

## Runners World's Marathon Schedules

**Beginner** : The idea here is to get you fit enough to make it round the course, regardless of speed, so there'll be very little fast work. You need to build up endurance and the schedule will help you to cut down on body weight. The first thing is simply to get used to running regularly. Pace isn't important, in fact it's a good idea to go out with the slowest group of friends or clubmates can find. Should mix walking with running, over 4-5 days a week. (M = miles)

**Intermediate**: For runners aiming for 3:30-4:30, with training over 5-6 days, and from 32 to 48 miles a week. (M = miles)

**Advanced**: For runners aiming for sub-3:30, with training over 6-7 days, and from 44 to 60 miles a week. (M = miles)

### Basic Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	Rest	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	Rest	Rest	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	1-hr ramble. No pressure
<b>Week 2</b>	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	90-min ramble
<b>Week 3</b>	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	90-min ramble
<b>Week 4</b>	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	1 hr jogging and walking. Try not to walk more than necessary
<b>Week 5</b>	20-min run	Rest	30-min run	Rest	Rest	Timed run over a 2M course	90-min ramble, or run in a 10K road race (but you're allowed to walk!)
<b>Week 6</b>	25-30-min run	Rest	25-30-min run, inc 8 x 30 secs uphill	Rest	Rest	25-30-min run	1 hr jog-walk, with more jogging than walking
<b>Week 7</b>	30-min run	Rest	30-min run	Rest	30-min run	30-min run	8M run, walking when you have to
<b>Week 8</b>	30-min run	Rest	30-min run	Rest	30-min run	30-min run	2-hr jog-walk or half-marathon race
<b>Week 9</b>	30-min run	Rest	3 x 1M session, timed, with 5 mins rest after each	Rest	30-min run	30-min run	8M run, walking when you have to
<b>Week 10</b>	25-30-min run	Rest	3M run, timed	Rest	25-30-min run	25-30-min run	Long, slow 10M run
<b>Week 11</b>	25-30-min run	Rest	3 x 1M session timed, with 5 mins rest after each	Rest	25-30-min run	25-30-min run	Long, slow 12M run (or 10M race)
<b>Week 12</b>	25-30-min run	Rest	3M run, timed, at a faster pace	Rest	25-30-min run	25-30-min run	Half-marathon race – take it slowly!
<b>Week 13</b>	20-min run	Rest	3 x 1M, timed, with 5 mins rest after each, aiming at a faster average speed than Wk 11	Rest	20-min run	35-min run at marathon pace	16-18M endurance run, taking drinks, walking 5 mins in every hour
<b>Week 14</b>	20-min run	Rest	3M run, timed	Rest	40-min run at marathon pace	20-min run	10K or 10M race, or 10M run inc 5M at a brisk pace
<b>Week 15</b>	20-min run	Rest	35-min run at marathon pace	Rest	2 x 1M session, timed	20-min run	Practise your marathon preparation, and run 50 mins at marathon pace
<b>Week 16</b>	20 mins easy	Rest	30 mins easy, inc a few strides	Rest	Rest	20 mins jogging, in racing kit	<b>RACE DAY</b>

