

YOUR MARATHON

WE ARE
MACMILLAN.
CANCER SUPPORT

TRAINING GUIDE

Everything you need to know to feel prepared for your big challenge

THANKS SO MUCH

Thank you for joining Team Macmillan. We think you're amazing for having the dedication and commitment to take part in this event.

At the finish, the sense of achievement will be huge, knowing that you've not only completed your challenge but you've helped people affected by cancer too. And yet running a marathon is no mean feat, so you'll need to put in some serious training. But don't worry – we're here to guide you in the right direction.



Getting started

Before starting out it's a good idea to see your doctor for a medical or health assessment, particularly if you smoke, you're overweight or there's a history of heart disease in your family.

When you've got that out the way, look to your feet. We'd strongly recommend buying a pair of good-quality running shoes. There are lots of specialist running stores who'll not only measure your feet correctly but analyse your running style and gait to make absolutely sure you have the right pair of shoes.

Slow and steady wins the training race

The length and duration of your first run depends on how fit you are. Don't be tempted to run as far and as fast as possible. The best approach is to start slowly and build up over time. Your muscles and joints will take a while to get used to the activity so by not overdoing it in the first few days you'll reduce your risk of injury and enjoy your training experience more.

Whatever your reason for taking part in your challenge event, it's important to set yourself goals. This will give you something to aim for, which will keep you motivated. And don't forget that every step you take will help us help someone affected by cancer.

Eat well

Diet will be important during training, so it's worth identifying your nutritional goals and coming up with a healthy eating plan. This will tone your muscles, improve your health and ensure your body has enough energy to keep up the extra exercise.

Make sure you're eating a good mix of carbohydrates and stay well hydrated. You may also find eating a carbohydrate snack two to three hours before you train will help keep your energy levels topped up.





'I wanted to give something back to Macmillan because of the help that Macmillan gave to our family when we were going through a really tough time.'

Danny Hayter, Team Macmillan Runner



Team Macmillan training schedules

At Team Macmillan we know that no two marathon runners are the same. So we've got together with Runners World to produce three training schedules – all you have to do is choose the one that's best for you.

Beginner

This schedule is designed to build up your fitness and endurance to get you round the course, regardless of time. The focus is on getting running regularly, over four–five days a week, rather than pace.

Intermediate

This schedule is for runners aiming for 3.5–4.5 hours, with training over five–six days and from 32–48 miles a week.

Advanced

This schedule is for runners aiming for sub–3.5 hours, with training over six–seven days a week and from 44–60 miles a week.

Understanding the terms

m miles

easy a slow jog

steady your half-marathon pace (you should be able to talk comfortably)

fast faster than your half-marathon pace (pushing yourself)

timed a timed run over a particular course familiar to you – this will enable you to measure how your training is progressing

short bursts sprinting as fast as you can – these should be preceded by at least 10 minutes of easy running and followed by a 5–10 minute cooling down period. After each minute of fast running we recommend two minutes of slow jogging. This can be decreased as you get fitter.

hills choose a quiet road with a slope of 5–10%. Sprint uphill for 30–40 seconds then gently jog down before repeating the exercise as prescribed

Week 1

Monday 20min jogging. You're allowed to stop and walk, but this doesn't count as part of the training

Tuesday Rest

Wednesday 20min jogging. You're allowed to stop and walk, but this doesn't count as part of the training

Thursday Rest

Friday Rest

Saturday 20min jogging. You're allowed to stop and walk, but this doesn't count as part of the training

Sunday 1hr ramble. No pressure

Week 2

Monday 20–25min jogging

Tuesday Rest

Wednesday 20–25min jogging

Thursday Rest

Friday Rest

Saturday 20–25min jogging

Sunday 90min ramble

Week 3

Monday 20–25min jogging

Tuesday Rest

Wednesday 20–25min jogging

Thursday Rest

Friday Rest

Saturday 20–25min jogging

Sunday 90min ramble

Week 4

Monday 20–25min jogging

Tuesday Rest

Wednesday 20–25min jogging

Thursday Rest

Friday Rest

Saturday 20–25min jogging

Sunday 1hr jogging and walking. Try not to walk more than necessary

Top tip

Make sure your running shoes suit your style. Head to your local running shop for a Gait Test.

Week 5

Monday 20min run

Tuesday Rest

Wednesday 30min run

Thursday Rest

Friday Rest

Saturday Timed run over a 2m course

Sunday 90min ramble, or run in a 10k road race (but you're allowed to walk!)

