

Marathon Beginner Training Program Phase 4

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
Tuesday 16/09/08		Tuesday 23/09/08		Tuesday 30/09/08		Tuesday 07/10/08	
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
Thursday 18/09/08	70min jog	Thursday 25/09/08	70min jog	Thursday 02/10/08	70min jog	Thursday 09/10/08	50min jog
Friday 19/09/08		Friday 26/09/08		Friday 03/10/08		Friday 10/10/08	30min jog easy
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 15min jog and stretches
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

w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace

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

Wednesday
25/06/08

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

Friday
27/06/08

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

Sunday
29/06/08

Week 15

Monday
30/06/08

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

Wednesday
02/07/08

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

Friday
04/07/08

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

Sunday
06/07/08

Week 14

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

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

Wednesday
09/07/08

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

Friday
11/07/08

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

Sunday
13/07/08

Week 13

Monday 25min jog
14/07/08

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

Wednesday
16/07/08

Thursday 30min jog
17/07/08

Friday
18/07/08

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

Sunday 40min jog
20/07/08

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