



## MARATHON BEGINNER TRAINING PROGRAM

To begin this Training Program you should be able to comfortably run for 2 hours or 21km non-stop  
 Finish your session with 5-10 mins of foam rolling and stretching

**Key:**

**Lower Aerobic (L.A)** - breathing should be nice and even and you should be able to hold a conversation.

**Mid Aerobic (M.A)** - breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.

**Upper Aerobic (U.A)** - your breathing will be a bit more laboured, and you should still be able to get a few words out, but not a whole sentence.

**MARATHON PACED RUNNING (M.P)** - the pace you will be aiming for on Race Day.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Focus
<b>Week 1</b>	Mon, 7 Aug	Tue, 8 Aug	Wed, 9 Aug	Thu, 10 Aug	Fri, 11 Aug	Sat, 12 Aug	Sun, 13 Aug	
<b>August</b>	Rest Day	10 mins L.A flat course, then undulating for 30 mins M.A - focus on good hill running technique and keeping intensity at comfortable, 10 mins L.A to finish	X-Training Day (try a class - Pilates, Yoga or strength)	Run 26 mins M.A, try and come back in 25 mins at a UA Pace	Complete day off from exercise	2 hrs Run L.A. Slow down the pace if need be so that you can complete the distance comfortably. Practice your pre-run breakfast and on the run fueling and hydration.	Active Rest day - go for an easy walk or a swim	<b>Build</b>
<b>Week 2</b>	Mon, 14 Aug	Tue, 15 Aug	Wed, 16 Aug	Thu, 17 Aug	Fri, 18 Aug	Sat, 19 Aug	Sun, 20 Aug	
<b>August</b>	Rest Day	10 mins L.A flat course, then undulating for 30 mins M.A - focus on good hill running technique and keeping intensity at comfortable, 10 mins L.A to finish	X-Training Day	Run 26 mins M.A, try and come back in 25 mins at a UA Pace	Complete day off from exercise	2 hrs 15 mins L.A. Practice your pre-run breakfast and on the run fueling and hydration.	Active Rest day	<b>Build</b>
<b>Week 3</b>	Mon, 21 Aug	Tue, 22 Aug	Wed, 23 Aug	Thu, 24 Aug	Fri, 25 Aug	Sat, 26 Aug	Sun, 27 Aug	
<b>August</b>	45min L.A	Flat 40 min M.A - focus on good running form and running relaxed	X-Training Day	40 min run M.A	Complete day off from exercise	80 mins Run M.A with 2km in the middle @ MP	Active Rest day	<b>Download</b>
<b>Week 4</b>	Mon, 28 Aug	Tue, 29 Aug	Wed, 30 Aug	Thu, 31 Aug	Fri, 1 Sep	Sat, 2 Sep	Sun, 3 Sep	
<b>September</b>	30 mins L.A, then 10 mins U.A, then 10 mins L.A	10 mins L.A flat course, then undulating for 30 mins M.A - focus on good hill running technique and keeping intensity at comfortable, 10 mins L.A to finish	X-Training Day	Run 26 mins M.A, try and come back in 25 mins at a UA Pace	Complete day off from exercise	2 hrs 30 mins Run L.A-M.A. Aim for consistent pacing and focus on your fueling/hydration requirements	Active Rest day	<b>Build</b>
<b>Week 5</b>	Mon, 4 Sep	Tue, 5 Sep	Wed, 6 Sep	Thu, 7 Sep	Fri, 8 Sep	Sat, 9 Sep	Sun, 10 Sep	

