

Marathon Beginner Training Program

Legend: w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

This is a 16 week program with week 1 being the event week.

Week 4		Week 3		Week 2		Week 1	
Monday 15/09/08	60min jog	Monday 22/09/08	60min jog	Monday 29/09/08	60min jog	Monday 06/10/08	60min jog easy
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Tuesday 16/09/08		Tuesday 23/09/08		Tuesday 30/09/08		Tuesday 07/10/08	
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Wednesday 17/09/08	60min run (hilly course)	Wednesday 24/09/08	75min run (hilly course)	Wednesday 01/10/08	75min run (hilly course)	Wednesday 08/10/08	45min jog
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Thursday 18/09/08	70min jog	Thursday 25/09/08	70min jog	Thursday 02/10/08	70min jog	Thursday 09/10/08	50min jog
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Friday 19/09/08		Friday 26/09/08		Friday 03/10/08		Friday 10/10/08	30min jog easy
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Saturday 20/09/08	20min jog w/u 30min run 20min Jog c/d	Saturday 27/09/08	20min jog w/u 30min run 20min Jog c/d	Saturday 04/10/08	15min jog w/u 30min run 15min Jog c/d	Saturday 11/10/08	Light 15inn jog and stretches
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Sunday 21/09/08	100min jog	Sunday 28/09/08	120min jog	Sunday 05/10/08	100min jog	Sunday 12/10/08	Melbourne Marathon Light 10min jog and stretches Marathon Race GOOD LUCK
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Week 8		Week 7		Week 6		Week 5	
Monday 18/08/08	40min jog	Monday 25/08/08	40min jog	Monday 01/09/08	50min jog	Monday 08/09/08	50min jog
Tuesday 19/08/08		Tuesday 26/08/08		Tuesday 02/09/08		Tuesday 09/09/08	
Wednesday 20/08/08	50min jog (hilly course)	Wednesday 27/08/08	50min jog (hilly course)	Wednesday 03/09/08	50min jog (hilly course)	Wednesday 10/09/08	60min jog (hilly course)
Thursday 21/08/08	60min jog	Thursday 28/08/08	60min jog	Thursday 04/09/08	60min jog	Thursday 11/09/08	60min jog
Friday 22/08/08		Friday 29/08/08		Friday 05/09/08		Friday 12/09/08	
Saturday 23/08/08	15min jog w/u 25min run 15min Jog c/d	Saturday 30/08/08	15min jog w/u 25min run 15min Jog c/d	Saturday 06/09/08	15min jog w/u 30min run 15min Jog c/d	Saturday 13/09/08	15min jog w/u 30min run 15min Jog c/d
Sunday 24/08/08	75min jog	Sunday 31/08/08	75min jog	Sunday 07/09/08	90min jog	Sunday 14/09/08	100min jog

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Week 12

Monday
21/07/08

30min jog

Tuesday
22/07/08

Wednesday
23/07/08

25min jog 2min 25min jog

Thursday
24/07/08

30min jog

Friday
25/07/08

Saturday
26/07/08

10min jog w/u
20min run
10min Jog c/d

Sunday
27/07/08

50min jog

Week 11

Monday
28/07/08

30min jog

Tuesday
29/07/08

Wednesday
30/07/08

40min jog

Thursday
31/07/08

40min jog

Friday
1/08/08

Saturday
02/08/08

15min jog w/u
15min run
15min Jog c/d

Sunday
03/08/08

50min jog

Week 10

Monday
04/08/08

30min jog

Tuesday
05/08/08

Wednesday
06/08/08

40min jog (hilly course)

Thursday
07/08/08

50min jog

Friday
08/08/08

Saturday
09/08/08

15min jog w/u
20min run
15min Jog c/d

Sunday
10/08/08

60min jog

Week 9

Monday
11/08/08

40min jog

Tuesday
12/08/08

Wednesday
13/08/08

40min jog (hilly course)

Thursday
14/08/08

60min jog

Friday
15/08/08

Saturday
16/08/08

15min jog w/u
20min run
15min Jog c/d

Sunday
17/08/08

60min jog

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Week 16

Monday
23/06/08

Tuesday
24/06/08
10min walk w/u
(3min jog 2min Walk) x 6
10min walk c/d

Wednesday
25/06/08

Thursday
26/06/08
10min walk w/u
(5min jog 2min walk) x 6
10min walk c/d

Friday
27/06/08

Saturday
28/06/08
10min walk w/u
15min jog 2min walk 10min jog
10min walk c/d

Sunday
29/06/08

Week 15

Monday
30/06/08

Tuesday
01/07/08
10min walk w/u
(5min jog 1min walk) x 8
10min walk c/d

Wednesday
02/07/08

Thursday
03/07/08
10min walk w/u
15min jog 5min Walk 15min jog
10min walk c/d

Friday
04/07/08

Saturday
05/07/08
10min walk w/u
25min jog
10min walk c/d

Sunday
06/07/08

Week 14

Monday
07/07/08
10min walk w/u
25min jog
10min walk c/d

Tuesday
08/07/08
5min walk w/u
20min jog 5min walk 20min jog
5min walk c/d

Wednesday
09/07/08

Thursday
10/07/08
5min walk w/u
30min jog
5min walk c/d

Friday
11/07/08

Saturday
12/07/08
5min walk w/u
20min jog 2min walk 20min jog
5min walk c/d

Sunday
13/07/08

Week 13

Monday
14/07/08
25min jog

Tuesday
15/07/08
20min jog 2min 20min jog

Wednesday
16/07/08

Thursday
17/07/08
30min jog

Friday
18/07/08

Saturday
19/07/08
10min jog w/u
15min run
10min Jog c/d

Sunday
20/07/08
40min jog
