

MARATHON RUN/WALK 24 WEEK TRAINING PLAN

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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	6 x (1 min run, 1 min walk)	REST	REST	20 min brisk walk	REST	1 mile (alt. 1 min run, 1 min walk)

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	8 x (1 min run, 1 min walk)	REST	1.5 miles (alt. 90 secs run, 90 secs walk)

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	2 miles (alt. 90 secs run, 90 secs walk)

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	12 x (1 min run, 1 min walk)	REST	2.5 miles (alt. 2 min run, 90 secs walk)

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	3 miles (alt. 2 min run, 1 min walk)



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To help you reach your peak performance, our Active Plan has you covered.

From physiotherapy to gait analysis, we'll pay towards the costs to let you focus on being your personal best.



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WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	3.5 miles (alt. 2 min run, 1 min walk)

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	4 miles (alt. 2 min run, 1 min walk)

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	5 miles (alt. 2 min run, 1 min walk)

WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	9 x (2 min run, 2 min walk)	REST	6 miles (alt. 3 min run, 1 min walk)

WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	6 x (4 min run, 1 min walk)	REST	7 miles (alt. 3 min run, 1 min walk)



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WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	7 x (4 min run, 1 min walk)	REST	8 miles (alt. 3 min run, 1 min walk)

WEEK 12

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	30 min easy walk	REST	REST	7 x (2 min run, 1 min walk)	REST	5 miles (alt. 3 min run, 1 min walk)

WEEK 13

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	7 x (4 min run, 1 min walk)	REST	8 miles (alt. 3 min run, 1 min walk)

WEEK 14

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	7 x (4 min run, 1 min walk)	REST	10 miles (alt. 3 min run, 1 min walk)

WEEK 15

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	5 x (4 min run, 1 min walk)	REST	12 miles (alt. 4 min run, 1 min walk)



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WEEK 16

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	30 min easy walk	REST	REST	3 x (6 min run, 2 min walk)	REST	14 miles (alt. 4 min run, 1 min walk)

WEEK 17

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 min easy walk	REST	REST	3 x (8 min run, 3 min walk)	REST	8 miles (alt. 4 min run, 1 min walk)

WEEK 18

MON	TUE	WED	THU	FRI	SAT	SUN
REST	45 min brisk walk	REST	REST	2 x (8 min run, 2 min walk)	REST	16 miles (alt. 5 min run, 1 min walk)

WEEK 19

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 min easy walk	REST	REST	3 x (10 min run, 2 min walk)	REST	8 miles (alt. 5 min run, 1 min walk)

WEEK 20

MON	TUE	WED	THU	FRI	SAT	SUN
REST	45 min brisk walk	REST	REST	4 x (6 min run, 1 min walk)	REST	18 miles (alt. 5 min run, 1 min walk)



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WEEK 21

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 min easy walk	REST	REST	3 x (8 min run, 2 min walk)	REST	9 miles (alt. 5 min run, 1 min walk)

WEEK 22

MON	TUE	WED	THU	FRI	SAT	SUN
REST	45 min brisk walk	REST	REST	3 x (7 min run, 1 min walk)	REST	20 miles (alt. 5 min run, 1 min walk)

WEEK 23

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 min easy walk	REST	REST	3 x (7 min run; 1 min walk)	REST	5 miles (alt. 5 min run, 1 min walk)

WEEK 24

MON	TUE	WED	THU	FRI	SAT	SUN
REST	60 min easy walk	REST	REST	3 x (6 min run, 1 min walk)	REST	EVENT DAY GOOD LUCK!



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