



# **Beginners Marathon Plan**

## **16 Weeks to Your First Marathon**

# Training for Your First Marathon

Congratulations on signing-up for your first marathon!

Whether you're an experienced runner, a beginner or anywhere in between, the required training and the big day itself is totally do-able if you take the right approach.

My goal in writing this programme is to consolidate over a decade's experience of working exclusively with distance runners, into a training plan that will prepare you to take-on your first marathon, and finish strong with a smile on your face.

Although, don't get me wrong - I finished my first marathon and immediately burst into tears 😂 Good tears! You'll find out soon enough, a marathon finish line is an emotional place!

No doubt you'll have heard from other runners, or maybe experienced yourself, that one of the biggest challenges we face is staying injury-free as we build the training load ahead of any event.

Helping you stay injury-free is the biggest focus of this programme, which is why I've incorporated strength and mobility routines into the plan alongside the running sessions. Make no mistake, these are as important as the runs themselves!

Best of luck with your training.

I look forward to guiding you through the process.



**James Dunne**  
Sports Rehab Therapist  
Running Specialist  
@KineticRev

# Before You Get Started

This sixteen week training plan provides a structured and progressive path to prepare you for your first marathon.

It is important however that you have achieved a pre-requisite degree of running fitness ahead of getting started with this marathon training plan. Otherwise you should take time to do so. This will help you transition into the programme more successfully and reduce injury risk.

In preparation for this programme, please ensure that you are able to:

- ✓ Run 8 miles at a slow and relaxed pace
- ✓ Consistently run 4 days per week
- ✓ Run a minimum of 18-20 miles per week consistently for the last 4-6 weeks

If you have successfully achieved all three of the above pre-requisites, then you're ready to get started!

## Disclaimer

Always warm up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a doctor before beginning any new exercise regime. Whilst all exercises have been chosen to be appropriate and of benefit to runners, James Dunne shall not be held responsible for any loss or injury that is incurred through the use of the information or exercises within this document.

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# How to Use This Plan

I've tried to keep this training plan as concise and easy to use as possible. Regardless, there are a few bits which will require a little explanation!

The following page is an “at a glance” view of how the programme develops from week-to-week, as your fitness improves, and marathon day gets closer. The next pages take you through the days of each week, individually.

The last section of this document provides specific details of how to perform each session, as well as information on pacing, nutrition and other frequently asked questions. This is where you will find explanation of terms you may not have come across before, like “**tempo**” and “**strides**”.

## Fitting to Your Schedule

If possible, try to keep the runs on the specified days of the week. Having said that, I'm a realist. I appreciate that we all have different commitments and weekly schedules.

If you do need to shuffle the days of the programme around, please make sure you maintain adequate non-running recovery days after the long slow run, and after the tempo sessions.

## Running 3 x Weekly

While it's fair to say that this programme works best when you run **four** times weekly, and follow the plan as closely as you can, some runners will prefer to run three times weekly.

If this is the case with you, feel free to swap either the Tuesday (my preference) or Saturday sessions for 60-90 minutes of steady state cardio on either a bike, elliptical trainer, swimming, aqua jogging, or other similar aerobic exercise.

## Strength & Mobility Workouts

I have made a point of incorporating specific strength and mobility workouts into each week, to help you stay injury free through your training. [You can download details for each of these workouts here.](#)

# Mileage Overview

Here's a handy "at a glance" guide to this marathon training programme, detailing not only the progressions in terms of mileage, but also where the strength and mobility sessions (shown by: **STR**) fit into the running schedule.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Miles
1	STR	4	STR	4 + STR	-	5 + STR	8	21
2	STR	4	STR	6 + STR	-	5 + STR	10	25
3	STR	4	STR	4 + STR	-	3 + STR	6	17
4	STR	4	STR	6 + STR	-	6 + STR	10	26
5	STR	4	STR	6 + STR	-	6 + STR	12	28
6	STR	4	STR	6 + STR	-	6 + STR	14	30
7	STR	4	STR	4 + STR	-	4 + STR	10	22
8	STR	4	STR	7 + STR	-	8 + STR	14	33
9	STR	4	STR	7 + STR	-	8 + STR	16	35
10	STR	4	STR	7 + STR	-	8 + STR	18	37
11	STR	4	STR	6 + STR	-	6 + STR	10	26
12	STR	5	STR	8 + STR	-	10 + STR	14	37
13	STR	5	STR	8 + STR	-	10 + STR	16	39
14	STR	5	STR	8 + STR	-	10 + STR	18	41
15	STR	4	STR	4 + STR	-	3 + STR	10	21
16	STR	3	STR	3 + STR	-	2	26.2	34.2

