



Marathon Training Plan for Beginners

- To begin this plan, you should've been running regularly at least four times a week for three months.
- There are two options, so you can choose a plan that works best for you. E.g. If you would prefer to do your longer back to back runs on Saturday/Sunday – choose option 1. If you prefer to have Sunday off – choose option 2.
- MP = Marathon goal pace

OPTION 1	TUE	WED	THU	FRI	SAT	SUN	MON	WEEKLY TOTAL
OPTION 2	MON	TUE	WED	THU	FRI	SAT	SUN	
1	5km	Rest	5km	Rest	5km	Rest	5km	20km
2	5km	Rest	5km	Rest	5km	Rest	6.5km	21.5km
3	5km	Rest	5km	Rest	5km	Rest	8km	23km
4	5km	Rest	5km	Rest	5km	Rest	5km	20km
5	6.5km	Rest	5km	Rest	6.5km	10km	4km	32km
6	6.5km	Rest	6.5km with 3km @ MP	Rest	6.5km	13km	5km	37.5km
7	6.5km	Rest	6.5km with 3km @ MP	Rest	6.5km	16km	5km	39.5km
8	6.5km	Rest	6.5km with 3km @ MP	Rest	6.5km	10km	5km	34.5km
9	8km	Rest	8km with 5km @ MP	Rest	8km	16km	5km	45km
10	8km	Rest	8km with 5km @ MP	Rest	8km	20km	5km	49km
11	8km	Rest	8km with 5km @ MP	Rest	8km	23km	8km	55km
12	10km	Rest	11km with 5km @ MP	Rest	10km	17km	Rest	48km
13	11km	Rest	11km with 6km @ MP	Rest	11km	26km	Rest	59km
14	11km	Rest	11km with 6km @ MP	Rest	11km	28km	Rest	61km
15	12km	Rest	13km with 6km @ MP	Rest	13km	32km	Rest	70km
16	10km	Rest	10km with 6km @ MP	Rest	10km	22km	Rest	52km
17	12km	Rest	13km with 8km @ MP	Rest	13km	32km	Rest	70km
18	11km	Rest	11km with 8km @ MP	Rest	11km	22km	Rest	55km
19	8km	Rest	8km	Rest	8km	26km	Rest	50km
20	5km	Rest	5km	Rest	5km	Rest	RACE	15km