Week 6

Monday 25–30min run

Tuesday Rest

Wednesday 25–30min run, inc 8 x 30 secs uphill

Thursday Rest

Friday Rest

Saturday 20–25min run

Sunday 1hr jog-walk, with more jogging than walking

Week 7

Monday 30min run

Tuesday Rest

Wednesday 30min run

Thursday Rest

Friday 30min run

Saturday 30min run

Sunday 8m run, walking when you have to

Week 8

Monday 30min run

Tuesday Rest

Wednesday 30min run

Thursday Rest

Friday 30min run

Saturday 30min run

Sunday 2hr jog-walk or half-marathon race

Top tip

If you plan to use energy gels on race day, make sure you trial them in your training.

Week 9

Monday 30min run

Tuesday Rest

Wednesday 3 x 1m session, timed, with 5 mins rest after each

Thursday Rest

Friday 30min run

Saturday 30min run

Sunday 8m run, walking when you have to

Week 10

Monday 25–30min run

Tuesday Rest

Wednesday 3m run, timed

Thursday Rest

Friday 25–30min run

Saturday 25–30min run

Sunday Long, slow 10m run

Week 11

Monday 25–30min run

Tuesday Rest

Wednesday 3 x 1m session timed, with 5 mins rest after each

Thursday Rest

Friday 25–30min run

Saturday 25–30min run

Sunday Long, slow 12m run (or 10m race)

Week 12

Monday 25–30min run

Tuesday Rest

Wednesday 3m run, timed, at a faster pace

Thursday Rest

Friday 25–30min run

Saturday 25–30min run

Sunday Half-marathon race – take it slowly!

Top tip

Gain race experience. Enter a local 10k or half marathon to get used to running with crowds.

Week 13

Monday 20min run

Tuesday Rest

Wednesday 3 x 1m, timed, with 5min rest after each, aiming at a faster average speed than week 11

Thursday Rest

Friday 20min run

Saturday 35min run at marathon pace

Sunday 16–18m endurance run, taking drinks, walking 5mins in every hour

Week 14

Monday 20min run

Tuesday Rest

Wednesday 3m run, timed

Thursday Rest

Friday 40min run at marathon pace

Saturday 20min run

Sunday Practise your marathon preparation, and run 50 mins at marathon pace

Week 15

Monday 20min run

Tuesday Rest

Wednesday 35min run at marathon pace

Thursday Rest

Friday 2 x 1m session, timed

Saturday 25–30min run

Sunday Long, slow 12m run (or 10m race)

Week 16

Monday 20min easy

Tuesday Rest

Wednesday 30min easy, inc a few strides

Thursday Rest

Friday Rest

Saturday 20min jogging, in racing kit

Sunday Race day

Top tip

Get your kit ready the night before race day. Pin on your race number, tie your timing chip and pack your kit bag.

Week 1

Monday Rest or 5m easy, off-road if possible

Tuesday 6m. Start slowly, finish faster

Wednesday 7m. Warm up, then 10 x 1min fast, 2min slow

Thursday 6m easy

Friday Rest

Saturday 5–7m steady, off-road

Sunday 8m steady

Week 2

Monday Rest or 5m easy

Tuesday 5m. First and last mile slow, middle 3m faster

Wednesday 6m steady

Thursday 4 x 3min fast, 2min slow

Friday Rest

Saturday 6m easy, off-road

Sunday 10m slow

Week 3

Monday Rest or 5m easy

Tuesday 6m steady, with a few faster stretches

Wednesday Run to a hill, then 8x40sec uphill, jogging back for recovery. Run home

Thursday 5m easy

Friday Rest

Saturday 6–8m steady, off-road

Sunday 12m slow – take it easy!

Week 4

Monday Rest or 5m easy

Tuesday 6m. Start slowly, work up to faster pace if not tired

Wednesday
Repetition session: 3 x 1m approx, with 5min recoveries after each

Thursday 7m steady, with some strides at the end

Friday 3m jogging only, off-road

Saturday 5m fartlek, inc some fast 200metre bursts

Sunday 13m steady – don't kill yourself!

Top tip

Incorporate your running schedule into your work/personal calendar and set realistic goals.

Week 5

Monday Rest or 5m easy, off-road

Tuesday 6m. Start slow, repeat bursts of 200metre, jog 400metre after each

Wednesday 6m. Start slowly, finish faster

Thursday Hill session, as Wk 4, but add 1 more rep

Friday Rest, or jog up to 3m

Saturday 4m easy

Sunday Half-marathon racewalk!)

Week 6

Monday Rest or 5m easy

Tuesday 6m. Start slow, repeat bursts of 200metre, jog 400metre after each

Wednesday 6m. Start slowly, finish faster

Thursday Hill session, as Wk 4, but add 1 more rep

Friday Rest, or jog up to 3m

Saturday 4m easy

Sunday Half-marathon racewalk!)

