

Basic Marathon & Half Marathon Training Program

BASIC SCHEDULE:

This program is designed for the first-time marathoner who wants to RUN the classic 42.2km distance, to do so as part of a comfortable and enjoyable experience, and be able to say with pride, "I am a marathon runner!" This is a general program. Depending on age, ability, current fitness level, work and family commitments, and health/illness, some of you may need to go a little slower. A half marathon program follows.

MARATHON TRAINING SCHEDULE:

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	REST	5KM	5KM	5KM	REST	10KM	CROSS TRAIN
2	REST	5KM	5KM	5KM	REST	11KM	CROSS TRAIN
3	REST	5KM	7KM	5KM	REST	9KM	CROSS TRAIN
4	REST	5KM	7KM	5KM	REST	14KM	CROSS TRAIN
5	REST	5KM	9KM	5KM	REST	16KM	CROSS TRAIN
6	REST	5KM	9KM	5KM	REST	11KM	CROSS TRAIN
7	REST	5KM	10KM	5KM	REST	18KM	CROSS TRAIN
8	REST	5KM	10KM	5KM	REST	20KM	CROSS TRAIN
9	REST	5KM	11KM	7KM	REST	16KM	CROSS TRAIN
10	REST	5KM	11KM	7KM	REST	24KM	CROSS TRAIN
11	REST	7KM	13KM	7KM	REST	26KM	CROSS TRAIN
12	REST	7KM	13KM	9KM	REST	18KM	CROSS TRAIN
13	REST	7KM	15KM	9KM	REST	29KM	CROSS TRAIN
14	REST	9KM	15KM	9KM	REST	25KM	CROSS TRAIN
15	REST	9KM	16KM	9KM	REST	30KM	CROSS TRAIN
16	REST	9KM	13KM	7KM	REST	18KM	CROSS TRAIN
17	REST	7KM	10KM	5KM	REST	13KM	CROSS TRAIN
18	REST	5KM	6KM	4KM	REST	RACE	RACE DAY!

HALF MARATHON TRAINING SCHEDULE:

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	STRETCH/STRENGTH	5KM	4KM OR CROSS TRAIN	5KM RUN & STRENGTH TRAIN	REST	30MIN CROSS	7KM
2	STRETCH/STRENGTH	5KM	4KM OR CROSS TRAIN	5KM RUN & STRENGTH TRAIN	REST	30MIN CROSS	7KM
3	STRETCH/STRENGTH	6KM	4KM OR CROSS TRAIN	6KM RUN & STRENGTH TRAIN	REST	40MIN CROSS	9KM
4	STRETCH/STRENGTH	6KM	4KM OR CROSS TRAIN	6KM RUN & STRENGTH TRAIN	REST	40MIN CROSS	9KM
5	STRETCH/STRENGTH	7KM	4KM OR CROSS TRAIN	6KM RUN & STRENGTH TRAIN	REST	40MIN CROSS	10KM
6	STRETCH/STRENGTH	7KM	4KM OR CROSS TRAIN	7KM RUN & STRENGTH TRAIN	REST OR EASY RUN	REST	5KM RACE OR RUN
7	STRETCH/STRENGTH	8KM	5KM OR CROSS TRAIN	7KM RUN & STRENGTH TRAIN	REST	50MIN CROSS	12KM
8	STRETCH/STRENGTH	8KM	5KM OR CROSS TRAIN	8KM RUN & STRENGTH TRAIN	REST	50MIN CROSS	13KM
9	STRETCH/STRENGTH	9KM	5KM OR CROSS TRAIN	9KM RUN & STRENGTH TRAIN	REST OR EASY RUN	REST	10KM RACE OR RUN
10	STRETCH/STRENGTH	9KM	5KM OR CROSS TRAIN	9KM RUN & STRENGTH TRAIN	REST	60MIN CROSS	14KM
11	STRETCH/STRENGTH	9KM	5KM OR CROSS TRAIN	9KM RUN	REST	60MIN CROSS	16KM
12	STRETCH/STRENGTH	8KM	5KM OR CROSS TRAIN	4KM RUN	REST	REST	RACE DAY!