



Marathon

Beginner Run/Walk Training Plan

greatrun.org

BIRMINGHAM
MAIL

The Beginner Run/Walk plan is ideal for walkers who want to do a little more, or for those who want to complete a longer distance than they can comfortably run. Combines running and walking efforts within the same training sessions.

PACE GUIDE

EASY RUN - An easy run should be run at conversational pace maintaining relaxed breathing. Easy runs make up the bulk of your training programme.

LONG RUN - Your long run is similar to an easy run but just lasts longer! The effort is still easy but may become more difficult due to the duration of the run.

5K PACE - A pace which you have or think you could maintain for a 5k event or approximately for 30-minutes of running.

10k Pace - A pace which you have or think you could maintain for a 10k event or approximately for one-hour of running.

HALF MARATHON (HM) PACE - A pace which you have or think you could maintain for a HM event. Half marathon pace should be hard but controlled.

MARATHON PACE - A pace which you have or think you could maintain for a marathon event. Marathon pace should be slower than HM pace but faster than easy run pace.

REST DAY - Rest days are important to allow adaptation and are used to enhance recovery and can be a complete day of rest or cross-training.

WEEK 1

INTENSITY: BUILDING

Welcome to your plan and the start of your amazing marathon journey! For the first few weeks of your training, we just want to lay the foundations of a great physical and mental routine. So print off your training and feel great about ticking each day you complete off! Getting into good habit early gives you a great chance of success (and a great sense of satisfaction too!)

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	1 mile easy run/walk	Rest Day	Rest Day	1 mile easy run/walk	Rest Day	1.5 miles easy run/walk

WEEK 2

INTENSITY: BUILDING

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	1.5 miles easy run/walk	Rest Day	Rest Day	1.5 miles easy run/walk	Rest Day	1.5 miles easy run/walk

WEEK 3

INTENSITY: MODERATE

You are nearly a month into your training now so well done! You should feel more comfortable with a nice relaxed running pace and keeping a good diary of how you feel will really help boost your confidence when you look at facing new aspects of your training. You can do this!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	2 miles easy run/walk	Rest Day	Rest Day	2 miles easy run/walk	Rest Day	2.5 miles easy run/walk

WEEK 4

INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	2 miles easy run/walk	Rest Day	Rest Day	2 miles easy run/walk	Rest Day	3 miles easy run/walk

WEEK 5

INTENSITY: BUILDING

You are over a month into your training now so well done! You should feel more comfortable with a nice relaxed running pace and keeping a good diary of how you feel will really help boost your confidence when you look at facing new aspects of your training. You can do this!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	1.5 miles easy run/walk	Rest Day	Rest Day	1.5 miles easy run/ walk	Rest Day	2 miles easy run/walk

WEEK 6

INTENSITY: HARD

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy run/walk	Rest Day	Rest Day	2 miles easy run/walk	Rest Day	4 miles easy run/walk



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WEEK 7

INTENSITY: RECOVERY

A very important week! Sometimes running easy is harder than running hard! This is a very relaxed week, designed to reward your body for the effort it's put in so far. Relax and enjoy a less intense week as you fully recharge the batteries for the next lift in your training. You are doing brilliantly!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	2 miles easy run/walk	Rest Day	Rest Day	2 miles easy run/walk	Rest Day	3 miles easy run/walk

WEEK 8

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3.5 miles easy run/walk	Rest Day	Rest Day	4 miles easy run/walk	Rest Day	5 miles easy run/walk

WEEK 9

INTENSITY: MODERATE

A very important few weeks! Sometimes running easy is harder than running hard! This is a very relaxed week, designed to reward your body for the effort it's put in so far. Relax and enjoy a less intense week as you fully recharge the batteries for the next lift in your training. You are doing brilliantly!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles easy run/walk	Rest Day	Rest Day	4 miles easy run/walk	Rest Day	6 miles easy run/walk

WEEK 10

INTENSITY: HARD

OK, we are pretty much halfway through the journey and it's time to really get stuck in! The 8 mile effort this weekend will be a big step in your programme, but trust your training and yourself! You are getting fitter and stronger all the time and so prepare to amaze yourself with how good it will feel!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	5 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	8 miles easy run/walk

WEEK 11

INTENSITY: RECOVERY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	5 miles easy run/walk

WEEK 12

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	5 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	10 miles easy run/walk

WEEK 13

INTENSITY: RECOVERY

OK, we are over halfway through the journey and it's time to really get stuck in! The 12 and 14 mile efforts on a couple of weekends during this period will be a big step in your programme, but trust your training and yourself! You are getting fitter and stronger all the time and so prepare to amaze yourself with how good it will feel!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3 miles easy run/walk	Rest Day	Rest Day	4 miles easy run/walk	Rest Day	10 miles easy run/walk



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WEEK 14

INTENSITY: HARD

It's another big week, because by it's end you will have been able to walk/run over half the marathon distance in one go! Fantastic stuff! Start thinking about staying mentally strong in the last few miles of the 14 mile effort. These thoughts will stay with you as you move closer the the big day itself! We are getting stronger and fitter every day so enjoy the easier Week 15 afterwards!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	12 miles easy run/walk

WEEK 15

INTENSITY: RECOVERY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	10 miles easy run/walk

WEEK 16

INTENSITY: HARD

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	14 miles easy run/walk

WEEK 17

INTENSITY: RECOVERY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	8 miles easy run/walk

WEEK 18

INTENSITY: HARD

This is your last hard week, so enjoy the feeling of knowing how far you've come and how amazing your journey has been. It's 18 miles this weekend and let's finish it strong and confident that you have done the training to get you to race day in a positive and confident mood! Now it's time to start relaxing into the big day!!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles easy run/walk	Rest Day	Rest Day	4 miles easy run/walk	Rest Day	16 miles easy run/walk

WEEK 19

INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	5 miles easy run/walk	Rest Day	Rest Day	4 miles easy run/walk	Rest Day	10 miles easy run/walk

WEEK 20

INTENSITY: HARD

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	18 miles easy run/walk



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WEEK 22

INTENSITY: MODERATE

You are in the homestretch of your training! Enjoy the feeling of knowing how far you've come and how amazing your journey has been. Less mileage will help you feel fresh and energised so let's finish the plan strong and confident that you have done the training to get you to race day in a positive and confident mood! Now it's time to start relaxing into the big day!!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles easy run/walk	Rest Day	Rest Day	4 miles easy run/walk	Rest Day	10 miles easy run/walk

WEEK 23

INTENSITY: RECOVERY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles easy run/walk	Rest Day	Rest Day	3 miles easy run/walk	Rest Day	5 miles easy run/walk

WEEK 24

EVENT WEEK

Here we go! It's race week and you should be buzzing with excitement! Keep to your same routine as you progress during the week. Eat the same and try and sleep the same too. Yes you will be nervous, but have a look back over the past 20 weeks! You have been incredible! So go and have fun and see you at the finish line!!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4 miles easy run/walk	Rest Day	Rest Day	2 miles easy run/walk	Rest Day	EVENT DAY!



Training plans | Diary | Routes | Stats | Advice | Tips