

SAMPLE 16 WEEK MARATHON PLAN for a beginner runner, training 3 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	3km Rolling 500s	Rest	4km 4km Easy Run	Rest	7km 7km Long Run	Rest
WEEK 2	Rest	4km Extended Kms	Rest	4km 4km Easy Run	Rest	9km 9km Long Run	Rest
WEEK 3	Rest	5.2km Tempo 1200s	Rest	4km 4km Easy Run	Rest	12km 12km Long Run	Rest
WEEK 4	Rest	5km Steady Tempo 3km	Rest	4km 4km Easy Run	Rest	7km 7km Long Run	Rest
WEEK 5	Rest	5.2km Broken Miles	Rest	5km 5km Easy Run	Rest	15km 15km Long Run	Rest
WEEK 6	Rest	5.2km Over and Unders 400m	Rest	6km 6km Easy Run	Rest	12km 12km Long Run	Rest
WEEK 7	Rest	7km Repeating Progressive Run	Rest	6km 6km Easy Run	Rest	18km 18km Long Run	Rest
WEEK 8	Rest	5.5km Pyramid Intervals	Rest	5km 5km Easy Run	Rest	10km 10km Long Run	Rest

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	Rest	9km Varied Tempo 2kms	Rest	7km 7km Easy Run	Rest	21.1km Half Marathon Long Run	Rest
WEEK 10	Rest	9km Over and Unders 2km	Rest	7km 7km Easy Run	Rest	15km 15km Long Run	Rest
WEEK 11	Rest	9.2km Descending Intervals	Rest	7km 7km Easy Run	Rest	26km 26km Long Run	Rest
WEEK 12	Rest	5km Varied Tempo 4km	Rest	5km 5km Easy Run	Rest	12km 12km Long Run	Rest
WEEK 13	Rest	9.4km 200m Tempo Repeats	Rest	7km 7km Easy Run	Rest	32km 32km Long Run	Rest
WEEK 14	Rest	8.9km Progressive Mile Repeats	Rest	6km 6km Easy Run	Rest	15km 15km Long Run	Rest
WEEK 15	Rest	7km Half Easy Half Tempo	Rest	5km 5km Easy Run	Rest	10km 10km Long Run	Rest
WEEK 16	Rest	Rest	6km Taper Up & Overs	Rest	Rest	Rest	42.2km Marathon Race