

Marathon Run/Walk Training Plan



running
withus

COACHING &
CONSULTANCY
runningwithus.com



Believe in
children
Barnardo's

This plan

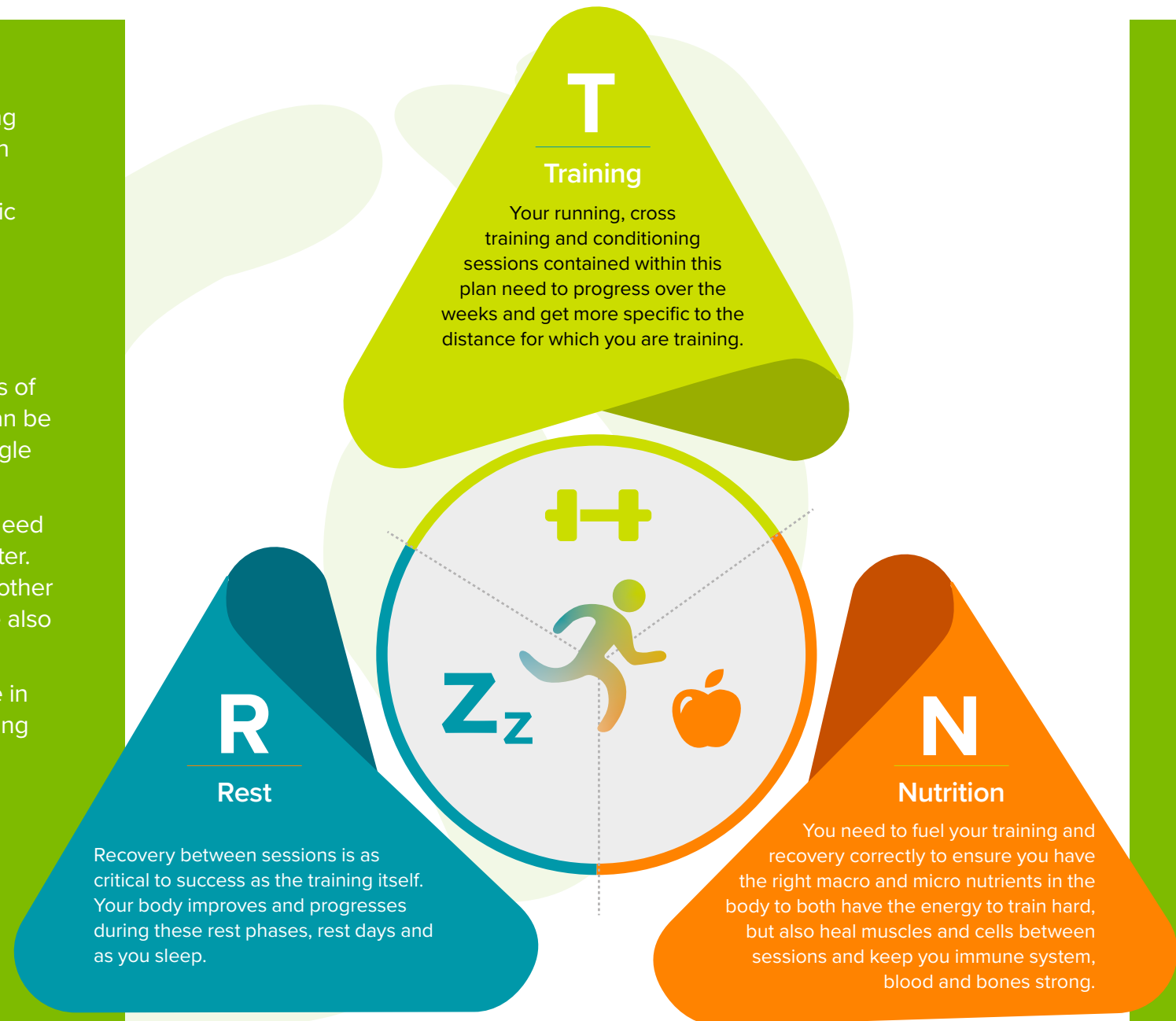
This run/walk plan is ideal if you are just starting out on your running journey taking you through 14 weeks of training based on a mix of running and walking to get you ready to have a fantastic experience on marathon day.

Keeping it all in balance

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is the training triangle you see to the right.

Most of us think about training sessions as a 'need to do' in order to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle, nutrition and rest, are also considered with equal focus and attention.

As you increase your training keep the triangle in balance by improving your nutrition and ensuring you listen to your body and respect its need to rest in order to improve.



