TERMINOLOGY

STRENGTH & CONDITIONING

Mix of short bursts of effort (intervals) with circuit-style training using bodyweight, weights, or machines. Supports endurance, recovery, and strength.

MOBILITY

Controlled, flowing movements to improve flexibility, range of motion, and reduce injury risk.

STRENGTH

Full-body lifts (squats, deadlifts, presses) and single-leg exercises to build balance, stability, posture, and running efficiency.

EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

STEADY RUNS

Comfortable but harder than easy pace.

TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

PROGRESSION RUNS

Start easy, gradually increase to target race pace.

INTERVALS

High effort, aim for 5K pace.

STRIDES

3 x 20s at 85–90% effort. Improves form and running economy.

WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

WANT TO READ MORE ABOUT THIS PLAN?

SCAN THE QR CODE BELOW

MARATHON: BEGINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Build Up Run: 20min	Strength & Conditioning	Rest	Build Up Run: 30min	Rest	Build Up Long Run: 30min	Rest
WEEK 02	Easy Run: 30min	Strength & Conditioning	Rest	The Berlin: 6 x 1min effort with 1 minute off between each	Rest	Long Run: 40min	Rest
WEEK 03	Easy Run: 35min	Strength & Conditioning	Rest	Tempo Run: 30min (10min @ Tempo)	Rest	Long Run: 50min	Rest
WEEK 04	Easy Run: 35min	Strength & Conditioning	Rest	Los Angeles: 5 x 2min efforts with 90 seconds recovery	Rest	Long Run: 60min	Rest
WEEK 05	Easy Run: 40min	Strength & Conditioning	Rest	The Albufeira: 1 x 4min, 2 x 3min, 4 x 2min	Rest	Long Run: 70min	Rest
WEEK 06	Easy Run: 35min	Strength & Conditioning	Rest	Tempo Run: 35min (15min @ Tempo)	Rest	Long Run: 60min	Rest
WEEK 07	Easy Run: 40min	Strength & Conditioning	Rest	The Helsinki: 5 x 3min with 60 seconds recovery	Rest	Long Run: 80min	Rest
WEEK 08	Easy Run: 45min	Strength & Conditioning	Rest	The St Louis: 1/2/3/4/5min with 90 seconds recovery	Rest	Long Run: 90min	Rest

MARATHON: BEGINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 09	Easy Run: 45min	Strength & Conditioning	Rest	The Kuala Lumpur: 5 x 4min with 2 minutes recovery	Rest	Long Run: 1h45m	Rest
WEEK 10	Easy Run: 35min	Strength & Conditioning	Rest	Tempo Run: 60min (20min @ Tempo)	Rest	Long Run: 90min	Rest
WEEK 11	Easy Run: 45min	Strength & Conditioning	Rest	The London: 8 x 2:30min with 60 seconds recovery	Rest	Long Run: 2h	Rest
WEEK 12	Easy Run: 50min	Strength & Conditioning	Rest	Progression Run: 10min Blocks	Rest	Long Run: 2h15m	Rest
WEEK 13	Easy Run: 50min	Strength & Conditioning	Rest	The St Louis: 1/2/3/4/5min with 90 seconds recovery	Rest	Long Run: 2h30	Rest
WEEK 14	Easy Run: 40min	Strength & Conditioning	Rest	Tempo Run: 65min (25min @ Tempo)	Rest	Long Run: 90min	Rest
WEEK 15	Easy Run: 60min	Strength & Conditioning	Rest	The Piraeus: 6 x 3min with 60 seconds recovery	Rest	Long Run: 3h	Rest
WEEK 16	Easy Run: 60min	Strength & Conditioning	Rest	The Split: 5 x 5min with 60 seconds recovery	Rest	Long Run: 3h15m	Rest

MARATHON: BEGINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 17	Easy Run: 45min	Strength & Conditioning	Rest	The Budapest: 12 x 2.5min with 60 seconds recovery	Rest	Long Run: 3h30m	Rest
WEEK 18	Easy Run: 30min (+ Strides)	Strength & Conditioning	Rest	Tempo Run: 7 Miles (3 Miles @ Tempo)	Rest	Long Run: 2h	Rest
WEEK 19	Easy Run: 30min (+ Strides)	Strength & Conditioning	Rest	Tempo Run: 4 Miles (1 Mile @ Tempo)	Rest	Long Run: 60min	Rest
WEEK 20	Easy Run: 30min (+ Strides)	Strength & Conditioning	Rest	Easy Run: 30min (+ Strides)	Rest	Easy Run: 20mins (+ Strides)	Race Day