



# saltmarshrunning

## My First Marathon Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Off	3	3 Hills	4	Off	4-5	XT 30 min or run 3-4
Week 2	Off	4	3 Hills	4	Off	5-6	XT 30 min or run 3-4
Week 3	Off	4	3 Hills	4	Off	7-8	XT 30 min or run 3-4
Week 4	Off	4	3 Fartlek	4	Off	8-9	XT 30 min or run 3-4
Week 5	Off	5	3 Fartlek	5	Off	10-11	XT 30 min or run 3-4
Week 6	Off	5	3 Fartlek	5	Off	11-12	XT 30 min or run 3-4
Week 7	Off	5	1-2-1	5	Off	9-10	XT 30 min or run 3-4
Week 8	Off	5	1-2-1	4	Off	14 or HM Race	XT 30 min or run 3-4
Week 9	Off	6	1-2-1	5	Off	15-16	XT 30 min or run 3-4
Week 10	Off	6	4 Hills	5	Off	10-11	XT 30 min or run 3-4
Week 11	Off	5	4 Hills	5	Off	17-18	XT 30 min or run 3-4
Week 12	Off	6	4 Hills	5	Off	16-17	XT 30 min or run 3-4
Week 13	Off	5	4 Fartlek	5	Off	20-21	XT 30 min or run 3-4
Week 14	Off	6	4 Fartlek	5	Off	11-12	XT 30 min or run 3-4
Week 15	Off	5	1-2-1	5	Off	7-8	XT 30 min or run 3-4
Week 16	Off	1-2-1	4	3	Off	2 very easy	Marathon Race Day

Hills - Choose a route with some challenging hills and accelerate up each of them.

Fartlek - After the first mile, pick up the pace for 200m every few minutes.

1-2-1 - Run the first mile slowly to warm up, the next two at a fast pace, and the last one slowly to cool down.

Mondays and Fridays are rest and recovery days.

Tuesday and Thursdays call for regular runs at a normal to easy pace.

Wednesdays are speed and strength days.

Saturdays are for long, slow runs at an easy pace.

Sundays are cross training or running days.