

TRAINING PLAN - Full Marathon

WEEKS 1-17



WEEK 01

MON	TUES	WED	THU	FRI	SAT	SUN
10K EASY General strength and stretching	REST	10K EASY General strength and stretching	REST	2.5kms Easy 5kms at goal half pace 2.5kms Easy General strength or core work and stretching	REST	12K EASY Stretching and active recovery

WEEK 07

MON	TUES	WED	THU	FRI	SAT	SUN
15K EASY General strength and stretching	REST	4kms Easy 3x3kms Fast (2mins rest) 2kms Easy	REST	12K EASY General strength or core work Stretching and active recovery	REST	22K EASY Stretching and active recovery

WEEK 02

MON	TUES	WED	THU	FRI	SAT	SUN
10K EASY General strength and stretching	REST	10K EASY General strength and stretching	REST	2.5kms Easy 5kms at goal half pace 2.5kms Easy General strength or core work and stretching	REST	14K EASY Stretching and active recovery

WEEK 08

MON	TUES	WED	THU	FRI	SAT	SUN
15K EASY General strength and stretching	REST	4kms Easy 2x15 mins Fast (2mins rest) 4kms Easy	REST	14K EASY General strength or core work Stretching and active recovery	REST	25K EASY Stretching and active recovery

WEEK 03

MON	TUES	WED	THU	FRI	SAT	SUN
12K EASY General strength and stretching	REST	4kms Easy 6x1kms Fast (2mins rest) 2.5kms Easy	REST	12K EASY General strength or core work Stretching and active recovery	REST	16K EASY Stretching and active recovery

WEEK 09

MON	TUES	WED	THU	FRI	SAT	SUN
16K EASY General strength and stretching	REST	4kms Easy 2x5kms Fast (2mins rest) 2kms Easy	REST	12K EASY Stretching and active recovery	REST	28K EASY Stretching and active recovery

WEEK 04

MON	TUES	WED	THU	FRI	SAT	SUN
12K EASY General strength and stretching	REST	4kms Easy 3x2kms Fast (2mins rest) 2kms Easy	REST	12K EASY Stretching and active recovery	REST	18K EASY Stretching and active recovery

WEEK 10

MON	TUES	WED	THU	FRI	SAT	SUN
14K EASY General strength and stretching	REST	4kms Easy 5x2kms Fast (2mins rest) 2kms Easy	REST	14K EASY General strength or core work Stretching and active recovery	REST	30K EASY Stretching and active recovery

WEEK 05

MON	TUES	WED	THU	FRI	SAT	SUN
14K EASY General strength and stretching	REST	4kms Easy 4x2kms Fast (2mins rest) 2kms Easy	REST	10K EASY Stretching and active recovery	REST	20K EASY Stretching and active recovery

WEEK 11

MON	TUES	WED	THU	FRI	SAT	SUN
13K EASY General strength and stretching	REST	4kms Easy 4x3kms Fast (2mins rest) 2kms Easy	REST	14K EASY General strength or core work Stretching and active recovery	REST	25K EASY Stretching and active recovery

WEEK 06

MON	TUES	WED	THU	FRI	SAT	SUN
14K EASY General strength and stretching	REST	4kms Easy 3x10 mins Fast (2mins rest) 2kms Easy	REST	12K EASY General strength or core work Stretching and active recovery	REST	20K EASY Stretching and active recovery

WEEK 12

MON	TUES	WED	THU	FRI	SAT	SUN
16K EASY General strength and stretching	REST	4kms Easy 14K RACE PACE 2kms Easy	REST	14K EASY General strength or core work Stretching and active recovery	REST	34K EASY Stretching and active recovery

Easy = Can talk/maintain a conversation while running

Steady = Faster than easy, stable breathing & pace. Can talk, but short sentences only

Fast = Faster than Steady, slower than race pace. Can still talk, but only a few words at a time

Race Pace = Goal pace for race day

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WEEK 13

MON	TUES	WED	THU	FRI	SAT	SUN
12K EASY General strength and stretching	REST	4kms Easy 5x3kms Fast (2mins rest) 2kms Easy	REST	14K EASY General strength or core work Stretching and active recovery	REST	25K EASY Stretching and active recovery

WEEK 14

MON	TUES	WED	THU	FRI	SAT	SUN
16K EASY General strength and stretching	REST	4kms Easy 2x6kms Fast (2mins rest) 2kms Easy	REST	12K EASY General strength or core work Stretching and active recovery	REST	30K EASY Stretching and active recovery

WEEK 15

MON	TUES	WED	THU	FRI	SAT	SUN
10K EASY General strength and stretching	REST	4kms Easy 14K RACE PACE 2kms Easy	REST	14K EASY General strength or core work Stretching and active recovery	REST	20K EASY Stretching and active recovery

WEEK 16

MON	TUES	WED	THU	FRI	SAT	SUN
12K EASY General strength and stretching	REST	4kms Easy 8x1kms Fast (2mins rest) 2kms Easy	REST	10K EASY General strength or core work Stretching and active recovery	REST	12K EASY Stretching and active recovery

WEEK 17

MON	TUES	WED	THU	FRI	SAT	SUN
8K EASY General strength and stretching	REST	6K EASY General strength and stretching	REST	4K EASY Stretching and active recovery	2kms Very Easy/Walk	Race day!

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