

BEGINNER MARATHON

Training plan



Thank you so much for signing up to run a Marathon for CLIC Sargent

We'll support you every step of the way.

This plan has been designed and written for a beginner, or novice, runner who's looking to complete their first marathon and to enjoy the day. Before starting the plan, you should be able to run or run/walk for 45 minutes. (An example of a run/walk ratio would be running for 4 minutes and walking for 1 minute.) Walk any hills early on in training if you need to. We have included a four week lead-in plan to get you ready for the 16 weeks of progressive training.

When training for an event, the most important thing is to be honest with your starting point. This is far more important than putting pressure on a time-based result. Your training needs to fit in with your availability to train each week. Think carefully about your work, family and social commitments. It's not the amount of time you spend doing something, it's what you do with the time you have doing something. We're not professional athletes, and we have busy lives, so we have to do the best with what time we have. The process needs to be enjoyed, maybe a little tough, but not a chore. The goal is to:

“Structure your training into a busy lifestyle, maximizing its benefits while reducing your chances of injury”

CLICSARGENT.ORG.UK

Find us on:   

CLIC Sargent Cancer Care for Children. Company number 5273638
Registered charity in England & Wales (1107328) and Scotland (SC039857)
Registered office: 77-85 Fulham Palace Road, London W6 8JA

Four week lead in plan

R = Run, RT = Rest, G = Gym

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1/4							
Session type	R	RT	R	RT	R	RT	R
Training	15 mins		15 mins		15 mins		20 mins
Week 2/4							
Session type	R	RT	R	RT	R	RT	R
Training	15 mins		15 mins		15 mins		20 mins
Week 3/4							
Session type	R	RT	R	RT	R	RT	R
Training	15 mins		20 mins		20 mins		30 mins
Week 4/4							
Session type	R	RT	R	RT	R	RT	R
Training	20 mins		20 mins		30 mins		40 mins

16 week progression plan

R = Run, RT = Rest, G = Gym

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1/16							
Session type	RT	R	G/RT	R	RT	R/RT	R
Training		30 mins	Core, legs, glutes / cross training	30 mins		25 mins	45 mins
Week 2/16							
Session type	RT	R	RT	R	RT	R/RT	R
Training		30 mins	Core, legs, glutes / cross training	30 mins		25 mins	45 mins
Week 3/16							
Session type	RT	R	G/RT	R	G/RT	R/RT	R
Training		40 mins	Core, legs, glutes/ Cross training	40 mins		25 mins	60 mins

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 4/16							
Session type	RT	R	G/RT	R	RT	R/RT	R
Training		40 mins	Core, legs, glutes/ Cross training	40 mins		25 mins	60 mins
Week 5/16							
Session type	RT	R	G/RT	R	RT	R/RT	R
Training		30 mins	Core, legs, glutes/ Cross training	30 mins		25 mins	75 mins
Week 6/16							
Session type	RT	R	G/RT	R	RT	R/RT	R
Training		60 mins	Core, legs, glutes/ Cross training	40 mins		25 mins	90 mins
Week 7/16							
Session type	RT	R	G/RT	R	RT	R/RT	R
Training		40 mins	Core, legs, glutes/ Cross training	40 mins		25 mins	75 mins

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8/16							
Session type	RT	R	RT	R	RT	R/RT	R
Training		50 mins	Core, legs, glutes / cross training	50 mins		25 mins	90 mins
Week 9/16							
Session type	RT	R	RT	R	RT	R/RT	R
Training		50 mins	Core, legs, glutes / cross training	50 mins		25 mins	105 mins
Week 10/16							
Session type	RT	R	RT	R	RT	R/RT	R
Training		40 mins	Core, legs, glutes / cross training	40 mins		25 mins	90 mins
Week 11/16							
Session type	RT	R	RT	R	RT	R/RT	R
Training		50 mins	Core, legs, glutes / cross training	50 mins		25 mins	120 mins

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12/16							
Session type	RT	R	RT	R	RT	R/RT	R
Training		50 mins	Core, legs, glutes / cross training	50 mins		25 mins	120 mins
Week 13/16							
Session type	RT	R	RT	R	RT	R/RT	R
Training		60 mins	Core, legs, glutes / cross training	60 mins		25 mins	135 mins
Week 14/16							
Session type	RT	R	G/RT	R	RT	R/RT	R
Training		60 mins	Core, legs, glutes/ Cross training	50 mins		25 mins	150 mins
Week 15/16							
Session type	RT	R	G/RT	R	RT	R/RT	R
Training		60 mins	Core, legs, glutes/ Cross training	60 mins		25 mins	75 mins
Week 16/16							
Session type	RT	R	RT	R	RT	RT	R
Training		30 mins		30 mins			26.2 miles

How about writing your OWN plan?

It's actually pretty simple, providing you follow the following steps, and is something I would recommend everyone to do:

1. How are you going to present this plan to yourself? (Spreadsheet, notebook, flip calendar) Something where you can see the whole week in a glance is great.
2. How many hours a week do you have to dedicate to running?
3. How many hours a week can you dedicate to strength work? (max 2)
4. Mark in your diary the days and times that you can make these sessions happen. You might want to have a day in between the runs to recover or to do a strength session. For example, running Tuesday, Friday, Sunday. Strength on Wednesday and/or Saturday.

The idea is to set your starting point. If heading out for a 60 min run sounds daunting, then start with 30. If 30 sounds daunting, then start with 15. It's not going to be a representation of where you'll be in the months to come. Just get something into your feet and feel successful. Stick around the same numbers for the week and then progress a little more the following week:

Week 1: total mins scheduled: 90

Week 2: total mins scheduled: 100

Week 3: total mins scheduled: 110

As mentioned previously, we can't keep doing more and more so generally every 3rd or 4th week reduce how much you're doing and build up again from there.

Week 4: total mins scheduled: 95

Week 5: total mins scheduled: 105

Week 6: total mins scheduled: 115

Week 7: total mins scheduled: 100

The plan is not concrete, and you should be ok with changing things around if needed. Try to put the longer efforts on the Sunday so for example:

Tuesday: 20 mins

Friday: 20 mins

Sunday: 35 mins

“A Journey of a Thousand Miles, Begins with a Single Step”

Enjoy the process and thank you again for being a part of Team Young Lives.

Disclaimer

Always warm up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a doctor before beginning any new exercise regime. Whilst this plan been designed to be appropriate, and of benefit to runners, Fitness Aspirations Ltd (and CLIC Sargent) shall not be held responsible for any loss or injury that is incurred through the use of the information or exercises within this document. In using the information contained within this document, you hereby agree to the above terms.