



Beginner marathon programme

This programme is for beginner runners who would like to train for a marathon. The programme is for you if it's the first time you've run a marathon, or it's been a while since you ran any longer distances. To get the most out of it, you should already be able to run at least 5km, and ideally 10km, comfortably



One mile is equivalent to 1.6 km. For this training programme, distances in km have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins easy	Rest	Rest	20 mins easy	Rest	Long run: 30 mins
Week 2	Rest	25 mins easy	20 mins easy	Rest	20 mins easy	Rest	Long run: 40 mins
Week 3	Rest	30 mins easy	25 mins easy	Rest	30 mins easy	Rest	Long run: 50 mins
Week 4	Rest	40 mins easy	30 mins easy	Rest	50 mins interval running or cross training	Rest	Long run: 60 mins
Week 5	Rest	40 mins easy	40 mins steady	Rest	40 mins interval running	Rest	Long run: 70 mins
Week 6	Rest	40 mins easy	30 mins tempo	Rest	40 mins interval running or cross training	Rest	Long run: 80 mins
Week 7	Rest	40 mins easy	60 mins steady	Rest	50 mins interval running	Rest	Long run: 10 miles (16km)
Week 8	Rest	40 mins easy	50 mins tempo	Rest	50 mins interval running or cross training	Rest	Long run: 11 miles (18km)
Week 9	Rest	40 mins easy	35 mins steady	Rest	30 mins interval running	Rest	Long run: 6 miles (10km)
Week 10	Rest	40 mins easy	50 mins tempo	Rest	50 mins interval running or cross training	Rest	Long run: 15 miles (24km)
Week 11	Rest	30 mins easy	50 mins steady	Rest	60 mins interval running	Rest	Long run: 14 miles (22km)
Week 12	Rest	40 mins easy	40 mins tempo	Rest	20 mins interval running or cross training	Rest	Long run: 13 miles or half marathon race
Week 13	Rest	40 mins easy	50 mins steady	Rest	40 mins interval running or cross training	Rest	Long run: 20-22 miles (32-35km)
Week 14	Rest	30 mins easy	50 mins tempo	Rest	50 mins interval running or cross training	Rest	Long run: 15 miles (24km)
Week 15	Rest	30 mins easy	40 mins steady	Rest	40 mins interval running	Rest	Long run: 8 miles (13km)
Week 16	Rest	30 mins easy	Rest	Rest	20 mins easy	Rest	RACE