



Full marathon beginner plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Jog	Rest	Jog	Rest	Walk/Jog
Session Details	Jog for 15mins.		Jog for 15mins.		Jog for 15mins.		Walk/jog for 25mins.
Focus	Move at a pace where you could still have a conversation.		Take it easy, focus on building up the amount of time you jog during the 15mins.		Move at a pace where you could still have a conversation.		Take it easy, focus on building up the amount of time you jog during the 25mins.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Walk/Jog	Rest	Rest	Walk/Jog
Session Details		Jog for 20mins.		Jog for 25mins.			Walk/jog for 30mins.
Focus		Stay at a steady pace and focus on the duration.		Keep moving and try to jog for the whole 25mins.			Keep moving and try to jog for the whole 30mins.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 25mins.		Jog for 30mins.			Jog for 35mins.
Focus		Easy pace, stay relaxed.		Take it easy, focus on building up the amount of time you jog during the 30mins.			Aim to jog non-stop.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Jog	Rest	Jog	Rest	Rest	Walk/Jog
Session Details	Jog for 15mins.	Jog for 25mins.		Jog for 25mins.			Walk/jog for 35mins.
Focus	First back to back session - take it easy and stay relaxed.	Find a pace just out of your comfort zone but still maintainable.		Steady pace, stay relaxed.			Keep moving and try to jog for the whole 35mins.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Jog	Rest	Jog	Rest	Walk/Jog
Session Details	Jog for 15mins.		Jog for 30mins.		Jog for 25mins.		Walk/jog for 45mins.
Focus	This is your recovery jog after yesterday, take it slow.		Find an undulating route with lots of little challenges.		Easy pace, stay relaxed.		Keep moving and try to jog for the whole 45mins.

Week 6 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Jog	Rest	Jog	Rest	Rest	Jog
Session Details	Jog for 20mins.	Jog for 30mins.		Jog for 35mins.			Jog for 45mins.
Focus	Recovery jog, take it easy.	Find a pace just out of your comfort zone but still maintainable.		Steady pace, stay relaxed.			Jog for the whole 45mins.

Week 7 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Jog	Rest	Jog	Rest	Jog	Jog
Session Details	Jog for 20mins.	Jog for 30mins.		Jog for 40mins.		Jog for 10mins.	Jog for 60mins.
Focus	Recovery jog, take it easy.	5 sessions this week, pace yourself.		Try a different route, or go off-road to mix it up.		Slow pace, stay relaxed.	First hour long session! Keep moving and try to jog for the whole 60mins.

Week 8 - Race experience and confidence building

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Jog	10km event
Session Details		Jog for 30mins.		Jog for 30mins.		Jog for 10mins.	Take on a 10km!
Focus		Steady pace, stay relaxed.		Steady pace, stay relaxed.		Slow pace, stay relaxed.	Sign up for a 10km event, push yourself and enjoy the experience! www.mencap.org.uk/runningevents

Week 9 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Jog	Jog/Run
Session Details	Jog for 30mins.	Run for 40mins.		Run for 40mins.		Jog for 15mins.	Jog/run for 75mins.
Focus	Recovery jog, take it easy.	First running session, maintain a steady pace.		Steady pace, stay relaxed.		Easy pace, stay relaxed.	Keep moving and try to run for the whole 75mins.

Week 10 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Jog	Run
Session Details		Hill repeats.		Run for 40mins.		Jog for 15mins.	Run for 75mins.
Focus		Run up a fairly steep hill and walk back down, repeat 6 times.		Push hard for 30secs after every steady 10mins.		Easy pace, stay relaxed.	Run for the whole 75mins.

Week 11 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Rest	Jog/Run
Session Details	Jog for 20mins.	Run for 40mins.		Run for 50mins.			Jog/run for 90mins.
Focus	Recovery jog, take it easy.	Find a pace just out of your comfort zone but still maintainable.		Steady pace, stay relaxed.			Keep moving and try to run for the whole 90mins.

Week 12 - Longer runs experience and confidence building

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Rest	Run	Rest	Jog/Run
Session Details	Jog for 20mins.	Interval training for 45mins.			Run for 40mins.		Jog/run for 100mins.
Focus	Recovery jog, take it easy.	Alternate between running fast for 10mins and slow for 5mins.			Steady pace, stay relaxed.		Steady pace, stay relaxed. Start to experiment with your hydration and energy tactics.