Week 7

Monday Rest or 5m easy, off-road

Tuesday 3 x 10 min at halfmar. pace or faster, with 4min recoveries

Wednesday 4m easy, off-road

Thursday 6m steady with a few surges

Friday Rest

Saturday 3m at a brisk pace.

Sunday 18m. Take your time, and take drinks, too

Week 8

Monday Rest or 4m easy, off-road

Tuesday 5m – another easy run

Wednesday 6m. To hill, then 9 x 40 sec uphill, jog back for recovery

Thursday 6m. Start slowly, finish strongly

Friday Rest or 3m jog

Saturday 5m steady, inc a few fast strides

Sunday Half-marathon race

Top tip

Download your favourite tunes to your MP3 player or a podcast.

Week 9

Monday Rest or 5m easy, off-road

Tuesday 6m steady pace run, no pressure

Wednesday 6m. Slow start, then put in fast strides of 30sec, with 1min jog recoveries

Thursday 4 x 1m, with 5min recoveries

Friday Rest

Saturday 3m brisk

Sunday 16–18m another endurance run. Take it steadily

Week 10

Monday Rest or 5m easy, off-road

Tuesday 5m easy, with a few fast strides

Wednesday 8m steady, inc 6m at marathon pace

Thursday 6m. Start slow, then do fast strides of 30sec, with 1min jog recoveries

Friday Rest or 3m jog

Saturday 6m, inc 3m at a brisk pace (omit if racing)

Sunday 11–13m steady, or race 10–13m

Week 11

Monday Rest or 5m easy

Tuesday 6 x 45sec fast, 3min jog.

Wednesday 8m at marathon pace

Thursday 6m. Start slowly, finish fast

Friday Rest

Saturday 5m easy, with a few strides

Sunday 18m endurance run

Week 12

Monday Rest or 5m easy, off-road

Tuesday 5m easy

Wednesday Repetition runs: 4 x 1m at 10K pace

Thursday 6m steady

Friday Rest

Saturday 4m jogging and easy strides

Sunday Half-marathon race

Top tip

Wear your Team Macmillan running top during training as a motivational tool and to wear it in ready for race day.

Week 13

Monday Rest or 5m easy, off-road

Tuesday 6m steady

Wednesday 6m, inc 10 x 30sec fast, with 1min jog recoveries

Thursday 8m, inc 2 x 3m at marathon pace

Friday 3m jogging and strides

Saturday Rest

Sunday 20m endurance run. Start easily, and take drinks

Week 14

Monday Rest or 4m jog, off-road

Tuesday 8m steady

Wednesday 6 x 800metre (with 2 mins rest) or 6 x 3min fast, 2min slow

Thursday 6m easy

Friday Rest

Saturday 7m, inc 5m timed, at marathon pace

Sunday 10–12m, inc a race or fast run of 6–10m

Week 15

Monday Rest or 5m easy, off-road

Tuesday 6m steady

Wednesday 10 x 400metre (with 90sec recoveries) or 12 x 1min fast, 1min slow

Thursday 5m easy

Friday Rest

Saturday 2 x 2m at marathon pace, timed

Sunday 10m steady. Practise marathon preparation

Week 16

Monday Rest or 3m jog

Tuesday 1m timed, at race pace

Wednesday 4m easy, with a few strides

Thursday 3m jog, in racing kit

Friday Rest

Saturday 20min jogging, inc easy strides

Sunday Race day

Top tip

Familiarise yourself with the race route to help you achieve your PB.

Week 1

Monday 5m easy, off-road

Tuesday 6m. 7m steady with a few strides

Wednesday 6m easy

Thursday Run to a hill, then 10 x 30 secs uphill, jog down

Friday Rest or 5m easy

Saturday 6–7m steady, off road

Sunday 9–11m slow, no pressure

Week 2

Monday 5m easy

Tuesday 3–4m at a brisk pace, timed.

Wednesday 6m steady

Thursday 8 x 90sec fast, 90 sec slow

Friday Rest or 5m easy

Saturday 6–8m steady, cross-country

Sunday 12m slow, no pressure

Week 3

Monday 5m easy

Tuesday 6m. Run to a hill, then 10 x 30sec uphill, jog back down

Wednesday 6m easy

Thursday 4 x 5–6min, with 3min recoveries. Don't push too hard at first

Friday Rest or 5m easy

Saturday 7–8m steady, cross-country or in a park

Sunday 10m slow, but it should prove faster with no more effort

Week 4

Monday 5m easy, with a few strides

Tuesday 7m warm-up, then 3–4m at a brisk pace, timed

Wednesday 5m easy

Thursday 6x3min fast, 2min slow (or 6 x 800metre, track, with 400metre jog)

Friday Rest

Saturday 3–5m easy

Sunday 13m, starting slowly, finishing faster

Top tip

Join a running club or find a running buddy.

