

# MARATHON

## BEGINNER | 16 WEEK TRAINING PLAN

GREATRUN.ORG



Never run a marathon and are a little apprehensive about doing so? Don't worry, this plan has you covered! By following the weekly training advice, you will have plenty of time to adapt to the demands of getting your body ready for the full 26.2 miles. Be patient and relaxed about completing your training efforts and the rest will take care of itself! You are already a star for embracing the challenge of your first marathon so let this plan help you achieve your inner amazing!

**RPE:** This pace is your key performance training zone for all your quality work during the plan. You will visit this zone sparingly but by becoming used to operating at this pace, your longer, endurance based zones should feel easier.

**Marathon pace:** Ultimately this is the pace we want to complete our entire marathon at. So tune into the rhythm you establish at this pace throughout your plan and hopefully muscle memory will kick in on race day itself to give you confidence that the work has been done!

**10k pace:** This is precisely what it says on the tin! Taking a recent 10km PB or approximating what your average 1km split should be in a race situation for the 10km, you can use this pace for interval work that stipulates a running pace in line with the 10km pace and relevant effort.

**5k pace:** Your classic Great Run Local or Park Run pace. Again this is very nearly at the top end of the pace work you will adapt to during your training so will not occur all that regularly but it's a great way to feel fast and light during the heavy mileage phase of your training!

**3k pace:** The very top end of all your marathon training pace. By really stretching out your legs and working intensely at a fast pace for a short duration, your body should feel really relaxed and comfortable when it reverts back to the 'bread and butter' pace of the longer distance work. Remember to stretch thoroughly before and after though as we want you in perfect working order the day after!

### WEEK 1

Running in the wrong trainers could cause lower limb and foot problems like shin splints. A podiatrist can provide gait analysis to help improve your running performance and give impartial advice on footwear.

#### GAIT ANALYSIS

MON	TUE	WED	THU	FRI	SAT	SUN
REST	5 x 3mins -90 sec walk RPE 6-7.	REST	5x 5mins-90 sec walk.	REST	REST	3x9 mins-2mins walk RPE 6-7.

### WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	3x12mins - 3min walk RPE 6-7.	REST	20mins run- 5mins walk- 10 min run.	REST	REST	35 min run RPE 6-7.

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### WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	3x12mins – 3min walk RPE 6-7.	REST	3 x 20mins -5mins walk.	REST	REST	1 hour RPE 6-7.

### WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10min jog - 4 x 10mins @ marathon pace RPE 8.	REST	10 mins jog -20 x 60 secs @ 10k pace walk 60 sec RPE 8-10.	REST	REST	1 hour 15mins RPE 6-7.

### WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 min jog- 3 x 15mins @ marathon pace- 10 min jog RPE 8.	REST	10 x 4 mins @ 10 km pace- walk 90 secs rec RPE 8-10.	REST	REST	1 hour RPE 6-7.

### WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 min jog-30 mins @ marathon pace-10 min jog RPE 8.	REST	8 x 6mins @ 10 k pace - 90 sec walk rec RPE 8-10.	REST	REST	1 hour 45 mins RPE 6-7.

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### WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 min jog-40 mins @ marathon pace-10 min jog RPE 8.	REST	5 x 10 mins @ half marathon pace RPE 8.	REST	REST	2 hours mins RPE 6-7.

### WEEK 8

Physio and podiatry play an integral part in preventing and treating all foot and ankle complaints. Through proper assessment and the right treatment, usually specific exercises or orthoses, most conditions can be relieved and keep you running.

**PHYSIO / PODIATRY**

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 min jog-50 mins @ marathon pace- 10 min jog RPE 8.	REST	4 x 15 mins @ half marathon pace 3mins rec RPE 8.	REST	REST	2 hours 15 mins run RPE 6-7.

### WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	5 x 3mins @ 10km pace - 90 sec walk RPE 8-10.	REST	5x 5mins - 90 sec walk RPE 8-10.	REST	REST	Half marathon race or time trial.

### WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 mins @ marathon pace RPE 8.	REST	6 x 10 mins @ half marathon pace 3mins rec RPE 8.	REST	REST	2hours 30 min run RPE 6-7.

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### WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	70 mins @ marathon pace RPE 8.	REST	8 x 12 mins @ half marathon pace RPE 8.	REST	REST	2hours 45 min run RPE 6-7.

### WEEK 12

Tension and toxins in your muscles can often cause pain. A professional sports massage can encourage blood and lymph flow throughout the body, preventing injury from muscle fatigue.

**MASSAGE**

MON	TUE	WED	THU	FRI	SAT	SUN
REST	70 mins @ marathon pace RPE 8.	REST	4 x 15 mins @ half marathon pace 3mins rec RPE 8.	REST	REST	3hours 15 min run RPE 6-7.

### WEEK 13

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 mins easy run.	REST	3 x 20 mins @ half marathon pace 5 mins walk rec RPE 8.	REST	REST	2hours 15 min RPE 6-7.

### WEEK 14

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 mins easy run.	REST	6 x 9mins- 2mins rec @ 10 k pace RPE 8-10.	REST	REST	1hour 30 min run RPE 6-7.

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### WEEK 15

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 mins run.	REST	3 x 7 mins -3min walk @ 10 k pace RPE 8-10.	REST	REST	35 min run.

### WEEK 16

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 min jog – (3mins -2mins - 1 min) x 3 sets @ marathon pace 60 secs rec RPE 8-10.	REST	25 mins run.	REST	REST	EVENT DAY GOOD LUCK!