Week 13 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Run	Rest	Jog/Run
Session Details		Run for 50mins.		Run for 45mins.	Run for 20mins.		Jog/run for 110mins.
Focus		Find an undulating route with lots of little challenges.		Steady pace, stay relaxed.	Steady pace, stay relaxed.		Keep moving and try to jog/run for the whole 110mins.

Week 14 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Run	Jog	Jog/Run
Session Details		Run for 20mins.	Run for 65mins.		Run for 40mins.		Jog/run for 120mins.
Focus		Steady pace, stay relaxed.	Stay relaxed as you build up training volume.		Try a different route, or go off-road to mix it up.		First 2 hour session - maintain a steady pace.

Week 15 - Race experience and confidence building

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Rest	Rest	Jog	Half Marathon
Session Details		Run for 35mins.	Run for 30mins.			Jog for 15mins.	Take on a Half Marathon!
Focus		Steady pace, stay relaxed.	Steady pace, stay relaxed.			Easy pace, stay relaxed in preparation for tomorrow.	Sign up for a Half Marathon event, push yourself and enjoy the experience! www.mencap.org.uk/runningevents

Week 16 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	*Run*	Run	Rest	Jog	Run
Session Details	20min jog.		Run for 30mins.	Run for 60mins.		Jog for 30mins.	Run for 120mins.
Focus	Recovery jog, take it easy.		Optional jog - if your body is tired listen and rest instead.	Take it easy for the first and last 10mins.		Easy pace, stay relaxed.	Run for the whole 120mins.

Week 17 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Run	Rest	Run	Rest	Jog/Run
Session Details	Run for 30mins.		Run for 60mins.		Run for 40mins.		Jog/run for 140mins.
Focus	Recovery run, take it easy.		Push hard for 30secs after every steady 10mins.		Steady pace, stay relaxed.		Steady pace, stay relaxed. Start to refine your hydration and energy tactics.

Week 18 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Jog	Rest	Jog/Run
Session Details		Run for 40mins.		Run for 75mins.	Jog for 20mins.		Jog/run for 150mins.
Focus		Steady pace, stay relaxed.		Try a different route, or go off-road to mix it up.	Easy pace, stay relaxed.		Steady pace, stay relaxed. Continue to refine your hydration and energy tactics.

Week 19 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Jog	Jog/Run
Session Details	30min jog.	Run for 40mins.		Run for 75mins.		Jog for 30mins.	Jog/run for 160mins.
Focus	Recovery run, take it easy.	Find a pace just out of your comfort zone but still maintainable.		Steady pace, stay relaxed.		Easy pace, stay relaxed.	Keep moving and try to run for the whole 160mins.

Week 20 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Run	Rest	Run	Rest	Jog/Run
Session Details	30min jog.		Run for 50mins.		Run for 50mins.		Jog/run for 160mins.
Focus	Recovery run, take it easy.		Push yourself in this session.		Keep this session steady - don't push as hard as Wednesday.		Steady pace, stay relaxed. Continue to refine your hydration and energy tactics.

Week 21 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Rest	Jog/Run
Session Details	30min jog.	Hill repeats.		Run for 60mins.			Run for 200mins.
Focus	Recovery run, take it very easy.	Run up a steep hill and walk back down, repeat 6 times.		Find an undulating route with lots of little challenges.			Last long training run, keep the pace steady.

Week 22 - Start of taper

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Rest	Jog/Run
Session Details	20mins jog.	Run for 30mins.		Run for 50mins.			Jog/run for 120mins.
Focus	Recovery run, take it very easy.	Steady pace, stay relaxed.		Steady pace, stay relaxed.			Stay at a steady pace and focus on the duration.

Week 23 - Taper week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Run	Rest	Rest	Jog	Run
Session Details	20mins jog.		Run for 40mins.			Jog for 15mins.	Run for 70mins.
Focus	Recovery run, take it very easy.		Easy pace, stay relaxed.			Easy pace, stay relaxed.	Wear your Marathon day kit, keep the pace steady.

Week 24 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Jog	Rest	Rest	Jog	Event day
Session Details	30mins jog.		Jog for 20mins.			Jog for 10mins.	Today is the day!
Focus	Recovery run, take it very easy.		Easy pace, stay relaxed.			Easy pace, stay relaxed in preparation for tomorrow.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!