

Name:	Race:	Date:
Get me around	Marathon	

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 5 x 2 minutes running, 1 minute walking, 10 minutes Brisk Walk	REST	45 mins Brisk Walk + Stretch	45 mins cross training, strength and conditioning or fitness class + stretch	REST	10 minutes Brisk Walk, 6 x (4 minutes Easy Run, 1 minute Walk), 15 minutes Brisk Walk
Week 2	REST	10 minutes Brisk Walk, 10 minutes Easy Run, 10 minutes Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 6 x 2 minutes running, 1 minute walking, 10 minutes Brisk Walk	REST	45 mins cross training, strength and conditioning or fitness class + stretch	15 minutes Brisk Walk, 8 x (4 minutes Easy Run, 1 minute Walk), 15 minutes Brisk Walk
Week 3	REST	5 minutes Brisk Walk, 15 minutes Easy Run, 5 minutes Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 6 x 2 minutes running, 1 minute walking, 10 minutes Brisk Walk	REST	60 minutes Brisk Walk, ideally off-road over undulating terrain	10 minutes Brisk Walk, 10 x (4 minutes Easy Run, 1 minute Walk), 10 minutes Brisk Walk
Week 4	REST	5 minutes Brisk Walk, 10 x 2 minutes running, 1 minute walking, 5 minutes Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	60 minutes Brisk Walk, ideally off-road over undulating terrain	REST	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 12 x (4 minutes Easy Run, 1 minute Walk), 10 minutes Brisk Walk
Week 5	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 4 x 2 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 10 minutes Easy Run, 10 minutes Brisk Walk	REST	parkrun	60 minutes Brisk Walk, ideally off-road over undulating terrain
Week 6	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 4 x 2 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	REST	10 minutes Brisk Walk, 75 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 10 minutes Brisk Walk

Week 7	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 2 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 15 minutes Easy Run, 10 minutes Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	REST	10 minutes Brisk Walk, 80 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 10 minutes Brisk Walk
Week 8	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 2 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 15 minutes Easy Run, 10 minutes Brisk Walk	REST	10 minutes Brisk Walk, 100 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 10 minutes Brisk Walk
Week 9	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 20 minutes Easy Run, 5 minutes Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	REST	parkrun	60 minutes Brisk Walk, ideally off-road over undulating terrain
Week 10	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 20 minutes Easy Run, 5 minutes Brisk Walk	REST	45 mins cross training, strength and conditioning or fitness class + stretch	15 minutes Brisk Walk, 110 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 15 minutes Brisk Walk
Week 11	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 25 minutes Easy Run, 5 minutes Brisk Walk	REST	45 mins cross training, strength and conditioning or fitness class + stretch	15 minutes Brisk Walk, 120 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 15 minutes Brisk Walk
Week 12	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	10 minutes Easy Run, 15 minutes Steady Run, 10 minutes Easy Run	REST	45 mins cross training, strength and conditioning or fitness class + stretch	15 minutes Brisk Walk, 140 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 15 minutes Brisk Walk

Week 13	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Easy Run, 20 minutes Steady Run, 10 minutes Easy Run	REST	120 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 14	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	REST	20 mins Easy effort run + Stretch	REST	Half Marathon Race
Week 15	REST	45 mins cross training, strength and conditioning or fitness class + stretch	20 mins Easy effort run + Stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Brisk Walk, 160 - 180 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 10 minutes Brisk Walk
Week 16	REST	10 minutes Easy Run, 25 minutes Steady Run, 10 minutes Easy Run	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST		45 mins cross training, strength and conditioning or fitness class + stretch
Week 17	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 5 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	30 mins Easy effort run + Stretch	45 mins cross training, strength and conditioning or fitness class + stretch	REST	10 minutes Brisk Walk, 180 - 200 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking, 10 minutes Brisk Walk

Week 18	REST	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Easy Run, 30 minutes Steady Run, 10 minutes Easy Run	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 5 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	120 minute Long Run, split 4 minutes Running, 1 minute Walking
	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	10 minutes Easy Run, 30 minutes Steady Run, 10 minutes Easy Run	45 mins cross training, strength and conditioning or fitness class + stretch	60 minute Long Run, split 4 minutes Running, 1 minute Walking
	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 3 x 3 minutes at Threshold Effort with a 60 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	20 mins Easy effort run + Stretch	REST	20 minutes Brisk Walk	Marathon
Week 19							
Week 20							