



FULL MARATHON BEGINNER TRAINING



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Introduction

Before you begin...

From beginning your training, to lining up at the start and finishing, preparing for and running in the marathon is a fantastic experience that you will never forget. This beginner's training plan focuses on everything you need to get started, sensible precautions to take and it also contains a week-by-week structured plan that will convert you from complete beginner to a fitter, healthier, successful marathon runner. However, before you start that first training session; take a little time out to check a few safety considerations before you begin.

Safety First

To start with, it is vitally important to ensure that it is safe for you to begin an exercise program. Complete the safety checklist below and if you answer YES to one or more questions, or alternatively, if you are at all concerned about starting training, then make an appointment with your doctor for a check-up before you start.



Health-status safety checklist

- 1 Are you aged over 30 and/or have not exercised for some time?
- 2 Do you suffer from any medical conditions?
- 3 Are you a smoker or have recently given up smoking?
- 4 Have you undergone any surgery in the past two years?
- 5 Are you suffering from any injuries?
- 6 Are you currently on any prescribed medication?
- 7 Are you unsure about beginning an exercise program?

Y	N
Y	N
Y	N
Y	N
Y	N
Y	N
Y	N

Once you have the all-clear from your doctor then you're ready to start training.

The Marathon

The marathon is one of life's great challenges – and open to all! There are numerous marathon events all over the world and most international cities stage marathons. Whichever event you choose, stepping up to the challenge of training for and completing 42.195 kilometers is an incredible experience that you will never forget. Completing a marathon is a magnificent achievement wherever you finish in the field and this training plan takes you through from novice runner to race-day competitor.

Getting Started

What gear do I need?

To get started you need minimal equipment. Running is a very simple sport and requires very little specialist kit. The most important point is that you have suitable clothing (particularly footwear) and that you feel comfortable in everything. The most technical and most important things you need to buy are your running shoes.

Shoes

Correct footwear is one area where you should not compromise. Good running shoes are an investment in comfort, protection and injury prevention and it is worth visiting a specialist sports footwear retailer rather than a chain store and discussing your requirements with them. A specialist retailer with gait analysis and pressure plate testing will be able to assess your requirements and recommend suitable shoes for your particular gait and running style.



Insight

You want to be comfortable when you run so finding the correct shoe size is very important. When you shop for running shoes, always go in the afternoon because after lunch, your feet will have expanded a little.

Socks

Working upwards from the shoes, next you need some socks. These can be simple sports socks that can be picked up from most sports stores. However, if you get more serious about your running, it is wise to invest in some socks that have been specifically designed for running. These have been designed to wick away moisture and sweat from the foot so you don't slip and consequently suffer from blisters. Additionally, these types of socks are designed with more padding in certain areas for enhanced cushioning.



The most advanced socks are designed for the appropriate foot i.e. they are left and right foot specific. The specific foot socks have a great benefit in that they hug the foot better and there is no excess sock floating around in the shoe which may cause blisters.

Insight

Buy your socks before you buy your shoes. Socks come in a wide range of thicknesses, which can significantly affect the fit of your running shoes. Take the socks that you are going to train in along to the shoe retailer so that you get a perfect match.

Shorts and tights

After socks come shorts or when it is colder, tights. Shorts should be comfortable, lightweight and have the ability to wick away sweat when you train. Shorts come with just elastic waist bands or a draw string as well. It is worth getting a draw string as you can tie the shorts to get the perfect fit.

Elastic-only shorts often move down a little, especially in wet conditions. Your shorts shouldn't be so tight that they cut off circulation round your waist but conversely they shouldn't be so loose that they flap around all the time either..

When the weather is colder it is advisable to wear tights to keep your legs warmer and thus reduce the chance of injury. Running tights hug the legs more efficiently and stop the wind and rain affecting the leg itself. This helps in reducing injuries from cold muscles and also means that you can enjoy running when the weather is a little worse than ideal.

Your tights should be snug fitting and comfortable. It is important to try them on before you buy because many manufacturers have different cuts to suit different styles of runner.