## Intermediate Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	Rest or 5M easy, off-road if possible	6M. Start slowly, finish faster	7M. Warm up, then 10 x 1 min fast, 2 mins slow,	6M easy	Rest	5-7M steady, off-road	8M steady
<b>Week 2</b>	Rest or 5M easy	5M: first and last mile slow, middle 3M faster	6M steady	Warm up, then 4 x 3 min fast, 2 min slow	Rest	6M easy, off-road	10M slow
<b>Week 3</b>	Rest or 5M easy	6M steady, with a few faster stretches	Run to a hill, then 8 x 40 secs uphill, jogging back for recovery. Run home	5M easy	Rest	6-8M steady, off-road.	12M slow – take it easy!
<b>Week 4</b>	Rest or 5M easy	Warm up, then 3 x 1000m (or 3 x 4 mins), with 3-min jog recoveries. Warm down	5M easy	Run to hill, then 9 x 40 secs uphill, jogging back for recovery. Run home	Rest	Warm up, then 3M at a good speed. Warm down	10M steady, as Wk 2, but with more confidence
<b>Week 5</b>	Rest or 5M easy	6M – start slow, then put in repeated bursts over 200m, jogging about 400m after each	6M. – start slowly, finish faster	Hill session, as Wk 4, but add 1 more rep	Rest, or jog up to 3M	4M easy	Half-marathon race
<b>Week 6</b>	Rest or 5M easy, off-road	6M – start slowly, work up to faster pace if not tired	Warm up, then repetition session: 3 x 1M approx, with 5-min recoveries after each	7M steady, with some strides at the end	3M jogging only, off-road	5M fartlek, inc some fast 200m bursts	13M steady – don't kill yourself!
<b>Week 7</b>	Rest or 5M easy, off-road	Warm up, then 3 x 10 mins at half-marathon pace or faster, with 4-min recoveries	4M easy, off-road	6M steady with a few surges	Rest	Warm-up, then 3M at a brisk pace. Warm-down	18M. – take your time, and take drinks, too
<b>Week 8</b>	Rest or 4M easy, off-road	5M – another easy run	6M. – to hill, then 9 x 40 secs uphill, jogging back for recovery.	6M. – start slowly, finish strongly	Rest or 3M jog	5M steady, inc a few fast strides	Half-marathon race
<b>Week 9</b>	Rest or 5M easy, off-road	6M steady pace run, no pressure	6M. – slow start, then put in fast strides of 30 secs, with 1-min jog recoveries	Warm up, then 4 x 1M, with 5-min recoveries	Rest	Warm up, then brisk 3M. Warm down	16-18M – another endurance run. Take it steadily
<b>Week 10</b>	Rest or 5M easy, off-road	5M easy, with a few fast strides	8M steady, inc 6M at marathon pace	6M. – start slow, then put in fast strides of 30 secs, with 1-min jog recoveries	Rest or 3M jog	6M, inc 3M at a brisk pace (omit if racing)	11-13M steady, or race 10-13M
<b>Week 11</b>	Rest or 5M easy	Warm up, then 6 x 45 secs fast, 3 mins jog. Warm down	8M at marathon pace	6M. – start slowly, finish fast	Rest	5M easy, with a few strides	18M endurance run
<b>Week 12</b>	Rest or 5M easy, off-road	5M easy	Repetition runs: 4 x 1M at 10K pace	6M steady	Rest	4M jogging and easy strides	Half-marathon race
<b>Week 13</b>	Rest or 5M easy, off-road	6M steady	6M, inc 10 x 30 secs fast, with 1-min jog recoveries	8M, inc 2 x 3M at marathon pace	3M jogging and strides	Rest	20M endurance run – the last long one! Start easily, and take drinks with you
<b>Week 14</b>	Rest or 4M jog, off-road	8M steady	Warm up, then 6 x 800m (with 2 mins rest) or 6 x 3 mins fast, 2 mins slow. Warm down	6M easy	Rest	7M, inc 5M timed, at marathon pace	10-12M, inc a race or fast run of 6-10M
<b>Week</b>	Rest or 5M	6M steady	Warm up, then 10 x	5M easy	Rest	Warm up,	10M steady.

15	easy, off-road		400m (with 90-sec recoveries) or 1 2 x 1 min fast, 1 min slow			then 2 x 2M at marathon pace, timed	Practise your marathon preparation
<b>Week 16</b>	Rest or 3M jog	Warm up, then 1M timed, at race pace. Warm down	4M easy, with a few strides	3M jog, in racing kit	Rest	20 mins jogging, inc easy strides	<b>RACE DAY</b>