Easier Week

Easier Week

Easier Week

Race Week

Taper Week

# Week 1

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 4 mile hilly tempo workout

- 5 minutes easy warm-up
- 3 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

5 mile easy paced run

### Strength & Mobility

- Workout 1

## Sunday

### 8 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 2

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 6 mile hilly tempo workout

- 5 minutes easy warm-up
- 2 miles at “tempo” effort on a hilly route
- 1 mile easy pace
- 2 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

5 mile easy paced run

### Strength & Mobility

- Workout 2

## Sunday

### 10 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 3

Easier Week

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 4 mile hilly tempo workout

- 5 minutes easy warm-up
- 3 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

3 mile easy paced run

### Strength & Mobility

- Workout 3

## Sunday

### 6 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 4

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 6 mile hilly tempo workout

- 5 minutes easy warm-up
- 2 miles at “tempo” effort on a hilly route
- 1 mile easy pace
- 2 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

6 mile easy paced run

### Strength & Mobility

- Workout 1

## Sunday

### 10 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 5

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 6 mile hilly tempo workout

- 5 minutes easy warm-up
- 2 miles at “tempo” effort on a hilly route
- 1 mile easy pace
- 2 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

6 mile easy paced run

### Strength & Mobility

- Workout 2

## Sunday

### 12 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 6

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 6 mile hilly tempo workout

- 5 minutes easy warm-up
- 2 miles at “tempo” effort on a hilly route
- 1 mile easy pace
- 2 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

6 mile easy paced run

### Strength & Mobility

- Workout 3

## Sunday

### 14 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 7

## Easier Week

### Monday

#### Strength & Mobility

- Workout 1

### Tuesday

4 mile easy paced run

### Wednesday

#### Strength & Mobility

- Workout 2

### Thursday

#### 4 mile hilly tempo workout

- 5 minutes easy warm-up
- 3 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

#### Strength & Mobility

- Workout 3

### Friday

REST

### Saturday

4 mile easy paced run

#### Strength & Mobility

- Workout 1

### Sunday

#### 10 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

[👉 click here for strength and mobility workout details and tutorial videos 👉](#)

Please refer to page 23 for detailed pacing guidance

# Week 8

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 7 mile progressive hilly tempo workout

- 5 minutes easy warm-up
- 2 miles at “steady” effort
- 2 miles at “tempo” effort
- 2 miles as hard as you can
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

8 mile easy paced run

### Strength & Mobility

- Workout 2

## Sunday

### 14 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 9

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 7 mile hilly tempo workout

- 5 minutes easy warm-up
- 2 miles at “tempo” effort on a hilly route
- 1 mile easy pace
- 3 miles at “tempo” effort on a hilly route
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

8 mile easy paced run

### Strength & Mobility

- Workout 3

## Sunday

### 16 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 10

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 7 mile progressive hilly tempo workout

- 5 minutes easy warm-up
- 2 miles at “steady” effort
- 2 miles at “tempo” effort
- 2 miles as hard as you can
- 5 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

8 mile easy paced run

### Strength & Mobility

- Workout 1

## Sunday

### 18 mile long slow run

- ...or 3:30hrs, which ever comes first.
- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 11

Easier Week

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

4 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 6 mile hilly tempo workout

- 10 minutes easy warm-up
- 4 miles at “tempo” effort on a hilly route
- 10 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

6 mile easy paced run

### Strength & Mobility

- Workout 2

## Sunday

### 10 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 12

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

5 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 8 mile hilly tempo workout

- 10 minutes easy warm-up
- 6 miles at “tempo” effort on a hilly route
- 10 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

10 mile easy paced run

### Strength & Mobility

- Workout 3

## Sunday

### 14 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

OR...

### Half marathon as a training race

- Run a half marathon at your planned marathon race pace. Using an even split pacing strategy (i.e: try to run each mile at the same pace, if the course profile allows).

