



20-WEEK BEGINNER'S MARATHON TRAINING PROGRAMME //

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN | TOTAL |
|------|-------|------|---|------|-------|------|-------------|--------|
| 1 | 5km | REST | 5km | REST | 5km | REST | 5km | 20km |
| 2 | 5km | REST | 5km | REST | 5km | REST | 6.5km | 21.5km |
| 3 | 5km | REST | 5km | REST | 5km | REST | 8km | 23km |
| 4 | 5km | REST | 5km | REST | 5km | REST | 5km | 20km |
| 5 | 6.5km | REST | 5km | REST | 6.5km | 10km | 4km | 32km |
| 6 | 6.5km | REST | 6.5km with 3km @ marathon goal pace (MP*) | REST | 6.5km | 13km | 5km | 37.5km |
| 7 | 6.5km | REST | 6.5km with 3km @ marathon goal pace (MP) | REST | 6.5km | 16km | 5km | 40.5km |
| 8 | 6.5km | REST | 6.5km with 3km @ marathon goal pace (MP) | REST | 6.5km | 10km | 5km | 34.5km |
| 9 | 8km | REST | 8km with 5km @ marathon goal pace (MP) | REST | 8km | 16km | 5km | 45km |
| 10 | 8km | REST | 8km with 5km @ marathon goal pace (MP) | REST | 8km | 20km | 5km | 49km |
| 11 | 8km | REST | 8km with 5km @ marathon goal pace (MP) | REST | 8km | 23km | 8km | 55km |
| 12 | 10km | REST | 11km with 5km @ marathon goal pace (MP) | REST | 10km | 17km | REST | 48km |
| 13 | 11km | REST | 11km with 6km @ marathon goal pace (MP) | REST | 11km | 26km | REST | 59km |
| 14 | 11km | REST | 11km with 6km @ marathon goal pace (MP) | REST | 11km | 28km | REST | 61km |
| 15 | 12km | REST | 13km with 6km @ marathon goal pace (MP) | REST | 13km | 32km | REST | 70km |
| 16 | 10km | REST | 10km with 6km @ marathon goal pace (MP) | REST | 10km | 22km | REST | 52km |
| 17 | 12km | REST | 13km with 8km @ marathon goal pace (MP) | REST | 13km | 32km | REST | 70km |
| 18 | 11km | REST | 11km with 8km @ marathon goal pace (MP) | REST | 11km | 22km | REST | 55km |
| 19 | 8km | REST | 8km | REST | 8km | 26km | REST | 50km |
| 20 | 5km | REST | 5km | REST | 5km | REST | RACE | 15km |

BEGINNER MARATHON PACES*

| | |
|--------------|-----------|
| RECOVERY | 8:00-8:15 |
| EASY RUNNING | 7:20-7:40 |
| LONG RUNS | 7:20-8:00 |

TIME TRIALS

| | |
|-----|-------|
| 4KM | 26:00 |
| 5KM | 32:00 |
| 8KM | 52:00 |

*Training Paces: Start at the slower end of the training pace, moving towards the faster end as you progress. Please note that the time trial and training pace times are a guide.

*MP: The pace per kilometre you aim to maintain during your marathon.

