

London marathon training plan



This is a weekly training plan to help you run the London marathon.



This training plan will take 24 weeks to complete.

Week 1 of the plan starts on **Monday 6 November 2023**.

The last run at the end of week 24 will be the London Marathon on **Sunday 21 April 2024**.



There will be 3 - 5 runs to do each week.

The runs will get longer each week to help you get stronger at running.



When you do each run don't go too fast.

Take it easy and walk if you need to.



Download and use [this training sheet](#) when you do each run.

It will help you see how your training is going week by week.

Your weekly training plan:



Week 1: Monday 6 November - Sunday 12 November 2023

There are 4 runs to do this week.

Do at least 3 of the 4 runs.

The most important run to do is run 4.



Week 1 runs:

Run 1: Run for 15 minutes

Run 2: Run for 15 minutes

Run 3: Run for 15 minutes

Run 4: Run for 15 minutes



Week 2: Monday 13 November - Sunday 19 November 2023

There are 3 runs to do this week.

You should do all 3 runs.



Week 2 runs:

Run 1: Run for 20 minutes

Run 2: Run for 25 minutes

Run 3: Run for 30 minutes



Week 3: Monday 20 November - Sunday 26 November 2023

There are 3 runs to do this week.

You should do all 3 runs.



Week 3 runs:

Run 1: Run for 25 minutes

Run 2: Run for 30 minutes

Run 3: Run for 35 minutes

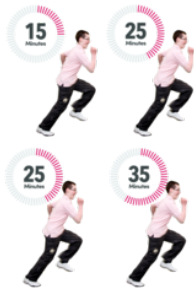


Week 4: Monday 27 November - Sunday 3 December 2023

There are 4 runs to do this week.

Do at least 3 of the 4 runs.

The most important run to do is run
4.



Week 4 runs:

Run 1: Run for 15 minutes

Run 2: Run for 25 minutes

Run 3: Run for 25 minutes

Run 4: Run for 35 minutes



Week 5: Monday 4 December - Sunday 10 December 2023

There are 4 runs to do this week.

The most important run is run 4.



Week 5 runs:

Run 1: Run for 15 minutes

Run 2: Run for 30 minutes

Run 3: Run for 25 minutes

Run 4: Run for 45 minutes



Week 6: Monday 11 December - Sunday 17 December 2023

There are 4 runs to do this week.

Do at least 3 of the 4 runs.

The most important run to do is run 4.



Week 6 runs:

Run 1: Run for 20 minutes

Run 2: Run for 30 minutes

Run 3: Run for 35 minutes

Run 4: Run for 45 minutes



Week 7: Monday 18 December - Sunday 24 December 2023

There are 5 runs to do this week.

Do at least 4 of the 5 runs.

The most important run to do is run 5.



Week 7 runs:

Run 1: Run for 20 minutes

Run 2: Run for 30 minutes

Run 3: Run for 40 minutes

Run 4: Run for 10 minutes

Run 5: Run for 1 hour



Week 8: Monday 25 December - Sunday 31 December 2023

There are 4 runs to do this week.

Do at least 3 of the 4 runs.

The most important run to do is run
4.



Week 8 runs:

Run 1: Run for 30 minutes

Run 2: Run for 30 minutes

Run 3: Run for 10 minutes

Run 4: Run for 1 hour



Week 9: Monday 1 January - Sunday 7 January 2024

There are 5 runs to do this week.

Do at least 4 of the 5 runs.

The most important run to do is run 5.



Week 9 runs:

Run 1: Run for 30 minutes

Run 2: Run for 40 minutes

Run 3: Run for 40 minutes

Run 4: Run for 15 minutes

Run 5: Run for 1 hour and 15 minutes



Week 10: Monday 8 January - Sunday 14 January 2024

There are 4 runs to do this week.

The most important run is run 4.



Week 10 runs:

Run 1: Run for 40 minutes

Run 2: Run for 40 minutes

Run 3: Run for 15 minutes

Run 4: Run for 1 hour and 15 minutes



Week 11: Monday 15 January - Sunday 21 January 2024

There are 4 runs to do this week.