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 13

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

5 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 8 mile hilly tempo workout

- 10 minutes easy warm-up
- 6 miles at “tempo” effort on a hilly route
- 10 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

10 mile easy paced run

### Strength & Mobility

- Workout 1

## Sunday

### 16 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 14

## Monday

### Strength & Mobility

- Workout 1

## Tuesday

5 mile easy paced run

## Wednesday

### Strength & Mobility

- Workout 2

## Thursday

### 8 mile hilly tempo workout

- 10 minutes easy warm-up
- 6 miles at “tempo” effort on a hilly route
- 10 minutes easy cool-down

### Strength & Mobility

- Workout 3

## Friday

REST

## Saturday

10 mile easy paced run

### Strength & Mobility

- Workout 2

## Sunday

### 18 mile long slow run

- ...or 3:30hrs, which ever comes first.
- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Week 15

## Taper Week

### Monday

#### Strength & Mobility

- Workout 1

### Tuesday

**3 mile TARGET MARATHON PACED run**

### Wednesday

#### Strength & Mobility

- Workout 2

### Thursday

#### 4 mile hilly tempo workout

- 10 minutes easy warm-up
- 2 miles at “tempo” effort on a hilly route
- 10 minutes easy cool-down

#### Strength & Mobility

- Workout 3

### Friday

**REST**

### Saturday

**3 mile easy paced run**

#### Strength & Mobility

- Workout 1

### Sunday

#### 10 mile long slow run

- Finish the run with 4-6 x 60m sets of “strides”, accelerating from easy pace to what feels like your 5km race pace, focused on maintaining good form.

[!\[\]\(1344da4c0f5f7f10bb5da618b86b8c7e\_img.jpg\) click here for strength and mobility workout details and tutorial videos !\[\]\(23bca9775b4a6bef9ced53bec9aa0ad9\_img.jpg\)](#)

Please refer to page 23 for detailed pacing guidance

# Week 16

## Marathon Week

### Monday

#### Strength & Mobility

- Workout 1 (Mobility Only)

### Tuesday

3 mile **TARGET MARATHON PACED** run

### Wednesday

#### Strength & Mobility

- Workout 2 (Mobility Only)

### Thursday

2 mile easy paced run

#### Strength & Mobility

- Workout 3 (Mobility Only)

### Friday

REST

### Saturday

2 mile easy paced run

### Sunday

**MARATHON DAY - GOOD LUCK!!**

👉 [click here for strength and mobility workout details and tutorial videos](#) 👉

Please refer to page 23 for detailed pacing guidance

# Goal Setting

I'm a firm believer that your first marathon should be about enjoying the process, learning what your body is capable of, and finishing strong.

If you can look back the evening after your first marathon and say “*yeah, I'd like to do another...*” then you've done it right!

There's plenty of time in the future for trying to run faster, and hit certain time-based goals. For your first attempt at the full marathon distance, the goal should be more process based than outcome based.

Later in this document, I'll be sharing some info on race pacing for marathon day. Being consistent throughout the process of your training, then running your marathon with at a consistent pace - rather than starting too fast then crashing as many do - will allow the outcome to look after itself.

Take the pressure off. When all's said and done, your first marathon will automatically be a personal best!

## **That said...**

I know many of us will still have a time in our minds which we'd love to achieve. It's human nature!

On the next page, you can find a link to a pacing calculator which you can use to get an indication of your current predicted marathon time, based on your recent running performances, to see how your 'dream' finish time stacks-up.

# Find Your Training Paces

Marathon training is certainly about the mileage, but just as important is the pace at which you complete the mileage.

Believe it or not, many runners actually run their long runs too fast. This leads to excessive fatigue and increased injury risk as the weeks of the training plan progress. The coaching adage of “run your easy easy, and your fast runs fast” holds a lot of truth!

I find the best way to get an indication of what your training paces should be is to use Jack Daniels’ VDOT Calculator, others calculators like Macmillan Running’s calculator are also available, but I personally have found Jack Daniels’ VDOT to be most consistently accurate.

[👉 Click Here for the VDOT Calculator 👈](#)

Simply input a recent race finish time - preferably 10km or Half Marathon - and the calculator will give you an indication of not just predicted marathon finish time, but also training paces based on your inputted time.

