

MARATHON TRAINING PLAN – BEGINNER



This beginner marathon plan is your gateway to an incredible achievement — running your first marathon or returning to the distance after time away. All you need before starting is the ability to run comfortably for about 20 minutes at an easy pace. If you're not quite there yet, our run/walk plan will help you build up gradually, keeping everything balanced as you grow stronger.

Finding balance is key.

Training for performance and improving fitness can often feel overwhelming, with so much information and sometimes conflicting advice. In reality, success can be kept simple. The foundation is the *training triangle*. Many runners focus only on the workouts needed to become stronger, faster, or fitter. But true progress happens when all three sides of the triangle are in balance: training, nutrition, and rest/recovery.

As your training increases, pay just as much attention to nourishing your body and giving it the rest it needs. Listening to your body and respecting recovery will help you unlock your best results



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Training

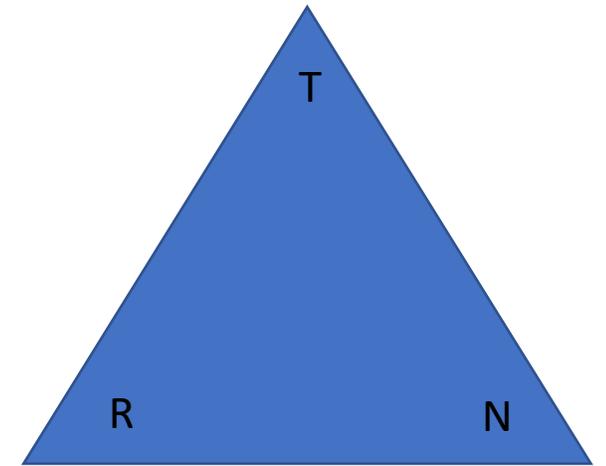
Your running, cross-training, and conditioning sessions in this plan are designed to build gradually week by week, becoming more focused and tailored to the distance you are preparing for

Rest

Never underestimate the power of rest. Recovery isn't time lost — it's when your body grows stronger, adapts, and prepares for the next challenge. Every rest day and every good night's sleep is an essential part of your progress. Embrace it as fuel for your best performance

Nutrition

Think of food as your training partner. The right fuel powers your workouts, speeds up recovery, and keeps your body strong from the inside out. Every balanced meal helps you push harder, repair faster, and protect your immune system, blood, and bones so you can keep moving forward with strength and energy



Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	20-30 MINUTE EASY RUN	CORE	THRESHOLD RUN 30 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	REST	30 MINUTES EASY RUN PLUS CORE	LONG RUN 45 MIN TOTAL WITH 2X 20 MINS EASY / 5 MINS WALK
2	REST	20-30 MINUTE EASY RUN	CORE	THRESHOLD RUN 30 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 90 SEC JOG REC X3	REST	30 MINUTES EASY RUN PLUS CORE	LONG RUN 60 MIN TOTAL WITH 2X 25 MINS EASY / 5 MINS WALK
3	REST	THRESHOLD RUN 40 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	CORE	THRESHOLD RUN 40 MINUTES TO INCLUDE 8 MINS EFFORT WITH 2 MIN JOG REC X2	REST	30 MINUTES EASY RUN PLUS CORE	LONG RUN 75 MIN TOTAL WITH 3X 25 MINS EASY / 5 MINS WALK
4	REST	20 MINUTE EASY RUN	CORE	PROGRESSION RUN 10 MINS EASY 10 MINS STEADY 10 MINS THRESHOLD	REST	PARK RUN OR SELF TIMED 5K	LONG RUN 45-60 MIN WITH A SHORT WALK BREAK AFTER 30 MINS
5	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X4	CORE plus optional easy xt 30-40 mins	THRESHOLD RUN 45 MINUTES TO INCLUDE 7MINS EFFORT WITH 2 MIN JOG REC X3	REST	30-40 MINUTES EASY RUN PLUS CORE	LONG RUN 90 MINS TOTAL WALK FOR 5 MINUTES EVERY 20 MINUTES IF NECESSARY
6	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 2 MIN JOG REC X5	CORE plus optional easy xt 30-40 mins	THRESHOLD RUN 50 MINUTES TO INCLUDE 8 MINS EFFORT WITH 2 MIN JOG REC X3	REST	30-40 MINUTES EASY RUN PLUS CORE	LONG RUN 1HR 45 MINS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 10 MINS OF THRESHOLD WITH 3 MIN JOG REC X2	CORE PLUS 30-40 MINS CROSS TRAINING	THRESHOLD RUN 50 MINUTES TO INCLUDE 10 MINS EFFORT WITH 2 MIN JOG REC X3	REST	40 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
8	REST	THRESHOLD RUN 50 MINUTES TO INCLUDE 8 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	CORE PLUS 30-40 MINS CROSS TRAINING	45 MINUTE RUN AIMING TO PICK UP THE PACE IN THE FINAL 25 MINUTES	REST	40 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS 15 MINS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
9	REST	30 MINUTE PROGRESSION RUN 10 MIN EASY 10 MIN STEADY 10 MIN THRESHOLD	CORE PLUS 30-40 MINS CROSS TRAINING	30-40 MIN EASY PACE RUN	REST	20 MINUTE EASY RUN	HALF MARATHON – OR 2HR 30-45 MIN RUN WITH THE LAST 60 MINS AT PLANNED MARATHON PACE
10	REST	30-40 MIN EASY RUN	CORE PLUS 30-40 MINS CROSS TRAINING	MARATHON PACE PRACTICE 60 MINUTES LAST 40 MINS AT TARGET MP	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS 30 MINS TOTAL WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
11	REST	THRESHOLD RUN 60 MINUTES TO INCLUDE 10 MINS OF THRESHOLD WITH 2 MIN JOG REC X3	CORE PLUS 30-40 MINS CROSS TRAINING	60-70 MINUTE EASY RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2HRS 45 MINS LAST 60 MINS AT MP WALK FOR 5 MINUTES EVERY 30 MINUTES IF NECESSARY
12	REST	45-60 MIN EASY RUN	CORE PLUS 30-40 MINS CROSS TRAINING	THRESHOLD RUN 70 MINUTES TO INCLUDE 6 MINS OF THRESHOLD WITH 90-120 SEC JOG REC X6	REST	40-50 MINUTES EASY RUN PLUS CORE	3HR – 3HR 15 MINUTES STEADY PACE WITH SHORT WALK BREAKS EACH 30-40 MINUTES IF NEEDED.

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13	REST	6X3 MINUTES WITH ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS FASTER (90 SEC JOG REC)	CORE PLUS 30-40 MINS CROSS TRAINING	70 MINUTE RUN WITH FINAL 20-30 MINUTES AT THRESHOLD EFFORT	REST	40-50 MINUTES EASY RUN PLUS CORE	3HR 15 MINUTES – 3HR 30 MINUTES EASY PACE WITH THE LAST 60-75 MINS AT PLANNED MP SHORT WALK BREAKS EACH 30-40 MINUTES IF NEEDED
14	REST	8X3 MINUTES WITH ODD NUMBERS AT THRESHOLD AND EVEN NUMBERS FASTER (90 SEC JOG REC)	CORE PLUS 30-40 MINS CROSS TRAINING	75 MINUTES WITH 45 MINUTES AT PLANNED MARATHON EFFORT	REST	40-50 MINUTES EASY RUN PLUS CORE	LONG RUN 2 HRS EASY PACE BUT PICK UP TO STEADY FOR FINAL MINUTES
15	REST	40 MIN RUN WITH 5/4/3/2/1 MINS PICKING UP THE PACE EACH TIME (90 SEC JOG REC)	CORE	45 MINUTE EASY RUN	REST	PARK RUN OR 30 MIN STEADY RUN	75 MINUTE EASY RUN
16	REST	THRESHOLD RUN 30 MINUTES TO INCLUDE 5 MINS OF THRESHOLD WITH 3 MIN JOG REC X3	REST	25-30 MINUTE EASY RUN	REST	25 MINUTE VERY EASY RUN	MARATHON RACE DAY! GOOD LUCK!

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- If you're injured, very sore, or conditions aren't safe, swap your run for cross-training — protecting your body always comes first.
- If possible, add core conditioning, Pilates, or yoga once or twice a week to build strength and stability.
- Make stretching a daily habit — just 10 minutes can make a big difference.
- Refuel within 20–30 minutes after every run to support recovery and energy.
- Stick to the effort levels set in your plan — don't push harder than prescribed. Fatigue builds up, so listen to your body and take extra rest when you need it



CONTACT US!
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