

Week / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
BEGINNERS 1/2 MARATHON GUIDE <i>Target: To cover 13 m non-stop Pre-requisite: Beginners 10k guide 4-5 days per week</i>							
1	35 min steady	Rest	4 x 6 min fast, 3 min jog in between	Rest	40 min steady	Rest	60 min easy
2	Rest	25 min steady	Rest	3 x 8 min fast, 3 min jog in between	Rest	30 min easy	70 min easy
3	Rest	35 min steady	Rest	40 min steady	6 x 5 min fast, 2 min jog in between	Rest	80 min easy
4	30 min steady	Rest	40 min steady	Rest	35 min steady	Rest	90 min easy
5	25 min easy	35 min steady	Rest	50 min easy	Rest	20 min pace run	70 min easy
6	Rest	50 min easy	Rest	3 x 10 min fast, 3 min jog in between	Rest	30 min steady	95 min easy
7	Rest	5 x 5 min fast, 2 min jog in between	60 min easy	Rest	30 min steady	25 min easy	105 min easy
8	45 min steady	Rest	60 min easy	Rest	25 min pace run	Rest	115 min easy
9	40 min easy	25 min pace run	Rest	60 min easy	3 x 9 min fast, 3 min jog in between	Rest	90 min easy
10	25 min pace run	60 min steady	Rest	40 min steady	Rest	Rest	Half Marathon

Terminology

Easy runs should be just that - EASY! Realistically, they should not be much faster than jogging. Long runs are about building time on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

Steady running is slightly faster but remain relaxed and you should comfortably be able to maintain a conversation.

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of you maximum and

this can be achieved with the use of a heart rate monitor. You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. These higher intensity sessions are great workouts for the heart and lungs.