Week 5

Monday 5m easy

Tuesday 7m – run to a hill, then 12 x 30sec uphill, jog back down

Wednesday 6m steady

Thursday 8m. Start easily, then put in bursts of 100–200 metre, jog after each

Friday Rest or 5m easy

Saturday Rest or jog up to 4m

Sunday Half-marathon race

Week 6

Monday 5m easy, off-road

Tuesday Hill session: 4 x 90 sec 2min hill climb, jog back each time

Wednesday 7m steady, no pressure

Thursday 4 x 5–6 mins, with 3mins rest between each. Time them

Friday Rest or 5m easy

Saturday 6m at marathon pace

Sunday 10–12m easy. Don't push

Week 7

Monday 6m steady, with a few strides

Tuesday 7 x 800metre (or 7 x 3 mins), with 2min recoveries

Wednesday 5m easy, off-road if possible

Thursday Hill running: 12 x 30 sec, or fartlek with 12–15 30sec bursts

Friday Rest or 5m easy, starting slowly

Saturday 3m, jogging only

Sunday 18m slow. Start easily

Week 8

Monday 5m easy, off-road

Tuesday 6m. Slow start, then speed up if you're not tired

Wednesday Warm up, then 6m at a fast pace, timed

Thursday 6m fartlek, inc bursts of 200–300metre

Friday Rest or 5m easy, off-road

Saturday 4m, jogging only

Sunday Half-marathon race

Top tip

Vary your running routes. Why not book a weekend away and explore some new terrain underfoot.

Week 9

Monday 5m easy, off-road

Tuesday 6x3min fast, 2min slow (or 6 x 800metre, track, with 400metre jog)

Wednesday 7m steady pace run, untimed

Thursday 8m inc repetitions: 3 x 3K (or 3 x 10 mins), with 5min recoveries

Friday Rest or 4m, jogging only

Saturday 5m easy with strides

Sunday 20m. Set up stations to pick carb drinks up from

Week 10

Monday 3m jog, off-road

Tuesday 6m steady, starting slowly

Wednesday 8m inc intervals: 10x400 metre at 10K pace or 12x1 min fast, 1 min slow

Thursday 8m inc intervals: 10 x 400metre at 10K pace or 12 x 1 min fast, 1 min slow

Friday Rest or 7m steady, untimed

Saturday 3m, jogging only

Sunday 8m steady, inc 6m pace run

Week 11

Monday 5m easy

Tuesday 7m fartlek, inc sustained bursts of up to 400metre

Wednesday 6m steady. Start slowly, finish fast

Thursday 10m, inc 8m pace run

Friday Rest or 3m jog

Saturday 5m easy, with a few strides

Sunday 18m endurance run

Week 12

Monday 5m jogging, off-road

Tuesday 7m steady, starting slowly

Wednesday 7m, inc 14 x 30sec uphill

Thursday 8m at brisk pace

Friday Rest or 3m, jogging only

Saturday 10m – inc 4 x 1m, with 5min recoveries

Sunday 13–15m easy, or half-marathon race

Top tip

Keep a training log. Go to fetcheveryone.com for more information.

Week 13

Monday 6m, at any pace you like

Tuesday 7m of easy fartlek

Wednesday 10m steady, inc 8m pace run

Thursday 7m, inc intervals: 10 x 400 metre at 10K pace or 12 x 1min fast, 1min slow

Friday 5m easy, with some strides

Saturday 3m, jogging only

Sunday 20–22m – the last big training run

Week 14

Monday 5–6m easy, off-road

Tuesday 8m, starting slowly, then fartlek

Wednesday 6m easy

Thursday 10m, inc 7m at marathon pace

Friday Rest or 3m easy

Saturday 4m jogging, plus some strides

Sunday 15m steady, or half-marathon race

Week 15

Monday 5–6m easy, off-road

Tuesday 4 x 1m at faster than marathon pace

Wednesday 8m steady, not pushing

Thursday 10m, with two 3m stretches at marathon pace

Friday Rest or 3m jog

Saturday 4–5m at a brisk pace

Sunday 10m steady. Practise your marathon preparation

Week 16

Monday 5m easy

Tuesday 1m at race pace.