Running tops

Running T-shirts should be reasonably tight but not figure-hugging and likewise they shouldn't flap around when you run in them. It is a fine balance between well fitted and slightly baggy that you should aim for. With long-sleeve T-shirts, you should aim to get ones with cuffed sleeves so they stay down around your wrists. If there are no cuffs then the sleeves often ride up your arms when you run and this can be both annoying and cold.

allow a greater air circulation through the fabric. They feel very lightweight but have the properties to keep you warm or cool depending on when and how you wear them. For hot weather singlets are the perfect option, but still go for wicking fabrics that also help air circulate around your body to aid cooling.

When the weather gets really cold or wet it is advisable to run in a long-sleeve waterproof top. These offer excellent wind-stopping and rain-resistance capabilities and can keep you warm and dry throughout any run. Sleeveless jackets are ideal for slightly warmer climates while full long-sleeve waterproofs are better for colder and wetter climates. Cheaper versions will be fine for most running conditions but they will sacrifice certain aspects like being 100% waterproof or windproof. Being prepared for cooler conditions enables you to stay warm, dry and enjoy the run more. In warmer climates wicking fabrics enable you to train harder by staying cooler and wicking away sweat and moisture from the body.



Sunglasses

When you're out running the last thing you want is to have the sun in your eyes the whole time. A good pair of running sunglasses should be comfortable, and should fit you correctly so that they don't bounce around when you pick up the pace. However, they shouldn't be too tight, or you might find that they steam up due to poor ventilation. Finally, you should avoid glass lenses for safety purposes. If you fall or have something hit you in the face the likelihood is that glass will smash – a polycarbonate or composite lens won't.



Hats

Hats are also important in the summer, as you'll definitely want to protect your head from the sun. Your best bet is to go for a lightweight baseball cap, as it's important to feel comfortable while protecting your head at the same time. Too much weight on your head on a hot day is never a good idea.



Winter clothing

In colder temperatures you should wear gloves that are lightweight and comfortable. Only in extreme weather will you need to wear thick running gloves and more often than not you will heat up enough to be okay in the normal thin type. Woollen gloves will be fine for most runners but if you are venturing out into colder or wetter climates, it is worth investing in a more advanced pair. Running with cold hands can ruin the experience for you, so choose carefully when you buy, especially if it is near wintertime. Hats are similar to gloves in that woollen ones are the norm because they are easy to get hold of and are cheap. Fleece materials offer wind-stopping capabilities and some are waterproof as well. Caps offer greater protection from the rain, snow and sun but often they can get blown off in windy conditions.

Sports bras

It is important to wear a sports bra that fits you snugly and gives adequate support for running. Everyone is different and you may well need to try on a few different products before finding what is just right for you.

So does your sports bra fit?

- Your bra should fit snugly without being uncomfortably tight
- The bra should fit without any bulges around the sides
- The shoulder straps should not dig in (wider straps can be more comfortable)
- When you run there should be significantly less bounce than with a normal bra



There are many excellent bras on the market, which come in a large range of sizes and colours offering every different level of support. Most women should only need to wear one sports bra even for high impact activities.

Structuring your training sessions

Following correct exercise protocols is key to getting the most out of your training, so that you start out on the road to fitness with safe and correctly balanced training sessions. To get the most out of your training, you should adhere to the following sequence each time you train:

Warm Up

The warm up, raises the heart rate, gets blood flowing to the working muscles and prepares the body for exercise. It should be for a minimum of five minutes and replicate the movements or activities of the main session.

For example: when beginning a run, five minutes very easy jogging will prime the body for the main training session.

Mobility

Some basic actions to put the limbs through the range of movement that the main session requires will ensure that the joints are loosened up, lubricated and will function more efficiently.

Main Session

This will form the bulk of the training session. For example: a brisk 30-minute run.

Cool Down

The cool down should be at a lower intensity than the main session and should bring the body temperature and heart rate closer to pre-exercise levels. Waste by-products of exercise will be flushed from the muscles and tissues, accelerating recovery before the next training session.

For example: the cool-down should be a minimum of five to 10 minutes light CV. Jogging or walking is ideal.

Flexibility

Stretching exercises should be carried out after the main session and cool-down as the body is in a greater state of relaxation than at the beginning of the session. Five to 10 minutes spent stretching the muscles worked will maintain suppleness.



