Your 12-week marathon training plan for beginners

This plan is for those who have completed the Half Marathon distance and are now taking on the challenge of the Marathon.
This plan is designed to get you to the finish line as opposed to any time specific performance.

Don't forget your warm up and warm down: Start and end each running training session with a 5 minute walk to help you warm up and cool down your muscles, minimising the risk of injury.

Active Rest | Jog/Walk/Easy Run | Race Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 01	**Easy run 30 mins** (total time: 40 mins *)	**Rest**	**Easy/steady 8km run** **100m stride, 100m walk Repeat 4x**	**Rest**	**Easy run 8km**	**Rest**	**Easy run 90 mins** (total time: 1 hour 40 mins*)
Week 02	**Easy run 30 mins** (total time: 40 mins *)	**Rest**	**Easy/steady 8km run** **100m stride, 100m walk Repeat 4x**	**Rest**	**Easy run 8km**	**Rest**	**Easy run 15km**
Week 03	**Easy run 35 mins** (total time: 45 mins *)	**Rest**	**Easy run 10km** **100m stride, 100m walk Repeat 4x**	**Rest**	**Easy run 35 mins**	**Rest**	**Easy run 90 mins** (total time: 1 hour 40 mins*)
Week 04	**Easy run 35 mins** (total time: 45 mins *)	**Rest**	**10 mins Fartlek warm up** **5 mins at half-marathon pace, 1 min walk** **4 mins at half-marathon pace, 1 min walk** **3 mins at half-marathon pace, 1 min walk** **2 mins at half-marathon pace, 1 min walk** **1 mins at half-marathon pace, 1 min walk** **3 min rest** **Repeat 2x** **10 mins easy jog cool down** (total time: 1 hour 6 mins)	**Rest**	**Easy run 8km**	**Rest**	**Easy run 20km**
Week 05	**Easy run 35 mins** (total time: 45 mins *)	**Rest**	**10 mins easy run** **100m stride, 100m walk Repeat 2-3x** **3 mins at half-marathon pace, 60s jog** **2 mins at half-marathon pace, 60s jog** **1 mins at half-marathon pace, 60s jog** **Rest 2 mins** **Repeat 3x** **Easy run 10 mins** l time: 1 hour approx.)	**Rest**	**Easy run 8km**	**Rest**	**Easy run 90 mins** (total time: 1 hour 40 mins*)
Week 06	**Easy run 35 mins** (total time: 45 mins *)	**Rest**	**10 mins easy run** **100m stride, 100m walk Repeat 2-3x** **1 min at 10km race pace, 30s jog Repeat 20x** **Easy run 10 mins** (total time: 55 mins approx.)	**Rest**	**Easy run 8km**	**Rest**	**Easy run 25km**

Your 12-week marathon training plan for beginners

This plan is for those who have completed the Half Marathon distance and are now taking on the challenge of the Marathon.
This plan is designed to get you to the finish line as opposed to any time specific performance.

Don't forget your warm up and warm down: Start and end each running training session with a 5 minute walk to help you warm up and cool down your muscles, minimising the risk of injury.

Active Rest | Jog/Walk/Easy Run | Race Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 07	**Easy run 35 mins** **100m stride, 100m walk** **Repeat 4** (total time: 50 mins approx.*)	**Rest**	**10 mins easy run** **100m stride, 100m walk** **Repeat 2-3x** **5 mins at half-marathon pace, 1 min walk** **4 mins at half-marathon pace, 1 min walk** **3 mins at half-marathon pace, 1 min walk** **2 mins at half-marathon pace, 1 min walk** **1 mins at half-marathon pace, 1 min walk** **3 min rest** **Repeat 2x** **Easy run 10 mins** (total time: 1 hour 6 mins)	**Rest**	**Easy run 8km**	**Rest**	**Easy run 90 mins** (total time: 1 hour 40 mins*)
Week 08	**Easy run 35 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 50 mins approx.*)	**Rest**	**2km easy run** **100m stride, 100m walk** **Repeat 2-3x** **2 mins at half-marathon pace, 1 min walk** **Repeat 10x** **Easy run 2km**	**Rest**	**Easy run 8km**	**Rest**	**Easy run 30km**
Week 09	**Easy run 35 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 50 mins approx.*)	**Rest**	**Easy/steady run 8km**	**Rest**	**Easy/steady run 8km**	**Rest**	**Easy/steady run 90 mins**
Week 10	**Easy run 35 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 50 mins approx.*)	**Rest**	**10 mins easy run** **100m stride, 100m walk** **Repeat 2-3x** **5 mins run, 3 mins jog** **Repeat 6x, alternating between half-marathon and 10km race pace** **10 mins easy run** (total time: 1 hour 15 mins approx.)	**Rest**	**Easy run 8km**	**Rest**	**Easy run 20km**
Week 11	**Easy run 35 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 50 mins approx.*)	**Rest**	**10 mins easy run** **100m stride, 100m walk** **Repeat 2-3x** **3 mins run, 200m jog** **Repeat 8x, alternating between half-marathon and 10km race pace** **10 mins easy run** (total time: 1 hour approx.)	**Rest**	**Easy run 8km**	**Rest**	**Easy run 10km**
Week 12	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 mins approx.*)	**Rest**	**Easy run 5km**	**Rest**	**Easy run 25 mins**	**Rest**	**Marathon Day!**