



# Marathon

## Introductory Training Plan



Event day: **Sunday 21 May 2017**

Website: [greatrun.org/stirling](http://greatrun.org/stirling)

The Introductory plan is ideal if it's been a number of years since you've ran regularly or you're training for your first event. The plan gets you going with easy runs before slowly building your running. Perfect for you if you're not a speed demon and simply want to enjoy your time on the road.

### 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 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: EASY

Welcome to the start of your running journey! If it's been a while or the thought of a marathon has been sitting on your bucket list for too long, then you're in the right place! Let's spend the first few weeks just getting used to getting out the door when required and finding the pace that suits you. You are the boss here, so set your own mental goals and enjoy beginning to find your rhythm as you clock those miles!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	2miles easy running	Rest Day	3miles easy running	Rest Day	Rest Day	4miles easy running

### WEEK 2

#### INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3miles easy running	Rest Day	4miles easy running	Rest Day	Rest Day	5miles easy running

### WEEK 3

#### INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3miles easy running	Rest Day	2miles @10km pace. Start with a 10 min warm up. Run 2miles at your 10km goal pace. Finish off with a 10 min warm down.	Rest Day	Rest Day	6miles easy running

### WEEK 4

#### INTENSITY: MODERATE

So nearly a month in and now a nice mixture of running at marathon goal pace and half marathon pace is introduced. Knowing the difference between both is key here, so remember not to 'race yourself' when the schedule says to keep things controlled. Your body will take care of itself if you take care of your body, so log those miles and enjoy the benefits of feeling stronger and fitter already!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4miles easy running	Rest Day	4miles easy running	Rest Day	2miles easy running	8miles easy running



# Marathon

## Introductory Training Plan



Event day: **Sunday 21 May 2017**

Website: [greatrun.org/stirling](http://greatrun.org/stirling)

### WEEK 5

**INTENSITY: MODERATE**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	4miles @ half marathon pace Start with a 10 min warm up. Run 4miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	6miles @marathon pace Start with a 10 min warm up. Run 6miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	3miles easy running	9miles easy running

### WEEK 6

**INTENSITY: HARD**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6miles easy running	Rest Day	3miles easy running	Rest Day	4miles easy running	11miles easy running

### WEEK 7

**INTENSITY: EASY**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3miles easy running	Rest Day	5miles easy running	Rest Day	Rest Day	8miles easy running

### WEEK 8

**INTENSITY: MODERATE**

Some quite specific running awaits you this week with interval work designed to make your goal marathon pace feel more comfortable when you return to it afterwards. Training your body to cope with a more intense pace for short periods will create the strength needed to put the miles of your marathon goal pace back to back in due course. Starting with Thursday of Week 9!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6miles @ half marathon pace Start with a 10 min warm up. Run 6miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	6x1/2mile (2mins jog) @5km pace. Start with a 10 min warm up. Run 6x1/2 miles @5k pace followed by 2 minutes jog/ walk to recover, repeated 6 times. Finish off with a 10 min warm down.	Rest Day	3miles easy running	12miles easy running

### WEEK 9

**INTENSITY: HARD**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6miles easy running	Rest Day	7miles @marathon pace Start with a 10 min warm up. Run 7miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	4miles easy running	14miles easy running



# Marathon

## Introductory Training Plan



Event day: **Sunday 21 May 2017**

Website: [greatrun.org/stirling](http://greatrun.org/stirling)

### WEEK 10

**INTENSITY: HARD**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	6miles easy running	Rest Day	4miles easy running	Rest Day	4miles easy running	16miles easy running

### WEEK 11

**INTENSITY: EASY**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3miles easy running	Rest Day	5x1miles (2mins) @10km pace. Start with a 10 min warm up. Run 5x1-miles @10k pace followed by 2 minutes jog/ walk to recover, repeated 6 times. Finish off with a 10 min warm down.	Rest Day	Rest Day	12miles easy running

### WEEK 12

**INTENSITY: HARD**

Now we are really making progress! A solid week of running lies ahead, with a good blow out over 8 miles on Tuesday leading into 18 miles easy running on Sunday. Your body is now getting used to running for a long period of time and the strength gained from faster paced interval work will stand you in great stead. A easier recovery week awaits you so take care to reward yourself with plenty of good recovery habits and let the body relax in Week 13!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	8miles @ half marathon pace Start with a 10 min warm up. Run 8miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	5miles @10km pace Start with a 10 min warm up. Run 5miles at your 10km goal pace. Finish off with a 10 min warm down.	Rest Day	5miles easy running	18miles easy running

### WEEK 13

**INTENSITY: MODERATE**

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	5miles easy running	Rest Day	6miles easy running	Rest Day	4miles easy running	12miles easy running

### WEEK 14

**INTENSITY: HARD**

This is our final really hard week. We end it with a 20 mile run. Eat well before and stay mentally strong throughout it. The marathon itself is within touching distance and finish your long run knowing you have done all the training needed to have a great race experience. From here to the race, your body can relax, re-energise and prepare for the marathon distance. The work is done!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	10miles @ marathon pace Start with a 10 min warm up. Run 10miles at your marathon goal pace. Finish off with a 10 min warm down.	Rest Day	6miles @ half marathon pace Start with a 10 min warm up. Run 6miles at your HM goal pace. Finish off with a 10 min warm down.	Rest Day	5miles easy running	20miles easy running



# Marathon

## Introductory Training Plan



Event day: **Sunday 21 May 2017**

Website: [greatrun.org/stirling](http://greatrun.org/stirling)

### WEEK 15

#### INTENSITY: MODERATE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	5miles easy running	Rest Day	4miles easy running	Rest Day	4miles easy running	12miles easy running

### WEEK 16

#### INTENSITY: EASY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3miles easy running	Rest Day	3miles easy running	Rest Day	Rest Day	8miles easy running

### WEEK 17

#### INTENSITY: RACE

It's race week! Keep to your routine. Don't stress about the lack of running this week. It's designed to keep you fresh and full of beans before the big day! You have come such a long way since week 1, so look over your training and you will see it's now just about relaxing and having fun on race day! Good luck and well done. You are officially amazing!

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	3miles easy running	Rest Day	3miles easy running	Rest Day	2miles easy running	Marathon