How to Stretch

To get the most out of your post exercise stretching session, simply follow the step-by-step guide below:

Relax

It is very important to be relaxed. Physical and mental tension will inhibit your range of movement and prevent your muscles from stretching as effectively. Hence, you will not achieve maximum flexibility benefits

Ease into the stretch

Gradually move your body or the limb being stretched into the stretch position. Once you feel slight tension in the muscle, (known as the point of bind), which is the limit of the muscle's flexibility, hold the position. Avoid bouncing or any other movements, which could overstretch the muscle and result in injury.

Relax your breathing

Always keep your breathing easy and relaxed because that will reduce all-round muscular tension, which in turn will allow you to stretch further. Holding your breath will tense up your entire body, making stretching much harder.

Hold for 30 seconds

To get maximum stretching benefits, you need to hold the stretch for a minimum of 30 seconds. Stretching each muscle for just a few seconds brings no flexibility benefits.

Pain means no gain

Stretching should invoke a mild feeling of 'tightness' or tension within the stretched muscle. Pain when stretching indicates injury or a muscle that has been overstretched. Therefore, never stretch beyond a 'comfortable tightness'.

Rest and repeat

A single stretch for each muscle is very beneficial but if time permits, carry out two stretches for each muscle, separated by a short break of 30 seconds. The second stretch will help extend your range of movement further.

Frequency

Ideally stretch the major muscles after every run but if that proves too time-consuming, stretching twice a week is a suitable target.



Additional Training

Obviously running will form the core of all your training because you are training to condition your body to complete 42.195 kilometers under your own steam. However, it is also beneficial to incorporate other types of training in your program, so that you to the start line in the best possible shape.

Flexibility training

There are a multitude of flexibility exercises for stretching every muscle in the body. Primarily, you need to focus on leg stretches to keep your muscles long, supple and injury free. The key is to ensure that the muscles that have been utilised during your workout are stretched at the end of the training session.

For example: at the end of your run and cool down, spend a few minutes stretching the hamstrings, quadriceps, calves and adductors.



Cross Training

Cross-training is the name given to other forms of training that complement your running training. Cross-training can be extremely beneficial because it allows your body to recover from a run whilst still providing training benefits. Running is a very repetitive activity that if not carried out correctly, can lead to overuse injuries. By occasionally adding different activities to your program, you keep fresh and significantly reduce any injury risk.

For example: the day after a long endurance training run, a light swimming session or bike ride will still provide cardiovascular benefits but without the same loading on muscles that have been fatigued from running.



Resistance training (weight training)

Resistance training is extremely beneficial to complement your running; strengthening all around the body and correcting any muscle imbalances. The range of resistance training exercises for training specific muscles is immense, and can enhance your running performance through improved posture and all-round strength.

Specific resistance training sessions are not included in this program because as a new marathon runner it is important to focus as much as possible on building your endurance base for the challenge of running 42.195 kilometers. If you find that you have time to add in some resistance sessions to your training week, one to two workouts per week is ample.



Beginner Marathon Training Plan

Program notes

The plan is broken down into two training schedules.

Schedule 1

This is an eight-week 'lead-in' schedule that will prepare you for the main training plan. Use this schedule if you are completely new to exercise/running. Schedule 1 culminates in a 10k event, which is an ideal target for you to focus on.

Schedule 2

This is the main 16-week training schedule that will take you through to race day. Use this schedule if you have already done some running training.

For each session in the programs, follow the protocols for warm up, mobility main session, cool down and flexibility outlined earlier. Completely new exercisers should start at week one but if you have been doing some training, you can jump in at a later week. Simply check the week-by-week chart to see which week best matches your current activity levels and then start at that point.

There is flexibility within the program for switching training sessions around during the week to fit in with your other commitments such as work, home, family etc. The key point is to ensure that your training is balanced each week, including flexibility, CV (running) and rest.

Insight

Don't be a slave to the plan! The training program is designed with rest days, recovery sessions and lower volume weeks. This will ensure your body has time to adapt to the training. However, everyone is different and if you feel that an extra day's rest will be beneficial to your training, simply take out one of the shorter sessions in that week.

If you find it difficult to complete some weeks due to lack of training time, always try to complete the long run sessions. The most important factor with training for the marathon is to build endurance so try to complete all the long runs.

