

# BASIC 20 WEEK MARATHON WORKOUT - 1 of 3

<b>WORKOUT GOAL</b>	This workout plan is perfect for a first-time marathon runner whose goal is to finish the race. Think carefully about the support required from friends, family and training partners.						
<b>WORKOUT DESCRIPTION</b>	Training for a marathon is a huge commitment, you should have some running experience - base mileage of 12-15 miles per week before starting this workout planner.						
<b>SAFETY BRIEF</b>	Usual treadmill brief, take extra care with fatigue and ensure you stretch at the end of every session.						
<b>EQUIPMENT</b>	Treadmill						
<b>DURATION</b>	Dependent on run speed						
<b>MOBILISERS</b>	Thoracic spine rotation		Wall ankle/achilles mobilisation			Lunge walk with overhead reach	
<b>THE WORKOUT</b>	Session design				Methodology		
	Follow the plan below as best you can, but you can switch days to accommodate your schedule and training partners. Just make sure you don't do two really intense or long workouts two days in a row.				Monday's are generally set as rest days, as it's likely you'll have more time for longer runs at the weekend. Don't ignore the rest days, they are critical to ensure your body recovers.		
<b>WEEKS</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>WEEK 1</b>	Rest	3m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises.	3m run quicker than long run pace	Rest	4m long run at conversational pace	3m easy recovery run
<b>WEEK 2</b>			Rest	3m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises or rest	5m long run at conversational pace	
<b>WEEK 3</b>			Cross training/class for general strength, try to stay away from high impact leg exercises.	4m run quicker than long run pace		6m long run at conversational pace	
<b>WEEK 4</b>			Rest	4m run quicker than long run pace	4m long run at conversational pace		
<b>WEEK 5</b>	Rest	4m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises.	4m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises or rest	6m long run at conversational pace	
<b>WEEK 6</b>						8m long run at conversational pace	
<b>WEEK 7</b>						10m long run at conversational pace	
<b>WEEK 8</b>						8m long run at conversational pace	

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WEEKS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
<b>WEEK 9</b>	Rest	4m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises.	4m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises or rest	12m long run at conversational pace	Rest	
<b>WEEK 10</b>	4m EZ	4m run quicker than long run pace	Rest	4m run quicker than long run pace		10m long run at conversational pace	4m easy recovery run	
<b>WEEK 11</b>	Rest	4m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises.	4m run quicker than long run pace		14m long run at conversational pace		
<b>WEEK 12</b>		5m run quicker than long run pace		5m run quicker than long run pace		10m long run at conversational pace		
<b>WEEK 13</b>	4m run quicker than long run pace	5m run quicker than long run pace		Rest		18m long run at conversational pace	4m easy recovery run	
<b>WEEK 14</b>	4m run quicker than long run pace	5m run quicker than long run pace		Cross training/class for general strength, try to stay away from high impact leg exercises or rest		12m long run at conversational pace	4m easy recovery run	
<b>WEEK 15</b>	Rest	4m run quicker than long run pace		5m run quicker than long run pace		Rest	22m long run at conversational pace	Rest
<b>WEEK 16</b>	3m EZ	5m run quicker than long run pace		Rest		6m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises or rest	12m long run at conversational pace

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WEEKS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>WEEK 17</b>				6m run quicker than long run pace	Rest	26m long run at conversational pace	
<b>WEEK 18</b>		4m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises	4m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises or rest	12m long run at conversational pace	5m easy recovery run
<b>WEEK 19</b>	Rest	3m run quicker than long run pace	20 mins walk and additional stretch	3m run quicker than long run pace	Cross training/class for general strength, try to stay away from high impact leg exercises or rest	8m long run at conversational pace	
<b>WEEK 20</b>		2m run quicker than long run pace		Rest	20 mins walk and additional stretch	Race day/ rest day	Race day
<b>COOL DOWN</b>	Slow to walking pace for 5 minutes and then stop. Straight legs and reach to floor (move in and out of range don't hold a stretch), change where you reach each time (fwd, bk, left, right, twist left, twist right).						
<b>STRETCH</b>	Quads, Hamstrings, Calf, Glutes, Lower back						
<b>SIGNPOSTING</b>	Enquire with reception to see if any of the PT's at your club have any run specific experience. Also ensure you have the correct footwear; as you could require specific support for your foot strike. DW Sports retail stores will be able to give you a full gait analysis.						