**A word of caution...** Avoid the temptation to input your desired marathon finish time into the calculator, and reverse engineer what training paces you’ll need to be running to be hitting to reach your goal. That’s a surefire way to start over-reaching.

Instead, use your current fitness levels and then update the calculator as your fitness improves over time!

# Heart Rate Training

Many runners make use of a heart rate (HR) monitor to gauge the intensity of their training sessions.

Personally I've found this to be a very effective way of making sure that each run is being performed at the correct intensity to get the desired physiological effect from the workout.

However, I don't see use of a heart rate monitor as being a prerequisite for getting maximum benefit from this programme.

Why? In my opinion, the big limitation is the guess-timation that goes into setting-up HR training zones.

There are various equations out there when it comes to estimating HR training zones, most of which will give you very different sets of training zones. Combine that with the variability in human physiology from one person to another, and trying to work out your own zones (or relying on apps etc... to do so), becomes fairly hit-and-miss.

If you're serious about training using HR, one of the best investments you can make is to visit an exercise physiologist to get some physiological testing done. This will provide you with a scientifically derived, personalised set of training zones to work to.

If you have a set of HR training zones already, feel free to use the HR training advice provided in each of the workout details pages throughout this document.

# Workout Details

## Long Slow Run

**What:** In a given marathon training week, the long slow run is arguably the most important session; the run that the whole programme is built around. Throughout the programme, these weekly long runs will get progressively longer. Be sure to use them to practice with the nutrition / hydration options you'll be using on marathon day.

**Why:** Alongside the increasing weekly mileage, these long slow runs are how you improve endurance and stamina, both in terms of building resilience to the physical demands running long, and developing aerobic fitness and running efficiency.

There's a certain strength-endurance which is developed through running mileage into your legs, which can't be achieved in the gym. These long runs, and specifically those on already tired legs that develop this.

The mental training side also can't be underestimated. While you absolutely don't need to run 26.2 miles in training ahead of your marathon, there is a lot of confidence to be found in completing an 18 mile run in training. The extra miles on race day will be fine. Just trust the process.

If you're wondering why I only have you running up to 18 miles, no further, this might be a good read: [How Long Should Your Long Run Be?](#)

**How:** Pacing is the key to these long runs. Use the pacing calculator on [Page 23](#) to gauge how slow your long slow ("easy" pace) run needs to be. I intentionally phrase it that way, as many runners have a tendency to run their long runs too fast and miss out on the aerobic benefits that come from training at a sufficiently slow pace. Running these long runs too fast also increases your injury risk.

If you're using a heart rate (HR) monitor, and have your HR zones set correctly, you should aim to keep your effort in your aerobic Zone 2 throughout this session.

Use the first mile as an opportunity to gradually build into the run, as a gentle warm-up. Then complete the remaining distance at a pace that should feel "conversational". You should feel in total control of your breathing rate at all times, and able to talk back and forth - or sing, as I sometimes like to do if I'm on my own!

Finish this session with sets of "strides", which are effectively 60m acceleration runs from walking pace to 5km pace, focused on form. Keep your posture tall, drive your arms, and pick your feet-up. Walk for 60-90 seconds between each of these sets of strides. These are great for reinforcing good form with tired legs. If however, you're nursing a niggle, feel free to miss these strides out.

Finish with a walk to cool down, stretch and refuel.

# Workout Details

## Easy Saturday Run

**What:** There are a couple of ways you can incorporate these Saturday runs - or easy paced runs the day before your long slow run, if you're changing the days around! I'll elaborate in the 'How' section below. Either way, these runs are a great opportunity to continue building time running aerobically, and developing your endurance and well as building your weekly mileage.

**Why:** I'm specifically keen to get you doing these runs the day before your long slow run. Being a four runs per week programme, you are getting a reasonable amount of recovery throughout the week... which is a good thing, especially from an injury prevention point of view. However, you'll get more from those long slow runs (especially in the peak weeks) if you go into them with fairly tired legs. I know - thank me later!

**How:** Pacing is the key to these easy runs. Use the pacing calculator on [Page 23](#) to gauge how slow your "easy" paced run needs to be. I intentionally phrase it that way, as many runners have a tendency to run their slow runs too fast and miss out on the aerobic benefits that come from training at a sufficiently easy pace. Running these slow runs too fast also increases your injury risk. So slow down!

