

# MK Marathon Weekend Marathon Beginner Training Plan

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 4 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	Run Session: 30-45 min easy run at 2-3/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	1:30 – 1:45 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
2	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 &amp; 8-9/10 aim to get faster as you go through</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	Run Session: 30-45 min easy run at 2-3/10 effort	Rest	Run/XT session: 30-40 min easy at 2-3/10 effort	1:45 – 2:00 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
3	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 4 sets of 6 minutes at 6-7/10 effort with 90-120s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	Run Session: 40-50 min easy run at 2-3/10 effort with the final 10 at 6-7/10 if you feel good	Rest	Run/XT session: 30-40-50 min easy at 2-3/10 effort	2:00 – 2:15 hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Keep this week shorter if very tired.
4	Rest	Warm up: 10 min easy run at 2-3/10 effort	Rest	Run Session: 50 min easy run at 2-3/10 effort	Rest	Run/XT session: 30-40-50 min easy at 2-3/10 effort	2:10 – 2:25 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.

		Main Session: 5 minutes at 6-7/10 effort, 2 minute jog, then 5 x 4 minutes at 8/10 with 90s rest  Cool down: 5-10 min easy run at 2-3/10 effort					
<b>5</b>	Rest	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 5 sets of 6 minutes at 7/10 effort with 90-120s jog recovery  Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 45-60 min easy run at 2-3/10 effort	Rest	Run or XT Session: 45 min as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort	2:20 – 2:45 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
<b>6</b>	Rest	Run Session: 30 min run as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort	Rest	Run Session: 30-45 min easy run at 2-3/10 effort	Rest	Rest or Run/XT session: 30 min easy at 2-3/10 effort	Run Session: 90-110 minutes at 2-4/10 effort include short brisk walk breaks as needed
<b>7</b>	Rest	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 20 minutes at 7/10 effort  Cool down: 5-10 min easy run at 2-3/10 effort	Rest	60-75 mins at 3-4/10 effort	Rest	Run/XT session: 40-50 min easy at 2-3/10 effort	2:40hrs – 2:50 hrs at 3-5/10 effort. Include short brisk walk breaks as needed.
<b>8</b>	Rest	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 3 sets of 8-10 minutes at 7/10 effort with 90-120s jog recovery  Cool down: 5-10 min easy run at 2-3/10 effort	Rest	60-75 mins starting at 2-3/10 and building to run the final 20 mins @ 7/10 effort	Rest	Run/XT session: 40-50 min easy at 2-3/10 effort	2:45hrs – 3:00hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Practice with race day fuelling and kit.
<b>9</b>	Rest	Warm up: 10 min easy run at 2-3/10 effort	Rest	60-75 minutes with 45 minutes at your goal marathon effort, the	Rest	Run/XT session: 40-50 min easy at 2-3/10 effort	120 minutes at 3-4/10 if you feel good pick up the

		Main Session: 6-8 x 3 mins running numbers 1, 3, 5, 7 at 6-7/10, numbers 2, 4, 6, 8 at 8-9/10 with 90 secs rest  Cool down: 5-10 min easy run at 2-3/10 effort		remainder easy at 2-3/10 effort			pace in the final 30 minutes.
<b>10</b>	Rest	Warm up: 10 min easy run at 2-3/10 effort  Main Session: 3 sets of 7 minutes at 7/10 effort with 90s jog recovery  Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort	Rest	Run/XT session: 30-45 min easy at 2-3/10 effort	Run Session: 70 mins at 3-4/10 effort
<b>11</b>	Rest	Run Session: 40 mins at 2-3/10 building to 4-5/10 if you feel good	Rest	Run Session: 20-30 mins at 2-3/10	Rest	Run session: 15 mins easy jog at 2-3/10	MK Marathon, have a great race!

### **The plan**

This plan is aimed at runners who are new to the marathon distance. You might be stepping up from a 10km or even half marathon and you should feel happy running 75-90 minutes continuously at an easy pace, and longer with the aid of short recovery breaks.

### **Completing the plan**

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as ‘XT’. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 6/10 effort on back to back days. It’s fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical checkup with a professional before undertaking any running training plan.

### **Guiding your effort**

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

RPE scale	What it might feel like....
0	You're still in bed...
1	Brisk walking for some, very easy jogging for others. Able to fully chat away with no effort.
2-3	Easy running, able to hold conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You'll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.