

# 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	<b>3km</b> Rolling 500s	Rest	<b>4km</b> 4km Easy Run	Rest	<b>7km</b> 7km Long Run	Rest
WEEK 2	Rest	<b>4km</b> Extended Kms	Rest	<b>4km</b> 4km Easy Run	Rest	<b>9km</b> 9km Long Run	Rest
WEEK 3	Rest	<b>5.2km</b> Tempo 1200s	Rest	<b>4km</b> 4km Easy Run	Rest	<b>12km</b> 12km Long Run	Rest
WEEK 4	Rest	<b>5km</b> Steady Tempo 3km	Rest	<b>4km</b> 4km Easy Run	Rest	<b>7km</b> 7km Long Run	Rest
WEEK 5	Rest	<b>5.2km</b> Broken Miles	Rest	<b>5km</b> 5km Easy Run	Rest	<b>15km</b> 15km Long Run	Rest
WEEK 6	Rest	<b>5.2km</b> Over and Unders 400m	Rest	<b>6km</b> 6km Easy Run	Rest	<b>12km</b> 12km Long Run	Rest
WEEK 7	Rest	<b>7km</b> Repeating Progressive Run	Rest	<b>6km</b> 6km Easy Run	Rest	<b>18km</b> 18km Long Run	Rest
WEEK 8	Rest	<b>5.5km</b> Pyramid Intervals	Rest	<b>5km</b> 5km Easy Run	Rest	<b>10km</b> 10km Long Run	Rest

# 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 9	Rest	<b>9km</b> Varied Tempo 2kms	Rest	<b>7km</b> 7km Easy Run	Rest	<b>21.1km</b> Half Marathon Long Run	Rest
WEEK 10	Rest	<b>9km</b> Over and Unders 2km	Rest	<b>7km</b> 7km Easy Run	Rest	<b>15km</b> 15km Long Run	Rest
WEEK 11	Rest	<b>9.2km</b> Descending Intervals	Rest	<b>7km</b> 7km Easy Run	Rest	<b>26km</b> 26km Long Run	Rest
WEEK 12	Rest	<b>5km</b> Varied Tempo 4km	Rest	<b>5km</b> 5km Easy Run	Rest	<b>12km</b> 12km Long Run	Rest
WEEK 13	Rest	<b>9.4km</b> 200m Tempo Repeats	Rest	<b>7km</b> 7km Easy Run	Rest	<b>32km</b> 32km Long Run	Rest
WEEK 14	Rest	<b>8.9km</b> Progressive Mile Repeats	Rest	<b>6km</b> 6km Easy Run	Rest	<b>15km</b> 15km Long Run	Rest
WEEK 15	Rest	<b>7km</b> Half Easy Half Tempo	Rest	<b>5km</b> 5km Easy Run	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 16	Rest	Rest	<b>6km</b> Taper Up & Overs	Rest	Rest	Rest	<b>42.2km</b> Marathon Race