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# The Canberra Times CANBERRA MARATHON

FESTIVAL 2024

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MARATHON BEGINNER TRAINING GUIDE



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**7 April 2023**

MARATHON • HALF MARATHON • 10K • 5.4K • KIDS 2K | KING GEORGE TERRACE



The Canberra Times



# MARATHON BEGINNER

Sub 5:00 hours

Presented by Runner's World



Take on this guide if you're used to running comfortably for 30-60 minutes, three or four times a week.

## GOAL = TO RUN A MARATHON

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	35min easy run	Rest	44min moderate run	Rest	35min moderate run including hill	Cross training/Gym	12-13K easy
<b>2</b>	Rest	<b>Warm up:</b> 1.6K easy 30min moderate run <b>Cool down:</b> 1.6K easy	Rest	44min moderate run	Rest	35min moderate run including hill	12-13K easy
<b>3</b>	Rest	<b>Warm up:</b> 1.6K easy 3 x 10min mod/hard run + 3min jog <b>Cool down:</b> 1.6K easy	Rest	60min easy run	Rest	35min moderate run including hill	16K 8K easy run + 8K moderate /race pace
<b>4</b>	Rest	<b>Warm up:</b> 1.6K easy 40min moderate run <b>Cool down:</b> 1.6K easy	Rest	60min easy run	Rest	35min moderate run	10-12K 3K easy run + 8K moderate /race pace
<b>5</b>	Rest	<b>Warm up:</b> 1.6K easy 6 x 2min mod/hard run + 2min easy <b>Cool down:</b> 1.6K easy	Rest	60min easy run	Rest	35min easy run	18-20K easy run/walk
<b>6</b>	Rest	<b>Warm up:</b> 1.6K easy 5 x 4min mod/hard run + 400m easy <b>Cool down:</b> 1.6K easy	Rest	60min easy run	Rest	35min easy run	20K moderate
<b>7</b>	Rest	<b>Warm up:</b> 1.6K easy 10 x 1min mod/hard run + 200m easy <b>Cool down:</b> 1.6K easy	Rest	<b>Warm up:</b> 1.6K easy 8K moderate/race pace <b>Cool down:</b> 1.6K easy	Rest	4-5K hill run	10K race pace
<b>8</b>	Rest	<b>Warm up:</b> 1.6K easy 4 x 10min mod/hard run + 400m easy <b>Cool down:</b> 1.6K easy	Rest	60min easy run	Rest	35min easy run	20-22K 11K easy run + 11K moderate /race pace
<b>9</b>	Rest	<b>Warm up:</b> 1.6K easy 5 x 6min mod/hard run + 200m easy <b>Cool down:</b> 1.6K easy	Rest	<b>Warm up:</b> 1.6K easy 6K moderate/race pace <b>Cool down:</b> 1.6K easy	Rest	45min easy run	25-26K easy
<b>10</b>	Rest	<b>Warm up:</b> 1.6K easy 8 x 2min mod/hard run + 200m easy <b>Cool down:</b> 1.6K easy	Rest	60min easy run	Rest	35min easy run	28-29K 14K easy + 14K moderate /race pace
<b>11</b>	Rest	<b>Warm up:</b> 1.6K easy 6 x 4min mod/hard run + 200m easy <b>Cool down:</b> 1.6K easy	Rest	<b>Warm up:</b> 1.6K easy 6K moderate/race pace <b>Cool down:</b> 1.6K easy	Rest	35min easy run	Half Marathon (21.1K)
<b>12</b>	Rest	35min easy run	Rest	8K in 55min	Rest	35min easy run	31-32K easy
<b>13</b>	Rest	<b>Warm up:</b> 1.6K easy 10 x 1min hard run + 2min easy <b>Cool down:</b> 1.6K easy	Rest	<b>Warm up:</b> 1.6K easy 3K moderate/race pace <b>Cool down:</b> 1.6K easy	Rest	35min easy run	22-23K moderate

# MARATHON BEGINNER

Cont.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>14</b>	Rest	<b>Warm up:</b> 1.6K easy 3K moderate <b>Cool down:</b> 1.6K easy	Rest	40min moderate run	Rest	35min easy run	16K moderate
<b>15</b>	Rest	<b>Warm up:</b> 1.6K easy 5K moderate <b>Cool down:</b> 1.6K easy	Rest	40min moderate run	Rest	35min easy run	11-12K easy
<b>16</b>	Rest	5K moderate run (approx. 33 min)	Rest	5K easy	Rest	35min moderate run	<b>RACE DAY</b>