

Week / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
MARATHON GUIDE Target: To complete the distance Pre-requisite: Half marathon guide 5-6 days per week							
1	25 min steady	40 min easy	Rest	30 min steady	20 min pace run	Rest	90 min easy
2	40 min easy	25 min pace run	Rest	35 min easy	25 min steady	Rest	95 min easy
3	40 min easy	2 x 10 min fast, 3 min jog in between	Rest	30 min steady	20 min easy	Rest	100 min easy
4	20 min easy	4 x 5 min fast, 2 min jog in between	Rest	40 min steady	30 min steady	Rest	120 min easy
5	30 min steady	40 min easy	Rest	40 min steady	3 x 8 min fast, 3 min jog in between	20 min easy	90 min easy
6	30 min easy	Rest	25 min pace run	Rest	40 min steady	30 min steady	130 min easy
7	Rest	40 min easy	4 x 6 min, 2 min jog in between	Rest	30 min steady	25 min steady	140 min easy
8	Rest	40 min easy	3 x 8 min fast, 3 min jog in between	Rest	30 min steady	20 min steady	150 min easy
9	20 min pace run	50 min easy	Rest	30 min steady	40 min easy	30 min steady	100 min easy
10	20 min pace run	60 min easy	Rest	6 x 5 min fast, 3 min jog in between	40 min easy	30 min steady	160 min easy
11	30 min steady	60 min easy	30 min steady	Rest	25 min pace run	20 min steady	120 min easy
12	Rest	40 min easy	30 min steady	20 min pace run	40 min easy	20 min steady	150 min easy
13	25 min steady	30 min easy	3 x 9 min fast, 3 min jog in between	Rest	45 min easy	20 min steady	180 min easy
14	Rest	60 min easy	20 min pace run	40 min easy	30 min steady	Rest	120 min easy
15	Rest	35 min steady	40 min easy	25 min pace run	40 min easy	30 min steady	60 min easy
16	Rest	40 min steady	25 min pace run	30 min easy	Rest or light jog	Rest or light jog 15 min	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 achieve 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.