
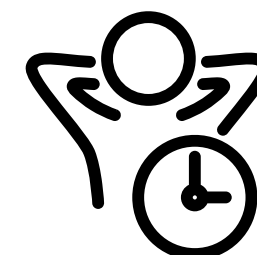

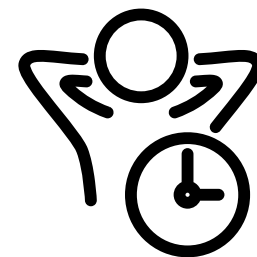

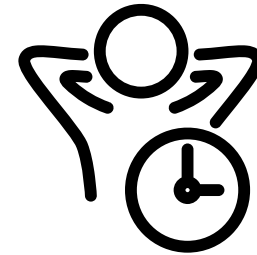
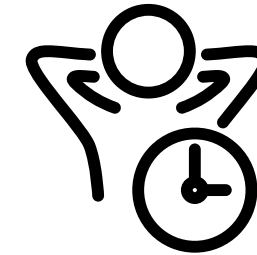



MARATHON BEGINNER'S TRAINING PLAN


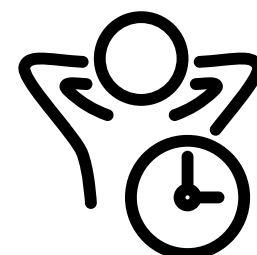
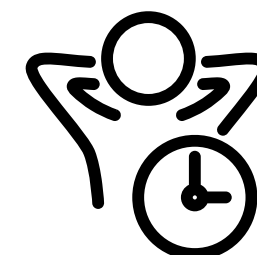
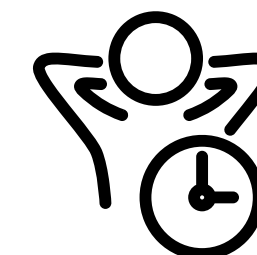

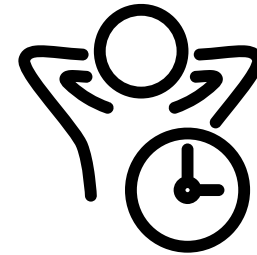
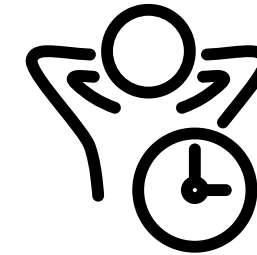
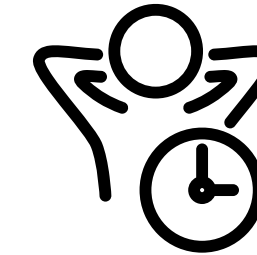


WEEK	1	2	3	4
Sunday	70 mins easy	80 mins easy	90 mins easy	1.5 km jog, race 10 Km or 8 km, 1.5 km jog. Aim for a sub-50:00 10K or sub-40:00 8 km
Monday	 Rest	1.5 km jog, 2 x 2.5 km(or 13 mins) tempo pace, with 400m (3-min) jog recoveries between sets, 1.5 km jog	 Rest	 Rest
Tuesday	30 mins easy	50 mins easy	9.5 km: 1.5 km jog, 3 x 1.5 km tempo pace, with 400m (3 min) jog recoveries between sets, 1.5 km jog	8 km: 1.5 km jog, 4 x 800m tempo pace, with 200m (2 min) jog recoveries, 1.5 km jog
Wednesday	40 mins easy	 Rest	60 mins easy	1 hr 10 easy
Thursday	1.5 km jog, 20 mins marathon pace, 1.5 jog	1.5 km jog, 25 mins marathon pace, 1.5 km jog	1.5 km jog, 30 mins marathon pace, 1.5 km jog	1.5 km jog, 35 mins marathon pace, 1.5 km jog
Friday	 Rest	 Rest	 Rest	 Rest
Saturday	30 mins easy	30 mins easy	30 mins easy	30 mins easy