If you're using a heart rate (HR) monitor, and have your HR zones set correctly, you should aim to keep your effort in your aerobic Zone 2 throughout this session.

Use the first mile as an opportunity to gradually build into the run, as a gentle warm-up. Then complete the remaining distance at a pace that should feel "conversational". You should feel in total control of your breathing rate at all times, and able to talk back and forth - or sing, as I sometimes like to do if I'm on my own!

- **Option 1:** You can perform this run as a 'normal' run and complete the distance stated for the day at one steady pace.
- **Option 2:** Turn this run into what I like to call a 'parkrun sandwich'. For example, if you're on Week 8 and have an 8 mile Saturday run to do, you could run 2 miles before your local parkrun (or other 5km event) and 3 miles after. Don't aim to PB the 5km in the middle, instead feel free to use it as an opportunity to increase the pace a little and experiment with target marathon pace.

Finish with a walk to cool down, stretch and refuel.

# Workout Details

## Midweek Easy Paced Run

**What:** These easy paced midweek runs are an opportunity to increase your weekly running volume (total distance) without overly stressing your body by adding another intense session.

**Why:** In a similar way that the weekly long slow run is a vital part of marathon training, and prepares your body to run the full distance, so is the total weekly running volume. In fact, your consistent weekly mileage is one of the biggest factors when it comes to marathon success, whether you're a new runner, or seasoned marathoner.

**How:** Pacing is the key to these easy runs. Use the pacing calculator on [Page 23](#) to gauge how slow your "easy" paced run needs to be. I intentionally phrase it that way, as many runners have a tendency to run their slow runs too fast and miss out on the aerobic benefits that come from training at a sufficiently slow pace. Running these easy runs too fast also increases your injury risk. So slow down!

If you're using a heart rate (HR) monitor, and have your HR zones set correctly, you should aim to keep your effort in your aerobic Zone 2 throughout this session.

Use the first mile as an opportunity to gradually build into the run, as a gentle warm-up. Then complete the remaining distance at a pace that should feel "conversational". You should feel in total control of your breathing rate at all times, and able to talk back and forth - or sing, as I sometimes like to do if I'm on my own!

Finish with a walk to cool down, stretch and refuel.

# Workout Details

## Hilly Tempo Run

**What:** Tempo runs can be characterised as being sessions which have you running at an effort that can be described as “sustainably uncomfortable”. Sometimes, you’ll hear tempo effort described as being the maximum effort you can maintain for 60 minutes.

As you can probably imagine, for a lot of runners (clearly not all), this puts tempo effort in a similar realm to 10km race effort... Useful as a guide. You may notice that I’m specifically saying tempo ‘effort’ not tempo ‘pace’. I’d like you to complete these sessions on a hilly route. The hilly nature of the route will largely dictate the pace, whereas YOU dictate the effort!

Here’s a short podcast episode which further describes tempo running sessions: [Tempo Running Workouts \[Podcast\]](#)

**Why:** These types of session are fantastic for improving your lactate threshold, meaning that you’ll be able to run harder, and faster before your body switches from using its aerobic energy system to anaerobic, and starts producing more lactic acid. Marathon running is very much an aerobic discipline. The more we can train our body to run efficiently whilst still remaining beneath its lactate threshold, the faster you’ll become as a runner.

I focus on tempo ‘effort’ and not ‘pace’ because adding hills into the mix during these tempo workouts allows you to also build strength in the legs, while also revving the engine aerobically. These hilly tempo sessions really are big bang for your buck.

**How:** Knowing that the hills within this session will make training paces less accurate, I like to refer to the “talk test” where earlier I described easy running as “conversational”. This tempo effort should have you in a state where you can only answer questions a few words at a time, before having to regather your breath. You should be in an intense but controlled breathing pattern. Not easy, but also not quite maxing-out.

In terms of just how hilly your route needs to be, you may find it interesting to look at the marathon course profile, and try to at least mimic the most hilly 10km of the race, in terms of elevation. For most city marathons this will be appropriate, although not more mountainous races!

If you’re using a heart rate (HR) monitor, and have your HR zones set correctly, you should aim to keep your tempo effort at top-end Zone 3 or the bottom of Zone 4 throughout the tempo portion of the session.