## Advanced Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	5M easy, off-road	7M steady with a few strides	6M easy	Run to a hill, then 10 x 30 secs uphill, jog down	Rest or 5M easy	6-7M steady, off road	9-11M slow, no pressure
<b>Week 2</b>	5M easy	Warm up, then 3-4M at a brisk pace, timed. Warm down	6M steady	Warm up, then 8 x 90 secs fast, 90 secs slow	Rest or 5M easy	6-8M steady, cross-country	12M slow, no pressure
<b>Week 3</b>	5M easy	6M – run to a hill, then 10 x 30 secs uphill, jogging back down	6M easy	Warm up, then 4 x 5-6 mins, with 3-min recoveries. Don't push too hard at first	Rest or 5M easy	7-8M steady, cross-country or in a park	10M, slow, no pressure, but it should prove a little faster with no more effort
<b>Week 4</b>	5M easy, with a few strides	7M warm-up, then 3-4M at a brisk pace, timed. Warm down	5M easy	Warm up, then 6 x 3 mins fast, 2 mins slow (or 6 x 800m on track, with 400m jog recoveries)	Rest	3-5M easy	13M, starting slowly, finishing faster
<b>Week 5</b>	5M easy	7M – run to a hill, then 12 x 30 secs uphill, jogging back down	6M steady	8M. Start easily, then put in bursts of 100-200m, jogging after each until you've recovered	Rest or 5M easy	Rest or jog up to 4M	Half-marathon race
<b>Week 6</b>	5M easy, off-road	Hill session: 4 x 90 secs-2 mins hill climb, jogging back each time	7M steady, no pressure	Warm up, then 4 x 5-6 mins, with 3 mins rest between each. Time them	Rest or 5M easy	Warm up, then 6M at marathon pace. Warm down	10-12M easy. Don't push
<b>Week 7</b>	6M steady, with a few strides	Warm up, then 7 x 800m (or 7 x 3 mins), with 2-min recoveries	5M easy, off-road if possible	Hill running: 12 x 30 secs, or fartlek with 12-15 30-sec bursts	Rest or 5M easy, starting slowly	3M, jogging only	18M slow. Start easily
<b>Week 8</b>	5M easy, off-road	6M. Slow start, then speed up if you're not tired	Warm up, then 6M at a fast pace, timed	6M fartlek, inc bursts of 200-300m	Rest or 5M easy, off-road	4M, jogging only	Half-marathon race
<b>Week 9</b>	5M easy, off-road	Warm up, then 6 x 3 mins fast, 2 mins slow (or 6 x 800m on track, with 400m jog recoveries)	7M steady pace run, untimed	8M inc repetitions: 3 x 3K (or 3 x 10 mins), with 5-min recoveries	Rest or 4M, jogging only	5M easy with strides	20M. Set up some feeding stations where you can pick up carbohydrate drinks
<b>Week 10</b>	3M jog, off-road	6M steady, starting slowly	8M inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	8M inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	Rest or 7M steady, untimed	3M, jogging only	8M steady, inc 6M pace run
<b>Week 11</b>	5M easy	7M fartlek, inc sustained bursts of up to 400m	6M steady. Start slowly, finish fast	10M, inc 8M pace run	Rest or 3M jog	5-6M easy, with a few strides	18M easy
<b>Week 12</b>	5M jogging, off-road	7M steady, starting slowly	7M, inc 14 x 30 secs uphill	8M at brisk pace	Rest or 3M, jogging only	10M – inc 4 x 1M, with 5-min recoveries	13-15M easy, or half-marathon race

<b>Week 13</b>	6M, at whatever pace you like	7M of easy fartlek	10M steady, inc 8M pace run	7M, inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	5M easy, with some strides	3M, jogging only	20-22M – the last big training run
<b>Week 14</b>	5-6M easy, off-road	8M, starting slowly, then fartlek	6M easy	10M, inc 7M at marathon pace	Rest or 3M easy	4M jogging, plus some strides	15M steady, or half-marathon race
<b>Week 15</b>	5-6M easy, off-road	Warm up, then 4 x 1M at faster than marathon pace	8M steady, not pushing	10M, with two 3M stretches at marathon pace	Rest or 3M jog	Warm up, then 4-5M at a brisk pace	10M steady. Practise your marathon preparation
<b>Week 16</b>	5M easy	Warm up, then 1M at race pace. Warm down	4M easy, with a few strides	3M easy, in racing kit	Rest	30 mins jogging, with easy strides	<b>RACE DAY</b>