Training pace guide

Use the pace guide below to monitor the intensity of your training throughout each stage of the 16-week plan.

Type of training run	Intensity index 1=incredibly easy 10= incredibly hard	Description
Super slow	2	Really, really, slow; so easy it hardly seems worth putting your gear on
Easy jog	3	No pressure, just loosening up or a recovery run
Jog	4	Still an easy pace but a little faster than an easy jog

Comfortable	5	You can talk easily to your training partner and keep the pace going
Steady	6	Even paced run, can chat in short sentences

Schedule 1

Building up to the main marathon schedule

Week No.1	First Steps	
Day	Training	Training notes
Mon	Easy 15-20 mins jog	Take walking breaks if necessary
Tues	Rest	
Wed	Easy 15-20 mins jog	Take walking breaks if necessary
Thurs	Rest	
Fri	Easy 20 mins jog	Take walking breaks if necessary
Sat	Rest	
Sun	25 mins walk / jog	Take it very easy

Week No.2	Consolidate	
Day	Training	Training notes
Mon	Rest	Recovery from Sunday's longer session
Tues	20 mins jog	
Wed	Rest	
Thurs	20-25 mins jog	
Fri	Rest	
Sat	Rest	
Sun	25-30 mins walk / jog	

Week No.3		
Day	Training	Training notes
Mon	Rest	
Tues	25 mins jog	
Wed	Rest	
Thurs	30 mins jog	
Fri	Rest	

Sat	Rest	
Sun	35 mins non-stop run/jog	Try and make it continuous

Week No.4	Moving up	
Day	Training	Training notes
Mon	15 mins very easy recovery jog	Leave the stopwatch at home!
Tues	25 mins steady	
Wed	Rest	
Thurs	25 mins steady	
Fri	Rest	
Sat	Rest	
Sun	35 mins non-stop run/jog	Repeat of last Sunday, improve on time if possible

Week No.5		
Day	Training	Training notes
Mon	15 mins very easy recovery jog	Recovery session
Tues	Rest	
Wed	25-30 mins steady pace	
Thurs	Rest	
Fri	25 mins easy	
Sat	Rest	
Sun	40-45 mins jog/walk	Take walking breaks as necessary

Week No.6		
Day	Training	Training notes
Mon	20 mins recovery jog	Easy pace
Tues	25-30 mins steady	
Wed	Rest	
Thurs	35 mins steady	
Fri	Rest	
Sat	Rest	
Sun	40-45 mins	Try to jog/run non-stop

Week No.7		
Day	Training	Training notes
Mon	20 mins recovery jog	Easy pace
Tues	25-30 mins steady	Big week, 5 runs
Wed	Rest	
Thurs	35-40 mins steady	
Fri	Rest	
Sat	10 mins very easy jog	Only jogging
Sun	1 hour slow	Don't push pace; take walking breaks if you feel like it

Week No.8	Taper week and lead-in 10K race	
Day	Training	Training notes
Mon	Rest	
Tues	25-30 mins steady	
Wed	Rest	
Thurs	25-30 mins easy	
Fri	Rest	
Sat	10 mins very easy jog	
Sun	10K race + walking warm-up and cool-down	Take it very easy

Schedule 2

Marathon training

Week No.1	Building up	
Day	Training	Training notes
Mon	25 mins jog	Just jogging, very light
Tues	40 mins steady	
Wed	Rest	
Thurs	35-40 mins steady	
Fri	Rest	
Sat	15 mins very easy	
Sun	75 mins easy run	Take walking breaks if needed

Week No.2		
Day	Training	Training notes
Mon	20 mins recovery jog	
Tues	40 mins steady	
Wed	Rest	
Thurs	50 mins	
Fri	Rest	
Sat	Rest	
Sun	80-90 mins jog with walking breaks	

Week No.3		
Day	Training	Training notes
Mon	20 mins recovery jog	
Tues	40 mins steady	
Wed	Rest	
Thurs	50 mins	
Fri	Rest	
Sat	Rest	
Sun	80-90 mins jog with walking breaks	

Week No.4		
Day	Training	Training notes
Mon	20 mins recovery run	
Tues	40 mins steady	
Wed	Rest	
Thurs	Rest	Double rest before brisk run
Fri	40 mins brisk pace	
Sat	Rest	
Sun	90-100 mins slow	Very, very easy. Take a drink with you

