



@MARATHONTALK

YOUR PLUSNET YORKSHIRE MARATHON TRAINING PLAN IN ASSOCIATION WITH MARATHON TALK'S MARTIN YELLING



BEGINNERS' 16 WEEK MARATHON SCHEDULE

This schedule is for you if you're new to marathon running and are aiming for completion. You should be able to run for at least 30 minutes non-stop prior to starting this programme.

This schedule involves running 3 times each week. Days of running are not specified to enable you to fit the runs to your own needs and situation. It is advisable to spread the days of activity out during the week. For example, Day 1: Tuesday, Day 2: Thursday, Day 3: Saturday.

You should ensure you are fit to participate in a running training programme before beginning. A medical check up from a GP is recommended.

16 WEEKS TO GO:

DEVELOPING A ROUTINE

- Day 1** 20mins steady walk
- Day 2** 10mins brisk walk, 10mins easy run, 10mins easy walk = 30mins
- Day 3** 10mins steady walk, 20mins easy run, 10mins steady walk = 40mins

15 WEEKS TO GO:

DEVELOPING A ROUTINE

- Day 1** 30mins steady walk
- Day 2** 10mins brisk walk, 5mins easy run, 1min steady walk recovery x 3, 10mins easy walk = 38mins
- Day 3** 15mins steady walk, 25mins easy run, 10mins steady walk = 50mins

14 WEEKS TO GO:

CONSOLIDATING A ROUTINE - BUILDING A BASE

- Day 1** 30mins steady walk
- Day 2** 10mins brisk walk, 20mins easy run, 10mins easy walk = 40mins
- Day 3** 15mins steady walk, 30mins easy run, 10mins steady walk = 55mins

13 WEEKS TO GO:

BUILDING TIME ON FEET AND A BASE FOUNDATION

- Day 1** 5mins brisk walk, 5mins easy run x 4 = 40mins
- Day 2** 10mins brisk walk, 20mins easy run, 10mins brisk walk = 40mins
- Day 3** 10mins steady walk, 20mins easy run, 10mins steady walk, 20mins easy run = 60mins



For more information go to: theyorkshiremarathon.com/training

12 WEEKS TO GO:

BUILDING STAMINA

- Day 1** 3mins brisk walk, 7mins easy run x 4 = 40mins
Day 2 10mins brisk walk, 25mins easy run, 10mins brisk walk = 45mins
Day 3 15mins steady walk, 20mins easy run, 15mins steady walk, 20mins easy run = 70mins

11 WEEKS TO GO:

BUILDING STAMINA

- Day 1** 2mins brisk walk, 8mins easy run x 4 = 40mins
Day 2 10mins brisk walk, 30mins easy run, 10mins brisk walk = 50mins
Day 3 10mins steady walk, 25mins easy run, 10mins steady walk, 25mins easy run = 70mins

10 WEEKS TO GO:

BUILDING STAMINA

- Day 1** 1min brisk walk, 9mins easy run x 4 = 40mins
Day 2 10mins brisk walk, 35mins easy run, 10mins brisk walk = 55mins
Day 3 10mins steady walk, 30mins easy run, 10mins steady walk, 30mins easy run = 80mins

9 WEEKS TO GO:

INTRODUCING INTERVALS

- Day 1** 10mins easy run, 1min tempo run, 2mins jog/walk x 6, 10mins easy jog = 38mins
Day 2 10mins run, 5mins steady walk x 4 = 60mins
Day 3 5mins steady walk, 35mins easy run, 5mins steady walk, 35mins easy run = 80mins

8 WEEKS TO GO:

DEVELOPING FASTER RUNNING

- Day 1** 12mins easy run, 2mins tempo run, 2mins jog/walk x 6, 12mins jog = 48mins
Day 2 12mins run, 3mins steady walk x 4 = 60mins
Day 3 40mins easy run, 5mins steady walk, 30mins easy run, 5mins steady walk, 20mins easy run = 1hr 40mins

7 WEEKS TO GO:

RACE WEEK

- Day 1** 15mins steady run, 3mins tempo run, 1min steady walk x 6, 15mins easy run = 54mins
Day 2 30mins easy run
Day 3 Race 10K or half marathon. A good opportunity to practise your race day preparation

What is your marathon race pace? If you run a half marathon your finish time will give you an approximate indication of your marathon finish time. Double your finish time (in minutes) and add 10% to estimate your target marathon time.

6 WEEKS TO GO:

PRACTICE PACE AND ENERGY

- Day 1** 30mins steady run
Day 2 10mins easy run, 8mins tempo run, 2mins easy run x 3, 10mins easy run = 50mins
Day 3 25mins easy run, 5mins steady walk, 25mins easy run, 5mins steady walk, 25mins easy run, 5mins steady walk, 25mins easy run = 1hr 55mins
Practice your fuelling and hydration strategies.

5 WEEKS TO GO:

BUILDING YOUR LONG RUN

- Day 1** 35mins steady run
Day 2 10mins easy run, 10mins steady run, 10mins fast run, 10mins steady run, 10mins easy run = 50mins
Day 3 35mins easy run, 3mins steady walk x 4 = 2hrs 32mins
Practice your fuelling and hydration strategies.

4 WEEKS TO GO:

YOUR LONGEST RUN

- Day 1** 40mins easy run
Day 2 10mins easy run, 40mins tempo run, (faster than your marathon race pace), 10mins easy run = 60mins
Day 3 5mins brisk walk, 1hr easy run, 5mins brisk walk, 1hr easy run, 10mins brisk walk, 30mins easy run, 10mins easy walk = 3hrs
Concentrate hard on this run. Practice your fuelling and hydration strategies.

3 WEEKS TO GO:

PACE PRACTICE

- Day 1** 20mins easy run
Day 2 10mins easy run, 30mins run at marathon race pace, 10mins easy run = 50mins
Day 3 1hr 30mins easy run. Wear the kit and running shoes you plan to complete the marathon in to check they are comfortable.

2 WEEKS TO GO:

TAPER

- Day 1** 25mins easy run
Day 2 5mins easy run, 30secs fast run, 30secs steady walk x 4, 5mins easy run = 14mins
Day 3 1hr easy run

1 WEEK TO GO:

RACE WEEK - TAPER YOUR RUNNING AND REST UP

- Monday** 20mins easy run
Tuesday Rest
Wednesday 5mins easy run, Run 1 mile at marathon race pace, 5mins easy run
Thursday Rest
Friday 10mins easy run
Saturday Rest
Sunday Marathon: Good luck. Start sensibly. Stick to your race and pace plan. You've done the training, you've prepared for this event and you are physically and psychologically ready to go the distance.

CHECK OUT OUR SUPER
SEASON TICKET DEALS

www.theyorkshirerunmarathon.com