train	Rest	3 miles easy pace	Rest	6 miles	16 miles
Week 3	Walk or Light jog	4 miles easy pace	3 miles Fartlek	Rest	3 miles easy pace	Rest	8 miles	18 miles
Week 4	Walk or Light jog	4 miles easy pace	1 Hour Cross train	Rest	3 miles easy pace	Rest	9 miles	20 miles
Week 5	Walk or Light jog	5 miles easy pace	3 miles Fartlek	Rest	4 miles easy pace	Rest	<b>10k race</b> or equivalent	18 miles
Week 6	Walk or Light jog	5 miles easy pace	1 Hour Mixed hills	Rest	4 miles easy pace	Rest	10 miles	24 miles
Week 7	Walk or Light jog	5 miles easy pace	1 Hour Cross train	Rest	4 miles easy pace	Rest	11 miles	25 miles
Week 8	Walk or Light jog	6 miles easy pace	4 miles Fast run	Rest	4 miles easy pace	Rest	12 miles	26 miles
Week 9	Walk or Light jog	6 miles easy pace	5 miles Fartlek	Rest	4 miles easy pace	Rest	14 miles	30 miles
Week 10	Walk or Light jog	6 miles easy pace	5 miles Tempo run	Rest	4 miles easy pace	Rest	<b>Half marathon</b> or equivalent	28 miles
Week 11	Walk or Light jog	7 miles easy pace	1 Hour Mixed hills	Rest	5 miles easy pace	Rest	15 miles	32 miles
Week 12	Walk or Light jog	7 miles easy pace	1 Hour Cross train	Rest	5 miles easy pace	Rest	18 miles	34 miles
Week 13	Walk or Light jog	7 miles easy pace	5 miles Fartlek	Rest	5 miles easy pace	Rest	20 miles	37 miles
Week 14	Walk or Light jog	4 miles easy pace	5 miles Tempo run	Rest	3 miles easy pace	Rest	13 miles	25 miles
Week 15	Walk or Light jog	3 miles easy pace	7 miles easy pace	Rest	4 miles easy pace	Rest	10 miles	24 miles
Week 16	Walk or Light jog	3 miles easy pace	4 miles easy pace	Rest	2 miles easy pace	Rest	<b>Marathon</b>	35 miles

## Notes

The hard Wednesday sessions can be mixed around depending upon what type of training you enjoy.

Cycling, gym work, interval training, swimming and many other types of activity can slot in here, but it needs to be a hard session which pushes your strength or speed in some way.