Wednesday 4m easy, with a few strides

Thursday 3m easy, in racing kit

Friday Rest

Saturday 30 mins jogging, with easy strides

Sunday Race day

Top tip

Practice co-ordinating running and drinking fluids at the same time to maximise your potential finishing time.



FITTING TRAINING INTO A BUSY LIFE

You may not always be able to fit in everything we've suggested in the training schedule. But if you make a few changes to your lifestyle, you may well find some extra training time. For example, you could:

- get up an hour earlier and go out for a quick run before work
- make a run part of your commute or run in your lunch break.

And as well as running, you could work on your overall fitness by:

- walking instead of driving to the shops
- taking the stairs rather than the lift.

You can always ask for help with your training schedule at your local gym.

Injury prevention tips

Wear good shoes

Get good-quality running shoes from a specialist running store. Consider buying a second pair and rotating them as you build up to your big day. If you don't have a specialist running store near you, a good physiotherapist or podiatrist should be able to advise you.

Warm up and stretch

Inflexibility is one of the main reasons we get injuries and can increase as our bodies become tired. So it's vital to include a warm up and regular stretching as part of your training programme. And don't forget – only stretch after your muscles have warmed up.

Vary your training surface

Too much road running can aggravate your joints, while running too much on soft ground may not be supportive enough. Avoid excessive running on cambered roads and don't begin hill sessions until you've established a good base level of endurance.

Have enough rest

Rest is as important as training. It's vital that you allow your body adequate time to recover, particularly from hard sessions. Don't even consider running with injuries or if you're feeling ill or rundown as this may only delay recovery.