Perform the initial warm-up part of the session at an easy effort. Then follow the instructions in the daily details which state how long the tempo block needs to be. Then end your run with the final block of easy effort running.

Finish with a walk to further cool down, stretch and refuel.

# Workout Details

## Half Marathon Training Run

**What:** It's often a great idea to use a strategically chosen event like a half marathon to as what I like to refer to as a "long run with a number".

**Why:** Not only is it a welcome break from having to complete yet another long run on your own, but it allows you to practice your pre-marathon routine. Everything from race day breakfast, and what you're going to pack in your bag, to the hydration and nutrition strategy you're going to use for the day. Make sure you use the same shoes, and running kit you're going to use for the marathon. Silly as it sounds, having a "dress rehearsal" takes a number of unknown factors out of the equation. More steps closer to success!

**How:** Your goal for today is all about execution and pacing. By now you should have a reasonable idea what your target marathon pace should be. Today is the chance to practice the first half of your marathon. Your first goal, as it will be on the big day, is to resist the temptation to set-off too fast.

Instead, I'd like you to set your GPS watch - if you're using one - to show you "lap pace" (and auto-lap every mile or km) and then run so as to maintain your target marathon pace mile-after-mile for the duration of the race.

The aim of the game is to see how close you can get to evenly paced mile (or km) splits from start to finish!

Finish with a walk to cool down, stretch and refuel.

# Missed Runs / Workouts

## What to Do When Life / Injury / Illness Gets in the Way

It's one of the realities of both marathon training and life in general, that sometimes circumstances beyond our control force the best laid plans to change. These things happen! The key to your success lies in how you react to these changes.

I recently published an article and accompanying podcast episode sharing a few marathon tips, one of which refers to the importance of not playing catch-up and avoiding panic training when things go wrong. In the podcast episode, I share a number of strategies you can use to get training back in order.

**Read / listen here** 🖱️ [Three Marathon Training Mistakes to Avoid for Race Day Success](#)

### Injuries & Illness

If you have the misfortune of picking-up a running injury during marathon training, the most important thing is that you don't try to run through it. Inevitably a small injury that you try to ignore and run through, turns into a big injury that stops you in your tracks later in the programme.

If in doubt, make an appointment to see a physiotherapist to get the injury assessed. If caught early enough, a little bit of treatment, and some rehab exercises can be the difference between you making it to the start line on race day, versus not being able to do so.

There are a number of [helpful injury resources](#) on the Kinetic Revolution website to you with many of the common running injuries experienced by marathon runners.

# Marathon Day & Pacing Strategy

By the time you get to marathon day, be confident to know that the hard work is done.

Yes, those miles late in the race are going to require a bit of extra will power, but with the training in the bank, your legs will have the strength to get you to the finish!

**Pro Tip #1:** Although it sounds like I'm making the final few miles sound scary, I find that if you have already made peace with the fact that it'll require a bit of mental strength on the day, then you won't be surprised when a tough patch occurs in the race.

**Pro Tip #2:** If and when life get tough out there, just smile! The simple act of smiling has a profound effect on the rest of your body.

The most important strategy for race day is to get your pacing right. I recorded a podcast with Jason Fitzgerald from Strength Running about pacing a while back, where we discuss the many different approaches you can take to pacing different types of race.

**Negative Split, Even Pacing or Go Hard and Hold On?  
Run pacing strategies and much more with Jason Fitzgerald**

**👉 Listen Now 👉**

# Nutrition & Hydration

I'm sure if you've done any research for yourself, you'll know what a minefield the world of sports nutrition can be. Nutrition for endurance events like marathon running is no different.

There are many different schools of thought with it comes to not only what to eat to fuel your long runs, and race day, but also what we should be doing from a lifestyle perspective with our daily nutrition.

One of the most balanced and sensible conversations I've had about running nutrition in recent years was with elite runner Tina Muir (host of the Running 4 Real podcast). Luckily I managed to record the chat we had!



**What to Eat Before Running: Long Run & Race Nutrition with Tina Muir**

# Join Our Community of Runners

I really hope you've found this training plan and descriptions of each of the component parts clear and helpful. It would be great to help you through the process, by welcoming you into our training group over on Facebook!

👉 [Transform Your Running - Facebook Group](#) 👈

See you there!

*James*