

Beginner

Marathon Training 8wk Prep (2024)



Beginner Marathon Prep Plan (2024)

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	Day 1 (Tuesday)	Day 2 (Thursday)	Day 3 (Saturday)	Day 4 (Sunday)	Total Weekly Run Volume
Week 1	1.0	1.25	1.5	15 min walk	3.75
Week 2	1.25	1.25	2.0	20 min walk	4.5
Week 3	1.5	1.25	2.25	20 min walk	5.0
Week 4	1.5	1.5	2.5	20 min walk	5.5
Week 5	1.75	1.5	2.75	20 min walk	6.0
Week 6	2.0	1.75	3.0	20 min walk	6.75
Week 7	2.0	2.0	3.5	20 min walk	7.5
Week 8	1.5	1.5	2.5	20 min walk	5.5

Notes:

*Begin each Run (Run/Walk) Session with at least a 5 minute walk where you gradually increase your pace.

*Finish each Run/Walk Session with a 5 minute easy walk.

*All runs should be done at Aerobic Z1 (rate of perceived exertion of 4-6 on a scale of 10) or comfortable conversation pace, and may be done as a continuous run or as run/walk intervals.

*Include at least one complete rest day per week (Wednesday).

*Include two strength training days per week (Monday and Friday).

*Saturday and Sunday sessions may be swapped.

Optional Run/Walk Progression Program (Week 1-8)

Week 1 – 15 second run/2 minute walk

Week 2 – 15 second run/1.5 minute walk

Week 3 – 15 second run/1 minute walk

Week 4 – 30 second run/1 minute walk

Week 5 – 30 second run/1 minute walk

Week 6 – 45 second run/1 minute walk

Week 7 – 45 second run/1 minute walk

Week 8 – 1 minute run/1 minute walk

For a more detailed & immersive training plan, contact amy@qt2systems.com