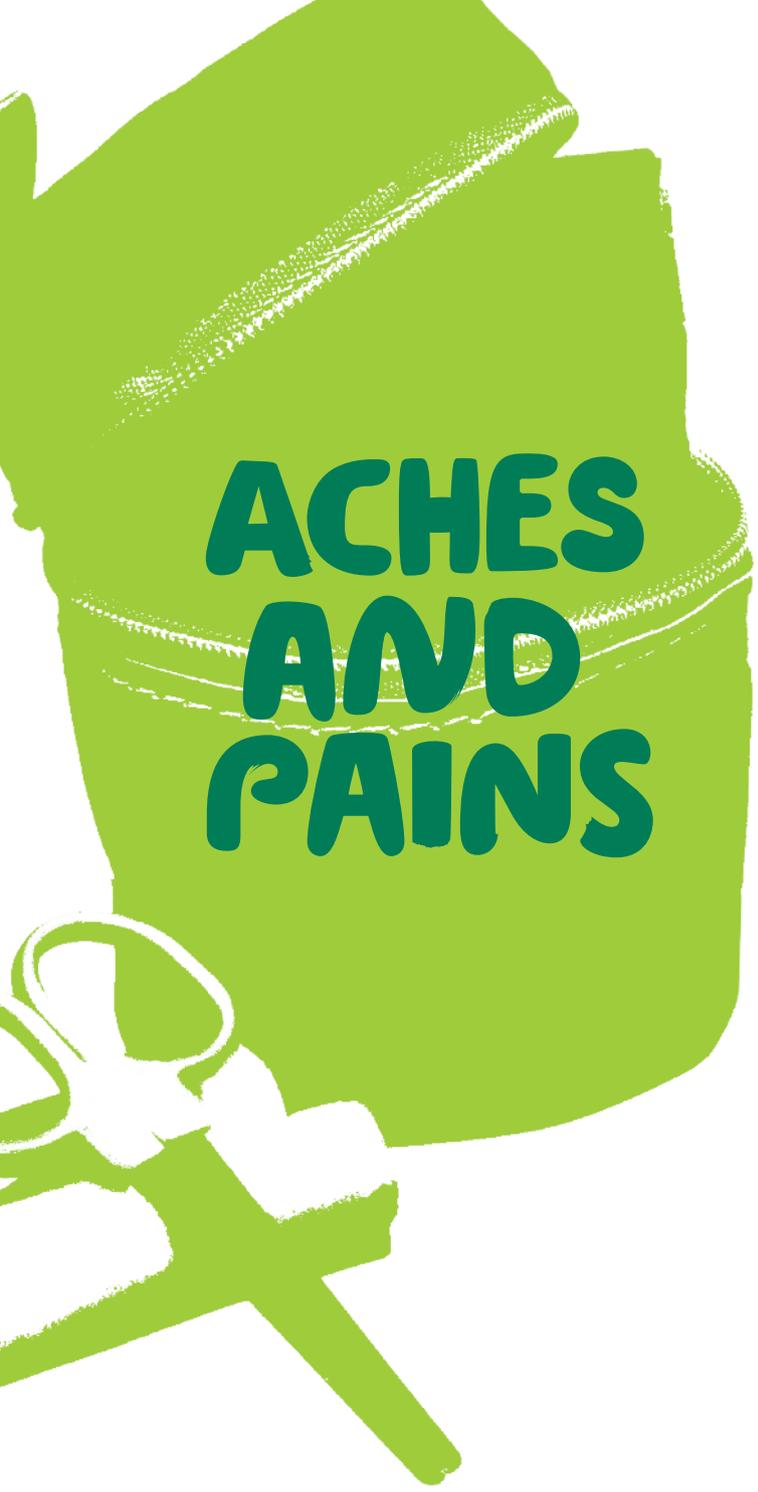
Strengthen up

Many running injuries are caused by abnormal biomechanics and muscle imbalances, most of which are made worse by running. Doing regular core and lower-limb strengthening may help lessen the risk of injury and should be incorporated into your training programme early on. Ask physiotherapists, sports masseurs and gym instructors to show you exercises that will suit you.

Never train with an injury

Most aches and pains can be treated with ice and rest. But if your pain doesn't subside or gets worse, seek the advice of a qualified physio or sports therapist before you start training again.





ACHES AND PAINS

Most runners will come up across the odd problem when training, even if they follow our schedules and injury prevention tips. Here's our guide to the commonest problems and how best to deal with them.

Aching muscles

Even the fittest among us will probably experience aching muscles when we start to run. The aching muscle normally comes about because runners aren't used to exercising, they've overexercised, they're used to a different type of exercise or they haven't warmed up. Applying ice to the swelling and resting the muscles is normally enough to solve the problem.

Blisters

Blisters happen when something rubs against the skin and causes fluid to form beneath it. The longer the friction goes on the more fluid forms, creating pressure and pain. Eventually the blister may burst, exposing raw skin and more pain. New runners usually get blisters because their feet aren't toughened or they haven't broken in new running shoes.

Avoid them by:

- making sure your feet are dry and don't move around in the shoe
- putting insoles in your shoes for a smoother fit
- wearing acrylic or polyester socks rather than cotton or wool
- taking time and care when choosing shoes – too-tight shoes will cramp your feet and too-loose ones will make your feet slide.

Joint pain

Pain in your ankles, knees, hips or lower back when running is a sign something's wrong. It could be down to the wrong kind of running shoes, a biomechanical problem, a muscle imbalance or the wear and tear of running on hard surfaces. Keeping training will make the problem worse and you could risk serious long-term injury. See a professional such as a physiotherapist or sports therapist for this one.

Chafing

Labels, seams and badly fitting clothes can all create friction, leading to serious and uncomfortable chafing. Avoid this by training in your Team Macmillan T-shirt or vest to break it in. And apply Vaseline® wherever your clothes may rub to avoid chafing and soreness during your run.

'Team Macmillan chanting my name loudly at the support points really gave me a boost'

**Julie Homewood
Team Macmillan Runner**

ANY TECHNICAL QUESTIONS?



Why do I need to warm up before I run?

You need to warm up before any physical activity so that you prevent muscle tears, strains and pulls. Warming up increases breathing and heart rate, leading to increased blood flow to the working muscles. As your body temperature rises, muscles, tendons and ligaments become more pliable and ready for the stretching and exercise which follows. A decent warm-up should last around 8–12 minutes. For a runner, this could consist of a slow jog followed by more jogging at a gradually increased intensity.

Why should I stretch and what should I do?

Once you've warmed up, it's important to stretch. That's so that you give yourself even more protection against pulls, strains and tears, as well as helping to prevent stiffness after your run. Muscles are like metal – bend them when cold and they're likely to crack or break; warm them up and they're much more pliable.

You should stretch all the major muscle groups, particularly the big muscle groups of the legs. These are: the quadriceps (front of the upper leg); the hamstrings (back of the upper leg); the calves (back of lower leg); the peroneus (side and front of lower leg); and the groin (inside of upper leg and buttocks). Stretches should be static and last for around 8–12 seconds each side. Avoid ballistic stretching or bouncing as this can lead to injury.

Why do I need to do a cool-down after my run and what should I do?

Cooling down and stretching after a run will help reduce muscle stiffness and increase the rate of recovery. Cooling down helps to remove accumulated bi-products such as lactic acid and carbon dioxide that can build up during a run. Your cool-down should consist of a very slow jog for five minutes followed by a three-minute walk and a repeat of your stretches.

