



18-WEEK MARATHON TRAINING PLAN FOR BEGINNERS WHO HAVE COMPLETED SOME FITNESS PREPARATION

Designed by London Marathon winner Mike Gratton

The training schedules follow a progressive and systematic route to bring you to peak fitness at the time of your marathon. You may well be a beginner at the start of this programme, but you will be a well prepared runner by the end. Use the schedules as a framework to base your own training around, making adjustments for your lifestyle/time available and to fit in preparation races.

For full explanation of terms used please see the pdf – Notes for 2:09 Events Training Plans.

WEEK 1	BEGINNER	SPORTS PERSON
SUNDAY	Walk 5mins warm-up – jog/walk continuously for 45mins – walk 5mins cool down	Start slowly – then build up to steady pace – total 60mins.
MONDAY	Rest	Rest
TUESDAY	Walk 5 mins warm-up – jog/walk continuously for 30mins – walk 5mins cool down	Walk 5mins warm-up – 40mins steady – jog 5mins cool down
WEDNESDAY	Rest	Rest
THURSDAY	Walk 5mins warm-up – jog/walk continuously for 30mins – walk 5mins cool down	Walk 5mins warm-up – 40mins steady – jog 5mins cool down
FRIDAY	Rest	Rest
SATURDAY	Walk mins warm-up – jog/walk continuously for 30mins – walk5mins cool down	10mins slow jog warm-up – on grass, run alternate fast & slow 1 minute periods for 30mins, jog cool down

WEEK 2	BEGINNER	SPORTS PERSON
SUNDAY	Walk 5mins warm-up – jog/walk continuously for 50mins – walk 5mins cool down	Start slowly – then build up to steady pace – total 80mins.
MONDAY	Rest	Rest
TUESDAY	Walk 5mins warm-up – jog/walk continuously for 30mins – walk 5mins cool down	Walk 5mins warm-up – 40mins steady – jog 5mins cool down
WEDNESDAY	Rest	Rest
THURSDAY	Walk 5mins warm-up – jog/walk continuously for 30mins – walk 5mins cool down	Walk 5mins warm-up – 40mins steady – jog 5mins cool down
FRIDAY	Rest	Rest
SATURDAY	Walk 5mins warm-up – jog/walk continuously for 20mins – walk 5mins cool down	Warm-up, find a small hill (not too steep) which takes about 2mins run up continuously up & down the hill for 20min, cool down jog

WEEK 3	BEGINNER	SPORTS PERSON
SUNDAY	Walk 5mins warm-up – jog/walk continuously for 50mins – walk 5mins cool down	Start slowly – then build up to steady pace – total 80mins.
MONDAY	Rest	Rest
TUESDAY	Walk 5mins warm-up – jog/walk continuously for 40mins – walk 5mins cool down	Jog 5mins warm-up – 4mins steady – jog 5mins cool down
WEDNESDAY	Rest	Rest
THURSDAY	Walk 5mins warm-up – jog/walk continuously for 40mins – walk 5mins cool down	Jog 5mins warm-up – 40mins steady – jog 5mins cool down
FRIDAY	Rest	Rest
SATURDAY	10 mins slow jog warm-up – on grass, run alternate fast & slow 1 minute periods for 30mins, jog cool down	Warm-up, find a small hill (not too steep) which takes about 2mins run up run continuously up & down the hill for 20mins, cool down jog

WEEK 4	BEGINNER	SPORTS PERSON
SUNDAY	Start slowly – build up to steady pace and run/walk 60mins	Start slowly – then build up to steady pace – total 90mins.
MONDAY	Rest	Rest
TUESDAY	Jog 5mins warm-up – jog/walk continuously for 40mins – walk 5mins cool down	Jog 5mins warm-up – 40mins steady – jog 5mins cool down
WEDNESDAY	Rest	Jog 5mins warm-up – 30mins steady – jog 5mins cool down
THURSDAY	Jog 5mins warm-up – jog/walk continuously for 40mins – walk 5mins cool down	Jog 5mins warm-up – 50mins steady – jog 5mins cool down
FRIDAY	Rest	Rest
SATURDAY	10mins slow jog warm-up – on grass, run alternate fast & slow 1 minute periods for 30mins, jog cool down	Warm-up, find a small hill (not too steep) which takes about 2mins run up – do Kenyan Hills for 25mins, cool down jog

WEEK 5	BEGINNER	SPORTS PERSON
SUNDAY	Start slowly – build up to steady pace and run/walk 70mins	Start slowly – build up to steady pace and run/walk 1hr 45mins.
MONDAY	Rest	Rest
TUESDAY	Start slowly – build up to steady pace and run/walk 45mins	Warm-up – 20mins tempo run @ predicted marathon pace – cool down
WEDNESDAY	Rest	Jog 5mins warm-up – 30mins steady – jog 5mins cool down
THURSDAY	Start slowly – build up to steady pace and run/walk 45mins	Jog 5mins warm-up – 60mins steady – jog 5mins cool down
FRIDAY	Rest	Rest
SATURDAY	10mins slow jog warm-up – on grass, run alternate fast & slow 1 minute periods for 30mins, jog cool down	Warm-up, find a small hill (not too steep) which takes about 2mins run up – do Kenyan Hills for 25mins, cool down jog

