

RUNDERWEAR™

MARATHON TRAINING PLAN
BEGINNER



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TRAINING PLAN



THE PLAN

This plan is aimed at runners who are new to the marathon distance. You might be stepping up from 5, 10km or half marathon and you should feel happy running 30-45 minutes continuously at an easy pace, and longer with the aid of short recovery breaks. If you do not feel ready to run without stopping for the set time, consider mixing easy running with walking.

COMPLETING THE PLAN

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming etc. You might see cross training included in the plan to – these are labelled as 'XT'. If you need to swap days, try not to do two runs harder than 6/10 effort on back to back days. It's fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggly stop, rest and if necessary, speak to a physio or medical expert.

GUIDING YOUR EFFORT

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

RPE SCALE	WHAT IT MIGHT FEEL LIKE....
0	You're still in bed...
1	Brisk walking for some, very easy jogging for others. Able to fully chat away with no effort.
2-3	Easy running, able to hold conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You'll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Run Session: 30 min easy run at 2-3/10 effort	Rest	Run Session: 30-40 min easy run at 2-3/10 effort	Rest	Run/XT session: 30 min easy at 2-3/10 effort	1:00 – 1:15 hrs at 3-5/10 effort. Include short brisk walk breaks as needed
WEEK 2	Rest	Run Session: 35 min easy run at 2-3/10 effort	Rest	Run Session: 35-45 min easy run at 2-3/10 eff	Rest	Run/XT session: 30 min easy at 2-3/10 effort	1:15 – 1:30 hrs at 3-5/10 effort. Include short brisk walk breaks as needed
WEEK 3	Rest	Run Session: 40 min easy run at 2-3/10 effort	Rest	Run session: 30 min as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	1:30 – 1:30 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
WEEK 4	Rest	Run session: 30 min as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort	Rest	Run Session: 30 min easy run at 2-3/10 effort	Rest	Rest or 30 min XT session at 2/10 effort	60-70 minutes at 3-5/10 effort. Include short brisk walk breaks as needed
WEEK 5	Rest	Warm up: 5-10 min easy run at 2-3/10 effort Main Session: 3 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 40-50 min easy run at 2-3/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	1:40-1:50 hrs at 3-5/10 effort. Include short brisk walk breaks as needed
WEEK 6	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 4 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 40-50 min easy run at 2-3/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	1:45-1:55 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
WEEK 7	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 7 minutes at 6-7/10 effort with 120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 40-50 min easy run at 2-3/10 effort with the final 10 at 6-7/10 if you feel good	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	1:45-2:00 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
WEEK 8	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 4 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8-9/10 aim to get faster as you go through Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 50 min easy run at 2-3/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	Run Session: 75-90 at 2-4/10 effort include short brisk walk breaks as needed OR/ 10km pace
WEEK 9	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 sets of 5 minutes at 7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 45-60 min easy run at 2-3/10 effort	Rest	Run or XT Session: 45 min as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort	2:00 – 2:15 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
WEEK 10	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8-9/10 aim to get faster as you go through Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 30-45 min easy run at 2-3/10 effort	Rest	Rest or Run/XT session: 30 min easy at 2-3/10 effort	2:20 – 2:40 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
WEEK 11	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 4 sets of 6 minutes at 7/10 effort with 90s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 45-60 min easy run at 2-3/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	2:45-3:00 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
WEEK 12	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 6 x 3 mins running numbers 1, 3, 5 at 6-7/10, numbers 2, 4, 6 at 8-9/10 with 90 secs rest Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 50-70 min easy run at 2-3/10 effort	Rest	Run/XT session: 40-50 min easy at 2-3/10 effort	2:50hrs – 3:10hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Practice with race day fuelling and kit
WEEK 13	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 6-8 x 2 mins at 8-9/10 with 90 secs rest Cool down: 5-10 min easy run at 2-3/10 effort	Rest	60-75 mins starting at 2-3/10 and building to run the final 20 mins @ 7/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	2:30hrs – 2:40hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Practice with race day fuelling and kit.
WEEK 14	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 8 minutes at 7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 45-60 min easy run at 2-3/10 effort	Rest	Run/XT session: 40-50 min easy at 2-3/10 effort	1:45hrs – 2:00hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Practice with race day fuelling and kit.
WEEK 15	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 x 3 mins running numbers 1, 3, 5 at 6-7/10, numbers 2 and 4 at 8-9/10 with 90 secs rest Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	Run Session: 70 mins at 3-4/10 effort
WEEK 16	Rest	Run Session: 30 mins at 2-3/10	Rest	Run Session: 20-30 mins at 2-3/10	Rest	Run session: 15 mins easy jog at 2-3/10	MARATHON, HAVE A GREAT RACE!