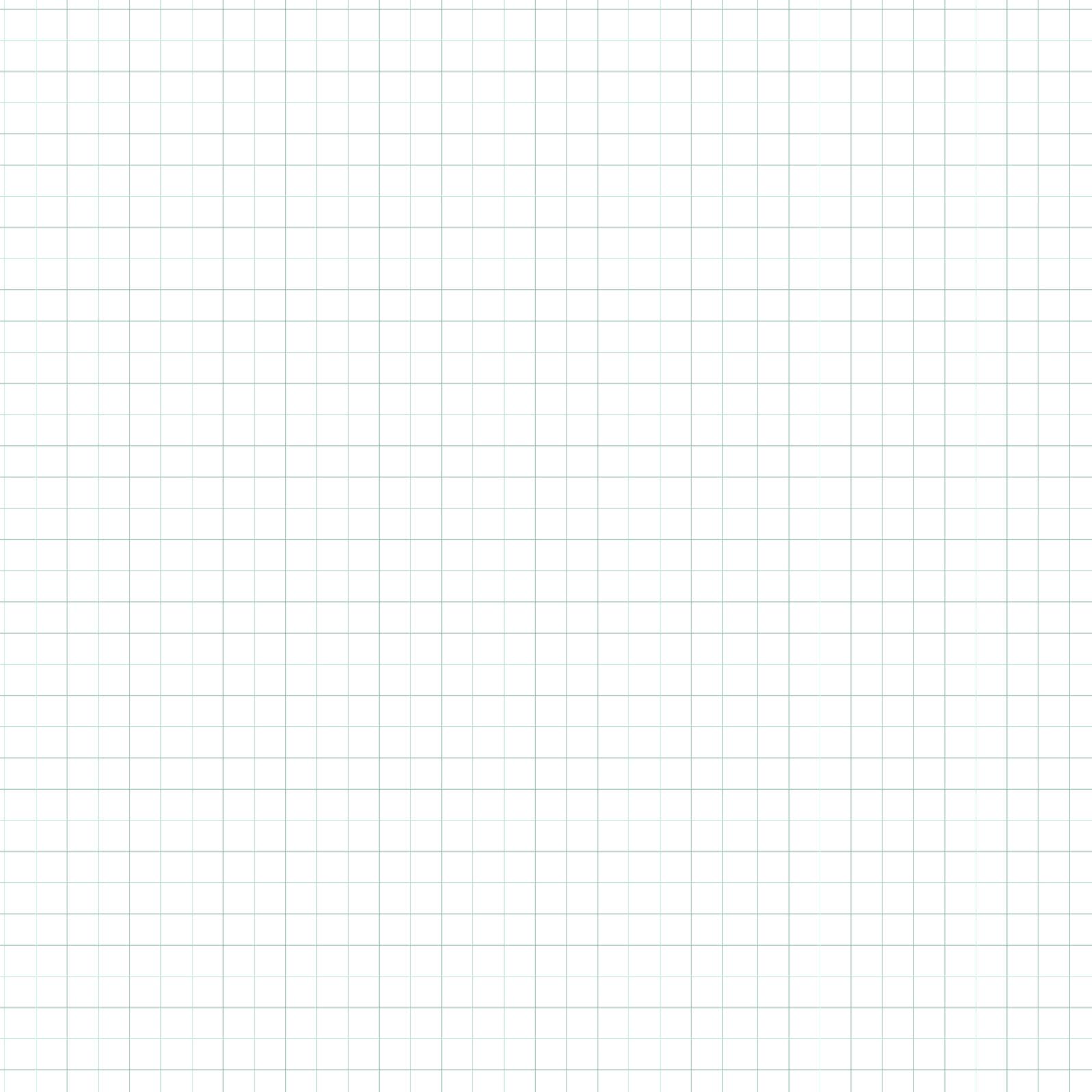
Why do I need to vary my speed when training?

Doing all your training at the same pace will mean you'll be able to complete the race. However, if you're aiming for a certain finishing time, you'll need to train at higher intensities than your usual pace. This will improve the capacities of your muscles, energy systems, oxygen transport and your heart, all enabling you to run faster. Speed sessions improve your body's endurance by enabling you to store more energy, increasing your lactate toleration and allowing you to run for longer.