You should do all 4 runs.



Week 11 runs:

Run 1: Run for 20 minutes

Run 2: Run for 40 minutes

Run 3: Run for 50 minutes

Run 4: Run for 1 hour and 30 minutes



Week 12: Monday 22 January - Sunday 28 January 2024

There are 4 runs to do this week.

You need to do all 4 runs.



Week 12 runs:

Run 1: Run for 20 minutes

Run 2: Run for 45 minutes

Run 3: Run for 40 minutes

Run 4: Run for 1 hour and 40 minutes



Week 13: Monday 29 January - Sunday 4 February 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 13 runs:

Run 1: Run for 50 minutes

Run 2: Run for 45 minutes

Run 3: Run for 20 minutes

Run 4: Run for 1 hour and 50 minutes



Week 14: Monday 5 February - Sunday 11 February 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 14: There are 4 different runs to do this week

Run 1: Run for 20 minutes

Run 2: Run for 1 hour and 5 minutes

Run 3: Run for 40 minutes

Run 4: Run for 2 hours



Week 15: Monday 12 February - Sunday 18 February 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 15 runs:

Run 1: Run for 35 minutes

Run 2: Run for 30 minutes

Run 3: Run for 15 minutes

Run 4: Run for 13 miles - **that's half a marathon!**



Week 16: Monday 19 February - Sunday 25 February 2024

There are 5 runs to do this week.

Do at least 4 of the 5 runs.

The most important run is run 5.



Week 16 runs:

Run 1: Run for 20 minutes

Run 2: Run for 30 minutes

Run 3: Run for 1 hour

Run 4: Run for 30 minutes

Run 5: Run for 2 hours



Week 17: Monday 26 February - Sunday 3 March 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 17 runs:

Run 1: Run for 30 minutes

Run 2: Run for 1 hour

Run 3: Run for 40 minutes

Run 4: Run for 2 hours and 20 minutes



Week 18: Monday 4 March - Sunday 10 March 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 18 runs:

Run 1: Run for 40 minutes

Run 2: Run for 1 hour and 15 minutes

Run 3: Run for 20 minutes

Run 4: Run for 2 hours and 30 minutes



Week 19: Monday 11 March - Sunday 17 March 2024

There are 5 runs to do this week.

Do at least 4 of the 5 runs.

The most important run is run 5.



Week 19 runs:

Run 1: Run for 30 minutes

Run 2: Run for 40 minutes

Run 3: Run for 1 hour and 15 minutes

Run 4: Run for 30 minutes

Run 5: Run for 2 hours and 40 minutes



Week 20: Monday 18 March - Sunday 24 March 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 20 runs:

Run 1: Run for 30 minutes

Run 2: Run for 50 minutes

Run 3: Run for 50 minutes

Run 4: Run for 2 hours and 40 minutes



Week 21: Monday 25 March - Sunday 31 March 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 21 runs:

Run 1: Run for 30 minutes

Run 2: Run for 40 minutes

Run 3: Run for 1 hour

Run 4: Run for 3 hours and 20 minutes



Week 22: Monday 1 April - Sunday 7 April 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 22 runs:

Run 1: Run for 20 minutes

Run 2: Run for 30 minutes

Run 3: Run for 50 minutes

Run 4: Run for 2 hours



Week 23: Monday 8 April - Sunday 14 April 2024

There are 4 runs to do this week.

You need to do all 4 runs.

The most important run is run 4.



Week 23 runs:

Run 1: Run for 20 minutes

Run 2: Run for 40 minutes

Run 3: Run for 15 minutes

Run 4: Run for 1 hour and 10 minutes



Week 24: Monday 15 April - Sunday 21 April

There are 4 runs to do this week.

**The most important run is run 4 -
the London marathon!**



Week 24 runs:

Run 1: Run for 30 minutes

Run 2: Run for 20 minutes

Run 3: Run for 10 minutes

**Run 4: Marathon Day! Sunday 21
April 2024.**



We hope this training plan helps you
run the London marathon.

Thank you for running to help us
support people with a learning
disability .

Good luck



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