

MARATHON BEGINNER

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12012	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	REST	REST	REST	REST	REST	REST
TUESDAY	Total Time: 30 Mins Warm Up 5 Mins Brisk Walk RUN 20 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.
WEDNESDAY	REST	REST	REST	REST	REST	REST
THURSDAY	Total Time: 30 Mins Warm Up 5 minute Brisk Walk RUN 20 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Easy Cool Down 5 minute easy walk.
FRIDAY	REST	REST	REST	REST	REST	REST
SATURDAY	REST	REST	REST	REST	REST	REST
SUNDAY	Warm Up 5 minute Brisk Walk RUN 3 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 4 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 5 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 60 Mins None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 70 Mins None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 80 Mins None Stop Cool Down 5 minute easy walk.

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12012	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MONDAY	REST	REST	REST	REST	REST	REST
TUESDAY	Total Time: 55 Mins Warm Up 5 Mins Brisk Walk RUN 45 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 55 Mins Warm Up 5 Mins Brisk Walk RUN 45 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.
WEDNESDAY	REST	REST	REST	REST	REST	REST
THURSDAY	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 65 Mins Warm Up 5 minute Brisk Walk RUN 55 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 55 Mins Warm Up 5 minute Brisk Walk RUN 45 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 70 Mins Warm Up 5 minute Brisk Walk RUN 60 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 70 Mins Warm Up 5 minute Brisk Walk RUN 60 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Easy Cool Down 5 minute easy walk.
FRIDAY	REST	REST	REST	REST	REST	REST
SATURDAY	REST	REST	REST	REST	REST	REST
SUNDAY	Warm Up 5 minute Brisk Walk RUN 10 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 11 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 8 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 14 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 15 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 13 Miles None Stop Cool Down 5 minute easy walk.

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12012	WEEK 13	WEEK 14	WEEK 15	WEEK 16		
MONDAY	REST	REST	REST	REST		
TUESDAY	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 50 Mins Warm Up 5 Mins Brisk Walk RUN 40 Mins - Easy Cool Down 5 Mins easy walk.	Total Time: 40 Mins Warm Up 5 Mins Brisk Walk RUN 30 Mins - Easy Cool Down 5 Mins easy walk.		
WEDNESDAY	REST	REST	REST	REST		
THURSDAY	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 70 Mins Warm Up 5 minute Brisk Walk RUN 60 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 50 Mins Warm Up 5 minute Brisk Walk RUN 40 Minutes - Easy Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk RUN 30 Minutes - Easy Cool Down 5 minute easy walk.		
FRIDAY	REST	REST	REST	REST		
SATURDAY	REST	REST	REST	REST		
SUNDAY	Warm Up 5 minute Brisk Walk RUN 20 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 15 Miles None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 10 Miles Easy Run Cool Down 5 minute easy walk.	Warm Up 5 minute Brisk Walk RUN 26.2 Miles None Stop Cool Down 5 minute easy walk.		