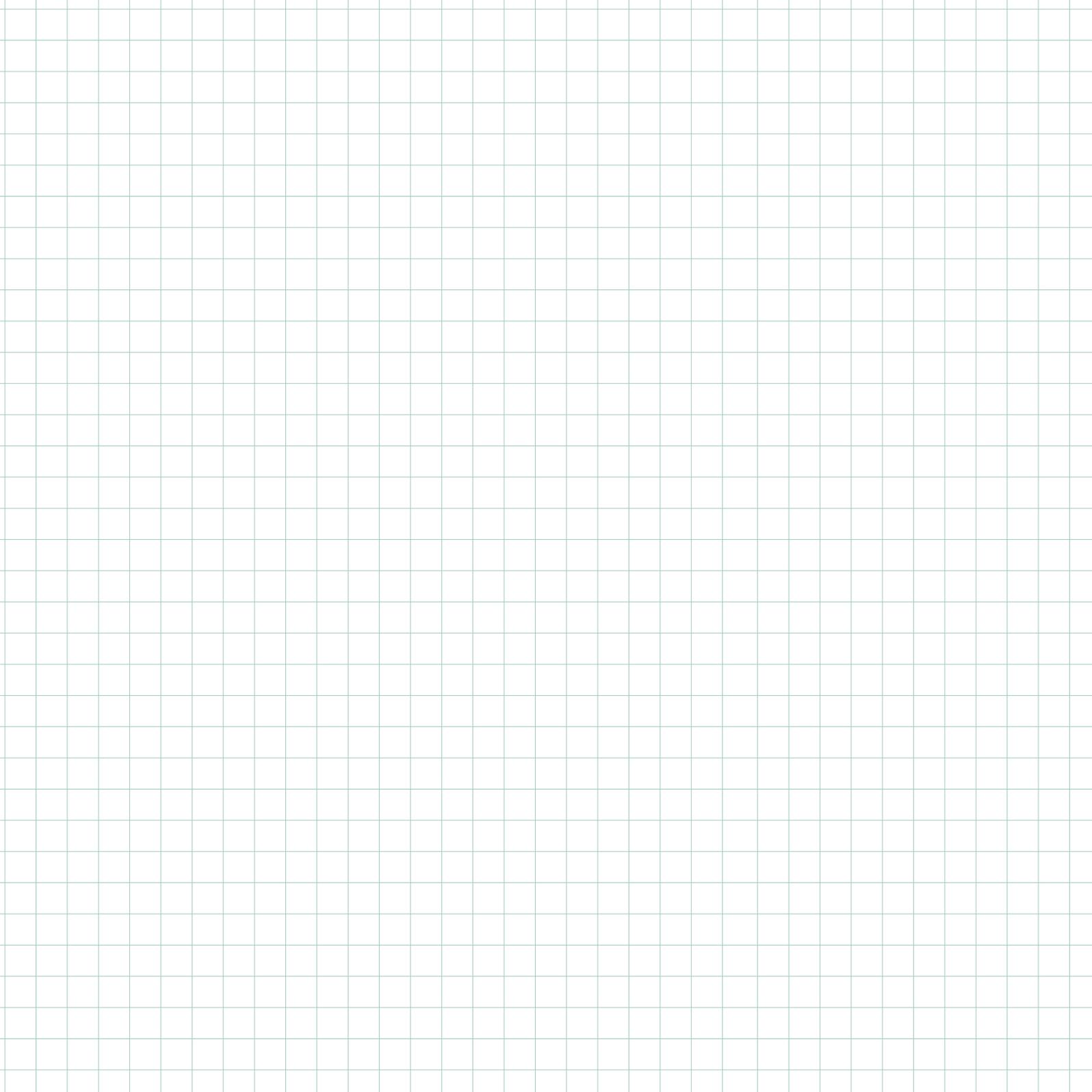
What is the Wall and will I hit it?

When a runner hits the wall it means they've exhausted their body's supply of fuel, namely carbohydrate. When this runs out, your body finds it harder to release energy and has to burn fat. This is difficult to break down and takes longer to convert into energy, often forcing runners to stop and wait for the body to convert more fat into energy. Stave off the dreaded wall by increasing your body's capacity to store energy and its ability to burn fat more efficiently. You can achieve this with a combination of high-mileage runs and high-intensity training.

SCRIBBLES



SCRIBBLES



Enjoy yourself

You've signed up to take part in an incredible event so make the most of the experience. Enjoy running in the great outdoors, and know that you're helping to change lives as you do it. And, if you start losing motivation or finding training tough, just take a deep breath and remember this: we couldn't do what we do without you.

More support?

If you have any more questions about training for your marathon, jog over to macmillan.org.uk/running or email us at running@macmillan.org.uk

If you'd like to know more about cancer or you'd like to speak to someone about your own experience, get in touch. We're here for you every step of the way. Just call the Macmillan Support Line free on **0808 808 00 00** (Monday–Friday, 9am–5pm). Or visit us at macmillan.org.uk