Beginner 17 Week Training Plan

Introduction: The following training programmes cover a period of 17 weeks. Before embarking on one of these marathon training plans you should have done four to eight weeks of steady running so that you have a foundation of fitness to build on. Each programme is designed to cater for different levels and abilities so it's important that you choose the right plan for you. A training schedule needs to be challenging but not so that you feel out of your depth.

Key: ER = Easy Run, SR = Steady Run, TR = Threshold Run, HR = Hill Run, FR = Fartlek Run, IR = Interval Run, LR = Long Run, MP = Marathon Pace, HMP = Half Marathon Pace, H&N = Hydration & Nutrition Strategies

Week 1	
Monday	Rest
Tuesday	10min walk, 20min ER, 5min walk
Wednesday	Rest
Thursday	10min walk, 30min ER, 5min walk
Friday	Core & Stretching
Sat or Sun	5min walk, 30min LR, 5min walk, 10min ER, 5min walk

Week 2	
Monday	Rest
Tuesday	35min ER
Wednesday	Rest
Thursday	5min walk, 35min ER, 5min walk
Friday	Core & Stretching
Sat or Sun	5min walk, 45min LR, 10min walk

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Week 3	
Monday	Rest
Tuesday	40min ER
Wednesday	Rest
Thursday	15min ER, 10min SR, 15min ER
Friday	Core & Stretching
Sat or Sun	5min walk, 55min LR, 5min walk

Week 4	
Monday	Rest
Tuesday	45min ER
Wednesday	Rest
Thursday	45min FR as 5min ER, 10min SR, 5min ER, 5min TR, 10min ER, 5min SR, 5min ER
Friday	Core & Stretching
Sat or Sun	5min walk, 65min LR, 5min walk

Week 5	
Monday	Rest
Tuesday	45min ER
Wednesday	Rest
Thursday	45min FR as 5min ER, 15min SR, 5min ER, 5min TR, 5min ER, 5min SR, 5min ER
Friday	Core & Stretching
Sat or Sun	5min walk, 75min LR, 5min walk

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Week 6	
Monday	Rest
Tuesday	10min ER, 5 x (3min IR, 2min ER), 15min ER
Wednesday	Rest
Thursday	45min FR as 10min ER, 15min SR, 5min ER, 10min TR, 5min ER
Friday	Core & Stretching
Sat or Sun	10 miles LR

Week 7	(An easier week to help your body recover and adapt to the training)
Monday	Rest
Tuesday	20min ER
Wednesday	Rest
Thursday	40min ER
Friday	Core & Stretching
Sat or Sun	50min ER

Week 8	
Monday	Rest
Tuesday	10min ER, 8 x (2min IR, 2min ER), 10min SR
Wednesday	Rest
Thursday	10min ER, 3 x (7min TR, 2min ER), 10min ER
Friday	Core & Stretching
Sat or Sun	12 miles LR. Practise H&N

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Week 9	
Monday	Rest
Tuesday	40min ER
Wednesday	Rest
Thursday	50min SR
Friday	Core & Stretching
Sat or Sun	14 miles LR. Practise H&N

Week 10	
Monday	Rest
Tuesday	50min ER
Wednesday	Rest
Thursday	10min ER, 20min HR, 5min ER, 10min SR
Friday	Core & Stretching
Sat or Sun	16 miles LR. Practise H&N

Week 11	
Monday	Rest
Tuesday	10min ER, 5 x (5min IR, 2.5min ER), 10min ER
Wednesday	Rest
Thursday	40min ER
Friday	Core & Stretching
Sat or Sun	Run a Half Marathon https://www.adidashalfmarathon.com/onlinentry/register/1/

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Week 12	
Monday	Rest
Tuesday	50min ER
Wednesday	Rest
Thursday	10min ER, 3 x (8min TR, 2min ER), 5 x 30sec fast, 5min ER
Friday	Core & Stretching
Sat or Sun	18 miles LR 3 x 4 miles MP at start, middle and end. Practise H&N

Week 13	
Monday	Rest
Tuesday	35min ER
Wednesday	Rest
Thursday	5min ER, 40min SR, 5min ER
Friday	Core & Stretching
Sat or Sun	20 miles LR. Practise H&N

4 weeks to go!	
Monday	Rest
Tuesday	30min ER
Wednesday	Rest
Thursday	1 mile ER, 4 miles HMP, 1 mile ER
Friday	Core & Stretching
Sat or Sun	22 miles LR. This will be your final long training run. Practise MP and H&N

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3 weeks to go!	
Monday	Rest
Tuesday	30 min ER
Wednesday	Rest
Thursday	2 miles ER, 4 miles HMP, 2 miles ER
Friday	Core & Stretching
Sat or Sun	13 miles LR. Practise MP and H&N

2 weeks to go!	
Monday	Rest
Tuesday	30 min ER
Wednesday	Rest
Thursday	1 mile ER, 5 x (2 mins IR, 2 mins ER), 1 mile ER
Friday	Core & Stretching
Saturday	8 miles ER

1 week to go!	
Monday	10 mins MP, 20 mins HMP, 10 mins MP
Tuesday	Rest
Wednesday	20min ER
Thursday	Rest
Friday	20min ER
Saturday	Gentle Stretching
Sunday	Race day! Remember to stretch and warm down with a 15 min walk. Eat and drink well.