

Walk/Run

# Marathon Training Plan



## Beginner Marathon Training Plan

	Day 1 (Tuesday)	Day 2 (Thursday)	Day 3 (Saturday)	Day 4 (Sunday)	Total Weekly Run Volume
Week 1	2.0	1.5	4.0	1.5	9.0
Week 2	2.5	2.0	4.5	1.5	10.5
Week 3	3.0	2.0	5.0	2.0	12.0
Week 4	2.0	1.5	4.0	1.5	9.0
Week 5	3.5	2.5	6.0	2.0	14.0
Week 6	4.0	3.0	7.0	2.0	16.0
Week 7	4.5	3.0	8.0	2.5	18.0
Week 8	3.0	2.0	5.0	2.0	12.0
Week 9	4.5	3.5	9.0	3.0	20.0
Week 10	5.0	4.0	10.0	3.5	22.5
Week 11	5.5	4.5	11.0	4.0	25.0
Week 12	4.0	3.0	7.0	2.0	16.0
Week 13	6.0	4.0	11.0	4.0	25.0
Week 14	6.5	4.5	12.5	4.5	28.0
Week 15	7.0	5.0	14.0	5.0	31.0
Week 16	4.5	3.5	9.0	3.0	20.0
Week 17	7.0	5.0	14.0	5.0	31.0
Week 18	8.0	5.5	16.0	5.0	34.5
Week 19	5.5	4.0	10.0	3.0	22.5
Week 20	9.0	6.0	18.0	5.0	38.0

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Cycle

# Marathon Training Plan



	Day 1 (Tuesday)	Day 2 (Thursday)	Day 3 (Saturday)	Day 4 (Sunday)	Total Weekly Run Volume
Week 21	10.0	6.0	20.0	6.0	42.0
Week 22	8.0	4.5	12.0	3.5	28.0
Week 23	5.0	3.0	8.0	2.0	18.0
Week 24	3.0	4.0	1.5	RACE - 26.2	34.7

**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 - 1 minute run/1 minute walk*

*Week 2 - 2 minute run/1 minute walk*

*Weeks 3 & 4 - 3 minute run/1 minute walk*

*Week 5 - 4 minute run/1 minute walk*

*Week 6 - 4:15 minute run/45 second walk*

*Week 7 - 4:30 minute run/30 second walk*

*Week 8 - continuous run*

**For a more detailed & immersive training plan, contact [amy@qt2systems.com](mailto:amy@qt2systems.com)**