



Marathon Training Program For Novice

Week	Dates	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
1		10-20 minute warm-up 3 x 1600m (1min. Recovery Interval) 10 minute cool-down	9 km run; 3 km easy, 3km @ ST 3 km easy	Distance: 13km Pace: MP + (19 sec/km)
2		1 mile warm-up 4 x 800m (2 min. RI) 10 minute cool-down	11 km; 1.5 km easy 8 km @ MP 1.5 km easy	Distance: 15 km Pace: MP + (28 sec/km)
3		10-20 minute warm-up 1200, 1000, 800, 600, 400, 200 (all with 200m RI) 10 minute cool-down	11 km; 1.5 km easy 8 km @LT pace 1.5 km easy	Distance: 16 km Pace: MP + (28sec/km)
4		10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	11 km run; 2 km easy 7 km @ MT pace 2 km easy	Distance: 17 km Pace: MP + (28-36 sec/km)
5		10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	10 km run; 3 km easy; 5 km @ ST pace 2 km easy	Distance: 20 km Pace: MP + (28-36 sec/km)
6		10-20 minute warm-up 2 x 1200m (2 min. RI); 4 x 800m (2 min. RI) 10 minute cool-down	8 km @ MT pace	Distance: 22 km Pace: MP + (28-36 sec./mile)
7		10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	13 km run; 1.5 km easy 10 km @ LT pace 1.5 km easy	Distance: 25 km Pace: MP + (9 sec/km)
8		10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	10 km run; 3 km easy, 5 km @ ST pace 2 km easy	Distance: 18 km Pace: MP + (19 sec/km)
9		10-20 minute warm-up 1600m (400m RI), 3200m (800m RI), 2 x 800m (400m RI) 10 minute cool-down	10 km run; 1.5 km easy 7 km @ MT pace 1.5 km easy	Distance: 25 km Pace: MP + (19-28 sec/km)
10		10-20 minute warm-up 3 x (2 x 1200m) (2 min. RI) (4 min. between sets) 10 minute cool-down	16 km @ MP	Distance: 20 km Pace: MP + (12 sec/km)
11		10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	10 km run; 2 km easy 8 km @ MT pace	Distance: 30 km Pace: MP + (19-28 sec/km)
12		10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	16 km @ MP	Distance: 20 km Pace: MP + (6 sec/km)
13		10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	13 km @ MP	Distance: 32 km Pace: MP + (19 sec/km)
14		10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	8 km @ MT	Distance: 20 km Pace: MP
15		10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	10 km run; 3 km easy, 5 km @ ST pace 2 km easy	Distance: 16 km Pace: MP
Race Week		10-20 minute warm-up 6 x 400m (400m RI) 10 minute cool-down	5 km @ MP	Marathon Day Distance: 42.2 km Pace: Marathon Pace

RI = Rest Interval; which may be a timed rest/recovery interval or a distance that you walk/jog