Week No.5		
Gradually building towards half marathon		
Day	Training	Training notes

Mon	Rest	Day off after long effort
Tues	50 mins steady	
Wed	Rest	
Thurs	40 mins steady	
Fri	20 mins steady	
Sat	Rest	
Sun	100-110 mins easy	

Week No.6		
Day	Training	Training notes
Mon	Rest	
Tues	20 mins steady	
Wed	65 mins steady	
Thurs	Rest	
Fri	40 mins	
Sat	Rest	
Sun	120 mins taken very easy	Slow with drinks

Week No.7		
Taper week and half marathon race		
Day	Training	Training notes
Mon	Rest	
Tues	30-35 mins steady	
Wed	30 mins steady	
Thurs	Rest	
Fri	Rest	
Sat	10 mins jog	Really slow, just to keep loose
Sun	Half marathon (21 kilometers) and walk warm-up and cool-down	Slow all the way, just a training run

Week No.8		
Start of peak mileage phase		
Day	Training	Training notes
Mon	10-20 mins recovery session	Really slow
Tues	Rest	

Wed	30 mins steady	
Thurs	60 mins brisk	
Fri	Rest	
Sat	30 mins jog	
Sun	120 mins comfortable pace	

Week No.9	Building long endurance runs	
Day	Training	Training notes
Mon	30 mins easy	
Tues	Rest	
Wed	60 mins brisk	Try to improve on last week's 60 mins distance
Thurs	Rest	
Fri	40 mins steady	
Sat	Rest	
Sun	130-140 mins taken very easy	Long, slow, run with drinks

Week No.10		
Day	Training	Training notes
Mon	Rest	Recovery after Sunday's long session
Tues	40 mins steady	
Wed	Rest	
Thurs	75 mins comfortable pace	
Fri	20 mins jog	
Sat	Rest	Really slow, just to keep loose
Sun	140-150 mins taken very easy	Long and slow

Week No.11		
Day	Training	Training notes
Mon	10-20 mins recovery session	
Tues	40 mins steady	
Wed	Rest	
Thurs	75 mins	
Fri	Rest	
Sat	30 mins easy pace	

Sun	150-160 mins comfortable	
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Week No.12

Day	Training	Training notes
Mon	30 mins easy	
Tues	Rest	
Wed	50 mins fast	Home time-trial!
Thurs	Rest	
Fri	50 mins easy	Avoid the temptation to run at the pace of Wednesday's session
Sat	Rest	
Sun	180 mins slow	Start slowly, take drinks

Week No.13

Peak Week

Day	Training	Training notes
Mon	20 mins jog recovery	
Tues	40 mins brisk pace	
Wed	Rest	
Thurs	60 mins steady	
Fri	Rest	
Sat	Rest	Prepare for last big run
Sun	200 mins slow	Last long run, be economical

Week No.14

Start of race taper

Day	Training	Training notes
Mon	20 mins slow jog or rest if tired	
Tues	30 mins brisk	
Wed	Rest	
Thurs	50 mins steady	
Fri	Rest	
Sat	Rest	
Sun	120 mins steady	

Week No.15

Further tapering

Day	Training	Training notes
Mon	20 mins easy	
Tues	Rest	
Wed	40 mins easy	
Thurs	Rest	
Fri	Rest	
Sat	10 mins jog	
Sun	70 mins easy in race kit and shoes	Slower than race pace

Day	Training	Training notes
Mon	30 mins jog	
Tues	Rest	
Wed	20 mins jog	
Thurs	Rest	
Fri	Rest	
Sat	10 mins very, very easy jog	Keep it slow
Sun	Race day!	THE RACE!

Conclusion

Well done!

You have come to the end of the schedule, and your fitness has improved dramatically from little or no cardiovascular (CV) activity, to being able to complete a marathon. You will have made significant health and fitness gains, and equally importantly, you have progressed safely. By maintaining your training, you will be making a major contribution to your long-term health and fitness, and this schedule can also serve as a foundation and springboard to increase your fitness levels further. Now you've completed your race, you may be tempted to step up and try to improve your finishing time. Enjoy your training.



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