Marathon Training Schedule - Novice

1. It is assumed that you are in a routine of running three times a week and that you can already run 6 miles.

2. One of these runs should increase gradually over the weeks to build up your endurance and should be an easy run.

3. Run days are followed by rest/recovery days to allow your training to have optimal effect.

4Periodically allow yourself a lower mileage recovery week.

5. Ideally, long runs are followed the next day by a lactic-busting "pootle" but this could also be a swim or lazy bike or even a brisk walk!

6. During the week feel free to mix it up with hills and efforts. We suggest the Thursday run is undertaken at race pace.

7. Please bear in mind this is a basic, generic schedule which, as such, may not exactly fit your specific needs.   Feel free to tweak!

Week commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
3 June 2019						6 miles **Training run**
10 June		3 miles		4 miles		7 miles
17 June		3 miles		5 miles		8 miles or 10K race
24 June		3 miles		5 miles		9 miles
1 July		4 miles		6 miles		10 miles **Training run & Seminar**
8 July		5 miles		6 miles		11 miles
15 July		6 miles		7 miles		12 miles
22 July (recovery)		4 miles		5 miles		10 miles
29 July		6 miles		8 miles		14 miles **Training run**
5 August		6 miles		8 miles		15 miles
12 August		6 miles		9 miles		16 miles
19 August (recovery)		5 miles		7 miles		12 miles
26 August		6 miles		10 miles		17 miles **Training Run**
2 September		6 miles		10 miles		18 miles
9 September		6 miles		10 miles		20 miles
16 September (taper)		6 miles		8 miles		15 miles
23 September (taper)		5 miles		6 miles		10 miles **Training run & seminar**
30 September (taper)		3 miles		2 miles		**26.2 miles** **Race Day** **Good times!**