16 FEB 2024

MARATHON BEGINNER'S TRAINING PLAN











WEEK	5	6	7	8
Sunday	1 h 50 easy	2 hrs 10 easy	2 hrs 30 easy	HM race
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	1.5 km jog, 6.5 km (or 40 mins) fartlek, 1.5 km jog	9.5 km: 1.5 km jog and strides, 8 x 90 seconds uphill, jog back down, 1.5 km jog at end of session	8 km: 1.5 km jog and strides, 8 x 400 at 5K pace, with 200m (1 min 30) jog recoveries between reps, 1.5 km jog	8 km: 1.5 km jog and strides, 10 x 200m at mile pace, with 200m (1-min) jog recoveries between reps, 1.5 km jog
Wednesday	50 mins easy	60 mins easy	1 hr 10 easy	1 hr 10 easy
Thursday	50 mins easy	1.5 km jog, 20 mins tempo, 1.5 km jog	60 mins easy	1.5 km jog, 20 mins tempo, 1.5 km jog
Friday	 Rest	 Rest	 Rest	 Rest
Saturday	30 mins easy	30 mins easy	30 mins easy	30 mins easy

16 FEB 2024

MARATHON BEGINNER'S TRAINING PLAN



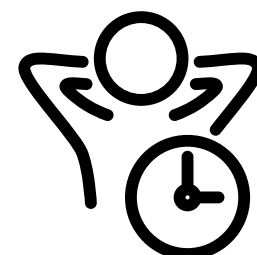
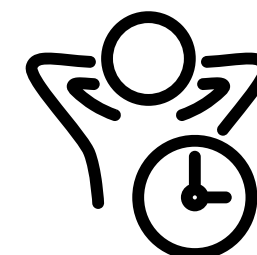



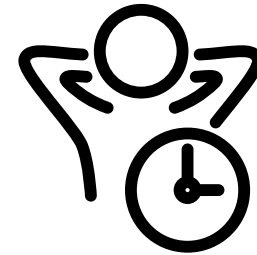
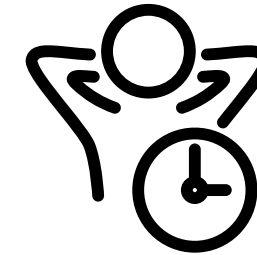



WEEK	9	10	11	12
Sunday	2 hrs 50 easy	Half-marathon. Aim for sub-1:50	3 hrs 10 easy	3 hrs 30 easy
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	9.5 km: 1.5 km jog and strides, 8 x 2 mins uphill, jog back down, 1.5 km jog at end of session	9.5 km: 1.5 km jog and strides, 8 x 2 mins uphill, jog back down, 1.5 km jog at end of session	1.5 km jog, 8 km (or 50 mins) fartlek, 1.5 km jog	11 km: 1.5 km jog and strides, 4 x 1.5 km at marathon pace with 200m (or 90 secs) jog recoveries, 1.5 km jog
Wednesday	1 hr 10 easy	1 hr 20 easy	60 mins easy	60 mins easy
Thursday	80 mins easy	1.5 km jog, 30 mins tempo, 1.5 km jog	80 mins easy	1.5 km jog, 35 mins tempo, 1.5 km jog
Friday	 Rest	 Rest	 Rest	 Rest
Saturday	30 mins easy	30 mins easy	30 mins easy	30 mins easy

16 FEB 2024

MARATHON BEGINNER'S TRAINING PLAN



WEEK	13	14	15	16
Sunday	3 hrs easy	3 hrs easy	2 hrs easy	 Rest
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	9.5 km: 1.5 km jog and strides, 10 x 90 seconds uphill, jog back down, 1.5 km jog at end of session	8 km: 1.5 km jog, 6 x 800m tempo pace, with 200m (2 min) jog recoveries, 1.5 km jog	8 km: 1.5 km jog, 10 x 400m at 5K pace, with 200m (or 2-min) jog recoveries between sets, 1.5 km jog	7 km : 1.5 km jog, 2 x 2.5 km tempo pace, with 400m (or 3-min) jog recoveries between reps, 1.5 km jog
Wednesday	60 mins easy	60 mins easy	50 mins easy	30 mins easy
Thursday	1.5 km jog, 40 mins tempo, 1.5 km jog	70 mins easy	1.5 km jog, 25 mins tempo, 1.5 km jog	 Rest
Friday	 Rest	 Rest	 Rest	MARATHON
Saturday	30 mins easy	30 mins easy	30 mins easy	 Rest

16 FEB 2024