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest	30mins recovery run/walk Alternate between 3mins easy run/ 3mins easy walk	Rest	30min recovery run/walk Alternate between 3mins easy run/ 3mins easy walk	Rest	Rest Consider a pilates or yoga class or easy cross training	60min long run/walk Alternate between 5mins run/ 5min brisk walk
2	Rest	30mins recovery run/walk Alternate between 3mins easy run/ 3mins easy walk	Rest	30min hilly route run/walk Alternate between 3mins easy run/ 3mins easy walk	Rest	Rest Consider a pilates or yoga class or easy cross training	80min long run/walk Alternate between 5mins run/ 5min brisk walk
3	Rest	45mins recovery run/walk Alternate between 10mins easy run/ 3 x 5mins brisk walk	Rest	45min hilly route run/walk Alternate between 10mins easy run/ 3 x 5mins brisk walk-run	Rest	Rest Consider a pilates or yoga class or easy cross training	90min long run/walk Alternate between 10mins easy run/ 5min brisk walk
4	Rest	45mins recovery run/walk Alternate between 15mins brisk walk/ 15mins easy run/ 15mins brisk walk-run	Rest	Hilly route run/walk Alternate between 5mins run/ 5mins brisk walk	Rest	Rest Consider a pilates or yoga class or easy cross training	105min long run/walk Alternate between 10mins easy run/ 5min walk
5	Rest	20mins brisk walk + 20mins easy run	Rest	Hilly route run/walk 4 x 8mins run and 2mins walk	Rest	Rest Consider a pilates or yoga class or easy cross training	120mins Alternate between 5min brisk walk/ 5min easy run
6	Rest	15mins brisk walk + 30mins easy run/ 15mins brisk walk	Rest	3 x 5mins brisk walk/ 5mins easy run/ 5mins uncomfortable pace run	Rest	Rest Consider a pilates or yoga class or easy cross training	90mins Alternate between 10mins easy run/ 5mins brisk walk
7	Rest	30mins including 10mins brisk walk/ 10mins easy run/ 10mins uncomfortable pace run	Rest	30min hilly route run/walk continuous running with a 15mins brisk walk warm down	Rest	Rest Consider a pilates or yoga class or easy cross training	120mins Alternate between 15min easy run/ 5mins brisk walk
8	Rest	45mins including 15mins brisk walk/ 15mins easy run/ 15mins uncomfortable pace run	Rest	30min hilly route run/walk continuous running with a 15mins brisk walk warm down	Rest	Rest Consider a pilates or yoga class or easy cross training	140mins Alternate between 15min easy run/ 5mins brisk walk

9	Rest	60mins including 20mins brisk walk/ 20mins easy run/ 20mins uncomfortable pace run	Rest	Easy 30min run	Rest	Rest Consider a pilates or yoga class or easy cross training	Half marathon Enter and aim to complete by alternating between a 10-15mins easy run/ 5mins brisk walk – Well done!
10	Rest	Easy 30min run	Rest	60mins including 4 x 5mins brisk walk/ 5mins easy run/ 5mins/ steady run/ 5mins uncomfortable run	Rest	Rest Consider a pilates or yoga class or easy cross training	175mins Alternate between 15mins easy run/ 5mins brisk walk-run
11	Rest	Easy 30min run	Rest	60mins including 3 x 10mins @uncomfortable pace run with 5min brisk walk/jog recovery	Rest	Rest Consider a pilates or yoga class or easy cross training	195mins Alternate between 15mins easy run/ 5mins brisk walk
12	Rest	Easy 40min run	Rest	60mins including 3 x 10mins @uncomfortable pace run with 5min brisk walk/jog recovery	Rest	Rest Consider a pilates or yoga class or easy cross training	120mins including 4 x 25mins run/ 5mins brisk walk
13	Rest	Easy 30min run	Rest	Easy 45min run	Rest	Rest Consider a pilates or yoga class or easy cross training	60mins including 25mins easy run + 2 x 5mins brisk walk
14	Rest	10mins brisk walk + Easy 20min run	Rest	30min recovery session Easy 15min run + 15mins brisk walk	Rest	5min brisk walk + 5min run	Marathon Race Day! Good Luck!

Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself.

Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

Threshold Runs (THR)

After the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your maximum heart rate (MHR), you'll only be capable of uttering a couple of words to your training partners.

Tempo/threshold runs improve your lactate threshold (*the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen*), your running economy and aerobic capacity.

Long Runs (LR)

Long runs are vital in your plan and key to racing well in long distance races from 5km-marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build to 75% of maximum heart rate (MHR) as you start to practice periods of marathon or race pace running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Continuous Hills (CH)

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5-10% gradient for 45-90seconds at a threshold effort. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of maximum heart rate (MHR) and be able to utter just a few words.





Interval Training (IT)

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of your maximum heart rate (MHR), depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be

6 x 3minutes @5km race pace with a 90 second jog recovery.

Rac Pace (MP)

Understanding the pace and effort you intend on running your marathon at is very important. Pace judgment and patience on the big day will be crucial to running your best marathon. Marathon pace practice allows your body and mind to get used to what will be required on race day, and it builds endurance quickly.

Warming Up/Warm down (WU)

When you are going to do any faster running such as hills, threshold runs, intervals or a race, it is important to warm up gradually. A 10-15minute jog lets your muscles warm up and improve their range of movement.

Cross-Training and core conditioning (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training.

More experienced runners should also add cross training to their regime. Endurance running, especially the marathon, requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing pilates, so intense that you are left too tired for running.

Email: info@runningwithus.com
Website: www.runningwithus.com

    @runningwithus

