

RW's Basic Marathon Schedules: Get You Round

Classic 16-week marathon training schedules - just for beginners

Posted: 7 November 2000

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	Rest	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	Rest	Rest	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	1-hr ramble. No pressure
Week 2	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	90-min ramble
Week 3	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	90-min ramble
Week 4	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	1 hr jogging and walking. Try not to walk more than necessary
Week 5	20-min run	Rest	30-min run	Rest	Rest	Timed run over a 2M course	90-min ramble, or run in a 10K road race (but you're allowed to walk!)
Week 6	25-30-min run	Rest	25-30-min run, inc 8 x 30 secs uphill	Rest	Rest	25-30-min run	1 hr jog-walk, with more jogging than walking
Week 7	30-min run	Rest	30-min run	Rest	30-min run	30-min run	8M run, walking when you have to
Week 8	30-min run	Rest	30-min run	Rest	30-min run	30-min run	2-hr jog-walk or half-marathon race

Week 9	30-min run	Rest	3 x 1M session, timed, with 5 mins rest after each	Rest	30-min run	30-min run	8M run, walking when you have to
Week 10	25-30-min run	Rest	3M run, timed	Rest	25-30-min run	25-30-min run	Long, slow 10M run
Week 11	25-30-min run	Rest	3 x 1M session timed, with 5 mins rest after each	Rest	25-30-min run	25-30-min run	Long, slow 12M run (or 10M race)
Week 12	25-30-min run	Rest	3M run, timed, at a faster pace	Rest	25-30-min run	25-30-min run	Half-marathon race – take it slowly!
Week 13	20-min run	Rest	3 x 1M, timed, with 5 mins rest after each, aiming at a faster average speed than Wk 11	Rest	20-min run	35-min run at marathon pace	16-18M endurance run, taking drinks, walking 5 mins in every hour
Week 14	20-min run	Rest	3M run, timed	Rest	40-min run at marathon pace	20-min run	10K or 10M race, or 10M run inc 5M at a brisk pace
Week 15	20-min run	Rest	35-min run at marathon pace	Rest	2 x 1M session, timed	20-min run	Practise your marathon preparation, and run 50 mins at marathon pace
Week 16	20 mins easy	Rest	30 mins easy, inc a few strides	Rest	Rest	20 mins jogging, in racing kit	RACE DAY