

### **Beginners 16week marathon schedule.**

This schedule is for you if you're new to marathon running and are aiming for completion. You should be able to run for at 30 minutes non-stop prior to starting this programme.

This schedule involves running 3 times each week. Days of running are not specified to enable you to fit the runs to your own needs and situation. It is advisable to spread the days of activity out during the week. For example, Day 1 Tuesday, Day 2 Thursday, Day 3, Saturday.

You should ensure you are fit to participate in a running training programme before beginning. A medical check up from a GP is recommended.

16 weeks to go:

	<b>Developing a routine</b>
<b>Day 1</b>	20mins steady walk
<b>Day 2</b>	10mins brisk walk. 10mins easy run. 10mins easy walk = 30mins
<b>Day 3</b>	10mins steady walk, 20mins easy run, 10mins steady walk = 40mins

15 weeks to go

	<b>Developing a routine</b>
<b>Day 1</b>	30mins steady walk
<b>Day 2</b>	10mins brisk walk. 3x5mins easy run (1min walk rec). 10mins easy walk = 37mins
<b>Day 3</b>	15mins steady walk, 25mins easy run, 10mins steady walk = 50mins

14 weeks to go

	<b>Consolidating a routine. Building a base.</b>
<b>Day 1</b>	30mins steady walk
<b>Day 2</b>	10mins brisk walk. 20mins easy run. 10mins easy walk = 40mins
<b>Day 3</b>	15mins steady walk, 30mins easy run, 10mins steady walk = 55mins

13 weeks to go:

	<b>Building time on feet and a base foundation.</b>
<b>Day 1</b>	(Brisk walk for 5mins, easy run for 5mins) x 4 = 40mins.
<b>Day 2</b>	10mins brisk walk, 20mins easy run, 10mins brisk walk= 40mins
<b>Day 3</b>	10min steady walk, 20min easy run, 10min steady walk, 20mins easy run = 60mins

12 weeks to go:

	<b>Building stamina</b>
<b>Day 1</b>	(Brisk walk for 3mins, easy run for 7mins) x 4 = 40mins.
<b>Day 2</b>	10mins brisk walk, 25mins easy run, 10mins brisk walk= 45mins
<b>Day 3</b>	15min steady walk, 20min easy run, 15min steady walk, 20mins easy run = 70mins

11 weeks to go:

	<b>Building stamina</b>
<b>Day 1</b>	(Brisk walk for 2mins, easy run for 8mins) x 4 = 40mins.
<b>Day 2</b>	10mins brisk walk, 30mins easy run, 10mins brisk walk= 50mins
<b>Day 3</b>	10min steady walk, 25min easy run, 10min steady walk, 25mins easy run = 70mins

10 weeks to go:

	<b>Building stamina</b>
<b>Day 1</b>	(Brisk walk for 1mins, easy run for 9mins) x 4 = 40mins.
<b>Day 2</b>	10mins brisk walk, 35mins easy run, 10mins brisk walk= 55mins
<b>Day 3</b>	10min steady walk, 30min easy run, 10min steady walk, 30mins easy run = 80mins

9 weeks to go:

	<b>Introducing intervals</b>
<b>Day 1</b>	10mins easy run (1min tempo run, 2mins walk/jog) x 6. 10mins easy jog = 38mins.

<b>Day 2</b>	(10mins run, 5mins walk) x 4 = 60mins
<b>Day 3</b>	5min steady walk, 35min easy run, 5min steady walk, 35mins easy run = 80mins

8 weeks to go:

	<b>Developing faster running</b>
<b>Day 1</b>	12mins easy run (2 mins tempo run, 2mins jog/walk ) x 6. 12mins jog = 48mins.
<b>Day 2</b>	(12mins run, 3mins walk) x 4= 60mins
<b>Day 3</b>	40min easy run, 5min steady walk, 30mins easy run , 5mins walk, 20mins easy run = 1 hour 40mins

7 Weeks to go:

	<b>Race week.</b>
<b>Day 1</b>	15min steady run. (3min tempo run, 1min walk. Repeat 6x) 15min easy run = 54mins
<b>Day 2</b>	30 min easy run
<b>Day 3</b>	<b>Race 10k or half marathon.</b> A good opportunity to practice your race day preparation. What is your marathon race pace? If you run a half marathon your finish time will give you an approximate indication of your marathon finish time. Double your finish time (in minutes) and add 10% to estimate your target marathon time.

6 weeks to go:

	<b>Practice pace and energy</b>
<b>Day 1</b>	30mins steady run
<b>Day 2</b>	10min easy run. (Then 8min tempo run, 2min easy run. Repeat 3x. ) 10min easy run = 50mins
<b>Day 3</b>	25min easy run, walk 5min, 25min easy run, walk 5min, 25min easy run, walk 5 min, 25min easy run. = 1hr 55min.  Practice your fuelling and hydration strategies.

5 weeks to go:

	<b>Building your long run</b>
<b>Day 1</b>	35mins steady run
<b>Day 2</b>	10min easy run. 10min steady run, 10min fast run, 10min steady run, 10min easy run = 50mins
<b>Day 3</b>	(35min easy run, 3 min walk) repeat 4x. = 2 hours 32mins.  Practice your fuelling and hydration strategies.

4 weeks to go:

	<b>Your longest run</b>
<b>Day 1</b>	40min run easy
<b>Day 2</b>	10min easy run, 40min 'tempo' run. Faster than your marathon race pace. 10min easy run. = 60mins
<b>Day 3</b>	5min brisk walk, 1hr easy run, 5 min brisk walk, 1hr easy run, 10min brisk walk, 30mins easy run, 10mins easy walk = 3hr Concentrate hard on this run. Practice your fuelling and hydration strategies.

3 weeks to go:

	<b>Pace practice</b>
<b>Day 1</b>	Run 20min easy
<b>Day 2</b>	10min easy run. Run 30min at marathon 'race pace', 10 min easy run= 50mins
<b>Day 3</b>	1hr 30 min easy run. Wear the kit and running shoes you plan to complete the marathon in to check they are comfortable.

2 weeks to go.

	<b>Taper</b>
<b>Day 1</b>	Run 25min easy
<b>Day 2</b>	Run 5min easy. (Run 30sec fast, Walk 30s. Repeat 4x.) Run 5min

	easy.
<b>Day 3</b>	1hr easy run

1 week to go

	<b>Race week- Taper your running and rest up.</b>
<b>Monday</b>	20mins easy running.
<b>Tuesday</b>	Rest
<b>Wednesday</b>	5min easy run. Run 1 mile at marathon race pace. Run 5min easy run.
<b>Thursday</b>	Rest
<b>Friday</b>	10mins easy running
<b>Saturday</b>	Rest
<b>Sunday</b>	<b>Edinburgh Marathon: Good luck. Start sensibly. Stick to your race and pace plan. You've done the training, you've prepared for this event and you are physically and psychologically ready to go the distance.</b>