

# FIRST-TIMER'S MARATHON TRAINING PLAN

CONQUER YOUR FIRST 42.2 WITH THIS PLAN THAT USES A GRADUAL BUILD-UP, SPEEDWORK, AND GOAL-PACED RUNS TO GET YOU FIT – AND SAFELY ACROSS THE FINISH LINE.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTALS
1	Rest	7km easy	7km easy	7km easy	Rest	16km LSD	5km easy	42
2	Rest	7km easy	8km easy	7km easy	Rest	19km LSD	5km easy	46
3	Rest	5km easy	8km easy	5km easy	Rest	23km LSD	8km easy	49
4	Rest	5km easy	7km easy	7km easy w/ 3km @ MP	Rest	26km LSD	5km easy	53
5	Rest	5km easy	10km easy	7km easy w/ 3km @ MP	Rest	26km LSD	5km easy	56
6	Rest	8km easy	7km easy	Yasso 800s 8km w/ 4 x 800	Rest	29km LSD	5km easy	60.2
7	Rest	8km easy	11km easy	8km easy w/ 5km @ MP	Rest	32km LSD	5km easy	69
8	Rest	8km easy	13km easy	5km easy	Rest	21km LSD or half marathon	5km easy	52
9	Rest	11km easy	7km easy	11km easy w/ 8km @ MP	Rest	26km LSD	8km easy	71
10	Rest	8km easy	5km easy	Yasso 800s 11km w/ 6 x 800	Rest	29km LSD	8km easy	65.8
11	Rest	7km easy	11km easy w/ 8km @ MP	8km easy	Rest	32km LSD	7km easy	73
12	Rest	11km easy	11km easy	10km easy w/ 6km @ MP	Rest	29km LSD	7km easy	74
13	Rest	11km easy	5km easy	11km easy	Rest	32km LS	5km easy	64
14	Rest	8km easy	10km easy	Yasso 800s 13km w/ 8 x 800	Rest	21km LSD	5km easy	63.4
15	Rest	8km easy	11km easy	8km easy	Rest	16km LSD	8km easy	51
16	Rest	10km easy	Rest	8km easy	Rest	2-5km easy	RACE DAY	65.2

## KEY

**EASY** Run at a conversational pace (25 to 38 seconds slower per km than goal marathon pace) or cross-train. If on bike or rowing or elliptical machine, maintain a sustained aerobic effort.

**LSD** Long, slow distance run that builds endurance. Run at a conversational pace (25 to 38 seconds slower per kilometre than goal marathon pace). LSDs are rehearsals for race day – use them

to determine your gear choices and fuelling strategies before and during the run.

**MP** Marathon goal pace. After warming up for at least 1km, practise the speed you hope to hit at the race. Cool down with easy running.

**REST** Ideally, do no exercise. Non-impact cross-training like yoga or swimming is fine.

**YASSO 800s** Start by warming up with 1km to 3km of easy running, then run 800 metres in the time that's 'equal' to your marathon goal time. So for example, if you're targeting a 4:30 marathon, you'll want to run each 800 in four minutes and 30 seconds. Recover by jogging 400 metres between each repeat. Finally, be sure to cool down with 1km of easy running.