

# MARATHON TRAINING PLAN – RUN/WALK



**This run/walk plan is perfect for anyone beginning their running journey.** Over the course of 14 weeks, it blends running and walking to gradually build your endurance and prepare you for an enjoyable and memorable marathon day.

## **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

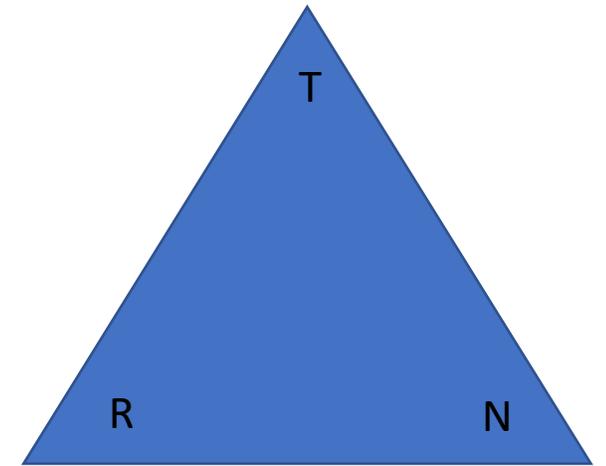
Your running, cross-training, and conditioning sessions in this plan are designed to build gradually week by week, becoming more focused and tailored to the distance you are preparing for

## 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
<b>1</b>	REST	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE	REST	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 60 MINS – 5 MIN RUN 5 MIN WALK ALTERNATING
<b>2</b>	REST	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE	REST	30 MINUTE – 3 MINS EASY RUN 3 MINS WALK ALTERNATE ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 80 MINS – 5 MIN RUN 5 MIN WALK ALTERNATING
<b>3</b>	REST	45 MINUTE – 10 MINS EASY RUN 5 MINS WALK X3	REST	45 MINUTE – 10 MINS EASY RUN 5 MINS WALK X3 ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 90 MINS – 10 MIN RUN 5 MIN WALK ALTERNATING
<b>4</b>	REST	45 MINUTE – 15 MINS WALK 15 MINS EASY RUN 15 MINS WALK	REST	45 MINUTE – 10 MINS EASY RUN 5 MINS WALK X3 ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 105 MINS – 10 MIN RUN 5 MIN WALK ALTERNATING
<b>5</b>	REST	20 MIN BRISK WALK 20 MIN EASY RUN	REST	5 MIN BRISK WALK 5 MIN EASY RUN 5 MIN UNCOMFORTABLE RUN X3	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS– 5 MIN RUN 5 MIN WALK ALTERNATING
<b>6</b>	REST	15 MIN BRISK WALK 30 MIN EASY RUN 15 MIN BRISK WALK	REST	8 MIN RUN 2 MIN WALK X4 ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 90 MINS – 10 MIN RUN 5 MIN WALK ALTERNATING

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7</b>	REST	10 MIN BRISK WALK 10 MIN EASY RUN 10 MIN UNCOMFORTABLE RUN	REST	30 MIN EASY RUN FOLLOWED BY 15 MIN BRISK WALK ALL ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS – 15 MIN RUN 5 MIN WALK ALTERNATING
<b>8</b>	REST	15 MIN BRISK WALK 15 MIN EASY RUN 15 MIN UNCOMFORTABLE RUN	REST	30 MIN EASY RUN FOLLOWED BY 15 MIN BRISK WALK ALL ON A HILLY ROUTE	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS 20 MINS – 15 MIN RUN 5 MIN WALK ALTERNATING
<b>9</b>	REST	20 MIN BRISK WALK 20 MIN EASY RUN 20 MIN UNCOMFORTABLE RUN	REST	30 MIN EASY PACE RUN	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	HALF MARATHON – AIM TO COMPLETE AS 10-15 MINS EASY RUN 5 MINS BRISK WALK REPEATED THROUGHOUT
<b>10</b>	REST	30 MIN EASY RUN	REST	60 MINS TO INCLUDE 5 MIN EASY RUN 5 MIN BRISK WALK 5 MIN UNCOMFORTABLE RUN 5 MIN BRISK WALK X3	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS 55 MINS – 15 MIN RUN 5 MIN WALK ALTERNATING
<b>11</b>	REST	30 MIN EASY RUN	REST	60 MIN RUN TO INCLUDE 3X10 MINS UNCOMFORTABLE RUN WITH 5 MIN BRISK WALK RECOVERY	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 3 HRS 15 MINS – 15 MIN RUN 5 MIN WALK ALTERNATING
<b>12</b>	REST	40 MIN EASY RUN	REST	60 MIN RUN TO INCLUDE 3X10 MINS UNCOMFORTABLE RUN WITH 5 MIN BRISK WALK RECOVERY	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 2 HRS - 25. RUN 5 MIN WALK X4

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>13</b>	REST	30 MIN EASY RUN	REST	45 MIN EASY RUN	REST	REST – CONSIDER A PILATES/YOGA/CROSS TRAINING SESSION	LONG RUN /WALK 1 HR - 25. RUN 5 MIN WALK X2
<b>14</b>	REST	10 MIN BRISK WALK 20 MIN EASY RUN	REST	15 MIN EASY RUN 15 MIN BRISK WALK	REST	5 MIN WALK/5 MIN EASY RUN	<b>MARATHON ! GOOD LUCK !</b>

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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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