WEEK 6	BEGINNER	SPORTS PERSON
SUNDAY	Start slowly – build up to steady pace and run/walk 7 mins	Start slowly – build up to steady pace and run/walk 1hr 45mins.
MONDAY	Rest	Rest
TUESDAY	Start slowly – build up to steady pace and run/walk 45mins	Warm-up – 20mins tempo run @ predicted marathon pace – cool down
WEDNESDAY	Rest	Rest
THURSDAY	Start slowly – build up to steady pace and run/walk 45mins	Start slowly – build up to steady pace and run/walk 60mins
FRIDAY	Rest	Rest
SATURDAY	Warm-up, find a small hill (not too steep) which takes about 2mins run up – do Kenyan Hills for 20mins, cool down jog	Warm-up, find a small hill (not too steep) which takes about 2mins run up, continuously run up & down the hill for 25mins, cool down jog

WEEK 7	BEGINNER	SPORTS PERSON
SUNDAY	Start slowly – build up to steady pace and run/walk 90mins	Start slowly – build up to steady pace and run/walk 2hrs
MONDAY	Rest	Rest
TUESDAY	Start slowly – build up to steady pace and run/walk 45mins	Warm-up – 30mins tempo run @ predicted marathon pace – cool down
WEDNESDAY	Rest	30mins steady
THURSDAY	Start slowly – build up to steady pace and run/walk 45mins	Start slowly – build up to steady pace and run/walk 60mins
FRIDAY	Rest	Rest
SATURDAY	Warm-up, find a small hill (not too steep) which takes about 2mins run up, continuously run up & down the hill for 20mins, cool down jog	Warm-up, find a small hill (not too steep) which takes about 2mins run up, continuously run up & down the hill for 25mins, cool down jog

WEEK 8	BEGINNER	SPORTS PERSON
SUNDAY	Start slowly – build up to steady pace and run/walk 90mins	Start slowly – build up to steady pace and run/walk 2hrs.
MONDAY	Rest	Rest
TUESDAY	Warm-up, on clear path run hard for 10mins – take 5mins recovery then try to run back to the start point in 10mins, cool down	Warm-up, on clear path run hard for 10mins – take 5mins recovery then try to run back to the start point in 10mins, cool down
WEDNESDAY	Rest	30mins steady
THURSDAY	Start slowly – build up to steady pace and run/walk 45mins	Start slowly – build up to steady pace and run/walk 60mins
FRIDAY	Rest	Rest
SATURDAY	Warm-up, find a small hill (not too steep) which takes about 2mins run up, continuously run up & down the hill for 20mins, cool down jog	Warm-up, run 4 x 1 mile (approx.) with 3mins recovery between each. Cool down. Pace should be fast but controlled so that you can hold it for the full mile.

WEEK 9	BEGINNER	SPORTS PERSON
SUNDAY	Start slowly – build up to steady pace and run/walk 90mins	Start slowly – build up to steady pace and run/walk 2 hrs.
MONDAY	Rest	Rest
TUESDAY	Warm-up, on clear path run hard for 10 mins – take 5mins recovery then try to run back to the start point in 10mins, cool down	Warm-up, on clear path run hard for 10mins – take 5mins recovery then try to run back to the start point in 10mins, cool down
WEDNESDAY	Rest	30 mins steady
THURSDAY	Start slowly – build up to steady pace and run/walk 45mins	Start slowly – build up to steady pace and run/walk 60mins
FRIDAY	Rest	Rest
SATURDAY	Warm-up, run 3 x 1 mile (approx.) with 3mins recovery between each. Cool down. Pace should be fast but controlled so that you can hold it for the full mile.	Warm-up, run 4 x 1 mile (approx.) with 3 mins recovery between each. Cool down. Pace should be fast but controlled so that you can hold it for the full mile.

WEEK 10	BEGINNER	SPORTS PERSON
SUNDAY	Start slowly – build up to steady pace and run/walk 1hr 45mins	Start slowly – build up to steady pace and run/walk 2hrs
MONDAY	Rest	Rest
TUESDAY	Warm-up, on grass run 5 x 3mins with 2mins recovery between each, cool down – pace should be fast but controlled.	Warm-up, on grass run 6 x 3mins with 2mins recovery between each, cool down – pace should be fast but controlled.
WEDNESDAY	Rest	45mins steady
THURSDAY	Start slowly – build up to steady pace and run/walk 60mins	Start slowly – build up to steady pace and run/walk 60mins
FRIDAY	Rest	Rest
SATURDAY	Warm-up, run 4 x 1 mile (approx.) with 3mins recovery between each. Cool down. Pace should be fast but controlled so that you can hold it for the full mile.	Warm-up, run 3 x 1 mile (approx.) with 3mins recovery between each. Cool down. Pace should be fast but controlled so that you can hold it for the full mile.