<b>September</b>	30 mins L.A, then 10 mins U.A, then 10 mins L.A	10 mins L.A flat course, then undulating for 40 mins M.A - focus on good hill running technique and keeping intensity at comfortable, 10 mins L.A to finish	X-Training Day	Run 26 mins M.A, try and come back in 24 mins at a UA Pace	Complete day off from exercise	2 hrs 45 mins Run L.A-M.A	Active Rest day	<b>Build</b>
<b>Week 6</b>	Mon, 11 Sep	Tue, 12 Sep	Wed, 13 Sep	Thu, 14 Sep	Fri, 15 Sep	Sat, 16 Sep	Sun, 17 Sep	
<b>September</b>	Rest Day	45 min run M.A	X-Training Day	40 min run M.A	Complete day off from exercise	90 mins Run M.A with 2km in the middle @ MP	Active Rest day	<b>Download</b>
<b>Week 7</b>	Mon, 18 Sep	Tue, 19 Sep	Wed, 20 Sep	Thu, 21 Sep	Fri, 22 Sep	Sat, 23 Sep	Sun, 24 Sep	
<b>September</b>	30 mins L.A, then 10 mins U.A, then 20 mins L.A	10 mins L.A, undulating for 30 mins M.A, 10 mins L.A. Focus on good hill running technique and comfortable pace	X-Training Day	90mins Run M.A	Rest Day. Prepare for 3hr run tomorrow - clothing, fuel/hydration, recovery	3 hrs of comfortable, easy running L.A-M.A. Slow down the pace if need be so that you can complete the distance comfortably. Practice your pre-run breakfast and on the run fueling and hydration.	Active Rest day	<b>Build</b>
<b>Week 8</b>	Mon, 25 Sep	Tue, 26 Sep	Wed, 27 Sep	Thu, 28 Sep	Fri, 29 Sep	Sat, 30 Sep	Sun, 1 Oct	
<b>September</b>	45min L.A	Comfortable 45 min run	X-Training Day	Run 26 mins M.A, try and come back in 24 mins at a UA Pace	Complete day off from exercise	90 mins Run M.A with 2km in the middle @ MP	Active Rest day	<b>Download</b>
<b>Week 9</b>	Mon, 2 Oct	Tue, 3 Oct	Wed, 4 Oct	Thu, 5 Oct	Fri, 6 Oct	Sat, 7 Oct	Sun, 8 Oct	
<b>October</b>	30 mins L.A, then 10 mins U.A, then 20 mins L.A	10 mins L.A, undulating for 30 mins M.A, 10 mins L.A. Focus on good hill running technique and comfortable pace	X-Training Day	90mins Run M.A	Rest Day. Prepare for 3hr run tomorrow - clothing, fuel/hydration, recovery	3 hrs of comfortable, easy running L.A-M.A. This is your last long run prior to Race Day. Use this day to ensure you have your breakfast and on the run fueling and hydration down to a fine art	Active Rest day	<b>Build</b>
<b>Week 10</b>	Mon, 9 Oct	Tue, 10 Oct	Wed, 11 Oct	Thu, 12 Oct	Fri, 13 Oct	Sat, 14 Oct	Sun, 15 Oct	
<b>October</b>	40 min run L.A	45 min run M.A	X-Training Day	60 mins Run M.A	Complete day off from exercise	1hr40mins - do the first 40 mins L.A, then 60 mins at M.P	Active Rest day	<b>Taper</b>
<b>Week 11</b>	Mon, 16 Oct	Tue, 17 Oct	Wed, 18 Oct	Thu, 19 Oct	Fri, 20 Oct	Sat, 21 Oct	Sun, 22 Oct	
<b>October</b>	30 mins L.A, then 10 mins U.A, then 20 mins L.A	Flat 50 min run U.A - focus on body position - running tall with nice light easy steps	X-Training Day	Run 26 mins M.A, try and come back in 24 mins at a UA Pace	Complete day off from exercise	60 mins - do 20 mins L.A, 20 mins UA and 20 mins L.A	Active Rest day	<b>Taper</b>
<b>Week 12</b>	Mon, 23 Oct	Tue, 24 Oct	Wed, 25 Oct	Thu, 26 Oct	Fri, 27 Oct	Sat, 28 Oct	Sun, 29 Oct	
<b>October</b>	40 mins L.A. Spend 10-15 mins stretching at the end	40min Run M.A with 1km at the end @ U.A	Complete Rest Day	40min Run L.A	Complete day off from exercise	Rest day. Have an easy 20 mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day	<b>ASB Auckland Marathon</b>	<b>Race Week</b>