



Now is the time to train!

42.2km Marathon Beginner Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/5/18 - 13/5/18	Rest Day	35 Minutes Easy	12 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	35 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 5km @ 10k Pace, 12 Minute Cool Down	25km Easy
2 14/5/18 - 20/5/18	Rest Day	35 Minutes Easy with 5 x 20 Seconds Strides	12 Minute Warm Up, 8 x 400m at 5k Pace with 200m Jog Recovery, 12 Minute Cool Down	35 Minutes Easy with 5 x 25 Seconds Strides	Rest Day	45 Minutes Easy with 6 x 30 Seconds Strides	26km Easy
3 21/5/18 - 27/5/18	Rest Day	35 Minutes Easy with 5 x 20 Seconds Strides	55 Minutes Easy	35 Minutes Easy with 5 x 25 Seconds Strides	Rest Day	15 Minute Warm Up, 2 x 1600m @ 10k Pace with 1km @ Mara Pace Recovery, 15 Minute Cool Down	27km Easy
4 28/5/18 - 3/6/18	Rest Day	35 Minutes Easy	45 Minutes Easy	30 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	40 Minutes Easy with 6 x 30 Seconds Strides	25km Easy

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5 4/6/18 - 10/6/18	Rest Day	40 Minutes Easy with 5 x 20 Seconds Strides	12 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	40 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	45 Minutes Easy with 6 x 30 Seconds Strides	15 Minute Warm Up 3 x 5km @ Mara Pace with 1km Jog Recovery 15 Minute Cool Down
6 11/6/18 - 17/6/18	Rest Day	40 Minutes Easy with 5 x 20 Seconds Strides	15 Minute Warm Up, 4 x 1600m @ 10k Pace with 1km @ Mara Pace Recovery, 15 Minute Cool Down	35 Minutes Easy with 5 x 25 Seconds Strides	Rest Day	12 Minute Warm Up, 5km @ 10k Pace, 12 Minute Cool Down	28km Easy
7 18/6/18 - 24/6/18	Rest Day	45 Minutes Easy with 5 x 20 Seconds Strides	15 Minute Warm Up, 3 x 8 Minutes at Mara Pace with 3 Minute Jog Recovery, 12 Minute Cool Down	40 Minutes Easy with 5 x 25 Seconds Strides	Rest Day	15 Minute Warm Up, 5 x 1k at HM Pace with 1 Minute Jog Recovery, 12 Minute Cool Down	29km Easy
8 25/6/18 - 1/7/18	Rest Day	35 Minutes Easy	50 Minutes Easy	35 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	40 Minutes Easy with 6 x 30 Seconds Strides	30km Easy

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9 2/7/18 - 8/7/18	Rest Day	40 Minutes Easy with 5 x 20 Seconds Strides	15 Minute Warm Up, 5 x 1600m @ 10k Pace with 1km @ Mara Pace Recovery, 15 Minute Cool Down	40 Minutes Easy with 5 x 25 Seconds Strides	Rest Day	45 Minutes Easy with 6 x 30 Seconds Strides	15 Minute Warm Up 4 x 4km @ Mara Pace with 1km Jog Recovery 15 Minute Cool Down
10 9/7/18 - 15/7/18	Rest Day	45 Minutes Easy with 5 x 20 Seconds Strides	12 Minute Warm Up, 7 x 1k at HM Pace with 1 Minute Jog Recovery, 12 Minute Cool Down	35 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	12 Minute Warm Up, 5km @ 10k Pace, 12 Minute Cool Down	33km Easy
11 16/7/18 - 22/7/18	Rest Day	50 Minutes Easy with 5 x 20 Seconds Strides	30 Minutes Easy	45 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	12 Minute Warm Up, 8k @ HM Pace, 12 Minute Cool Down	35km Easy
12 23/7/18 - 29/7/18	Rest Day	45 Minutes Easy	Rest Day	40 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	50 Minutes Easy with 6 x 30 Seconds Strides	32km Easy

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13 30/7/18 - 5/8/18	Rest Day	50 Minutes Easy with 5 x 20 Seconds Strides	15 Minute Warm Up, 4 x 8 Minutes at Mara Pace with 2 Minute Jog Recovery, 12 Minute Cool Down	45 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	40 Minutes Easy with 6 x 30 Seconds Strides	15 Minute Warm Up 5 x 4km @ Mara Pace with 1km Jog Recovery 15 Minute Cool Down
14 6/8/18 - 12/8/18	Rest Day	40 Minutes Easy with 5 x 20 Seconds Strides	12 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	35 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	12 Minute Warm Up, 11k @ HM Pace, 12 Minute Cool Down	28km Easy
15 13/8/18 - 19/8/18	Rest Day	30 Minutes Easy with 5 x 20 Seconds Strides	15 Minute Warm Up, 5 x 1k at HM Pace with 1 Minute Jog Recovery, 12 Minute Cool Down	30 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	12 Minute Warm Up, 5km @ 10k Pace, 12 Minute Cool Down	20km Easy
16 20/8/18 - 26/8/18	Rest Day	25 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	20 Minutes Easy with 5 x 20 Seconds Strides	Rest Day	15 Minutes Easy	Shepparton Running Festival - 42km Run

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