WEEK 11	BEGINNER	SPORTS PERSON
SUNDAY	Run 90mins	Run 2hrs
MONDAY	Rest	Rest
TUESDAY	Warm-up, on grass run 5 x 3mins with 2mins recovery between each, cool down – pace should be fast but controlled.	Warm-up, on grass run 6 x 3mins with 2mins recovery between each, cool down – pace should be fast but controlled.
WEDNESDAY	Rest	45mins steady
THURSDAY	60mins steady	60mins steady
FRIDAY	Rest	Rest
SATURDAY	Warm-up, run 4 x 1 mile (approx.) with 3 mins recovery between each. Cool down. Pace should be fast but controlled so that you can hold it for the full mile.	Warm-up, run 5 x 1 mile (approx.) with 3 mins recovery between each. Cool down. Pace should be fast but controlled so that you can hold it for the full mile.

WEEK 12	BEGINNER	SPORTS PERSON
SUNDAY	2hrs steady	2hrs 30mins steady
MONDAY	Rest	Rest
TUESDAY	45mins steady	45mins steady
WEDNESDAY	Rest	45mins steady
THURSDAY	60mins steady	60mins steady
FRIDAY	Rest	Rest
SATURDAY	Warm-up, 40 min continuous run, start steady increasing speed every 5 mins in second half – cool down.	Warm-up, 40 min continuous run, start steady increasing speed every 5 mins in second half – cool down.

WEEK 13	BEGINNER	SPORTS PERSON
SUNDAY	2hrs steady	2hrs steady
MONDAY	Rest	Rest
TUESDAY	Warm-up, 40 min continuous run, start steady increasing speed every 5mins in second half – cool down.	Warm-up, 40 min continuous run, start steady increasing speed every 5mins in second half – cool down.
WEDNESDAY	Rest	45mins steady
THURSDAY	60mins steady	75mins steady
FRIDAY	Rest	Rest
SATURDAY	Warm-up, 30mins alternating fast pace & steady pace 5 min intervals, cool down.	Warm-up, 30mins alternating fast pace & steady pace 5 min intervals, cool down.

WEEK 14	BEGINNER	SPORTS PERSON
SUNDAY	2hrs steady	2hrs steady
MONDAY	Rest	Rest
TUESDAY	Warm-up, 40min continuous run, start steady increasing speed every 5mins in second half – cool down.	Warm-up, 40min continuous run, start steady increasing speed every 5mins in second half – cool down.
WEDNESDAY	Rest	45mins easy
THURSDAY	45mins easy	45mins easy
FRIDAY	Rest	Rest
SATURDAY	45mins easy	45mins easy

WEEK 15	BEGINNER	SPORTS PERSON
SUNDAY	3 hrs steady	3 hrs steady
MONDAY	Rest	Rest
TUESDAY	Warm-up, 12 x 1 min fast, 1 min fast walk recovery between each, cool down (efforts at 10km pace).	Warm-up, 12 x 1 min fast, 1 min fast walk recovery between each, cool down (efforts at 10km pace).
WEDNESDAY	Rest	45mins easy
THURSDAY	60mins steady	60mins steady
FRIDAY	Rest	Rest
SATURDAY	45mins speeding up to 10km pace in last 10mins	45mins speeding up to 10km pace in last 10mins

WEEK 16	BEGINNER	SPORTS PERSON
SUNDAY	90mins steady	2hrs steady
MONDAY	Rest	Rest
TUESDAY	Warm-up, on a flat grass straight of approx 200m, run the length of the straight fast 10 times (5 up/5 back) with 2mins rest at each end, cool down.	Warm-up, on a flat grass straight of approx 200m, run the length of the straight fast 10 times (5 up/5 back) with 2mins rest at each end, cool down.
WEDNESDAY	Rest	45mins easy
THURSDAY	60mins steady	60mins steady
FRIDAY	Rest	Rest
SATURDAY	45mins speeding up to 10km pace in last 10mins.	45mins speeding up to 10km pace in last 10mins.

WEEK 17	BEGINNER	SPORTS PERSON
SUNDAY	75mins steady	90mins steady
MONDAY	Rest	Rest
TUESDAY	Warm-up, on a flat grass straight of approx 200m, run the length of the straight fast 10 times (5 up/5 back) with 2mins rest at each end, cool down.	Warm-up, on a flat grass straight of approx 200m, run the length of the straight fast 10 times (5 up/5 back) with 2mins rest at each end, cool down.
WEDNESDAY	Rest	Rest
THURSDAY	45mins steady	45mins steady
FRIDAY	Rest	Rest
SATURDAY	30mins steady	30mins steady

WEEK 18	BEGINNER	SPORTS PERSON
SUNDAY	45mins steady	60mins steady
MONDAY	Rest	Rest
TUESDAY	30mins run with hard burst for 4 or 5mins towards the end.	30mins run with hard burst for 4 or 5mins towards the end.
WEDNESDAY	Rest	Rest
THURSDAY	15mins easy jog	15mins easy jog
FRIDAY	Rest	Rest
SATURDAY	10mins really easy	10mins really easy.

MARATHON DAY