**First Marathon Training Schedule**

This has been designed for runners who are already running three times per week (12+ miles) and can run 6 miles in training without stopping.

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| **Week** | **Run 1** | **Run 2** | **Run 3** | **Other info / suggested races** | **Estimated mileage** |
| Week 1 | 3 miles | 4 miles | Long Run: 6 miles |  | 13 |
| Week 2 | 4 miles | 4 miles | Long Run: 7 miles |  | 15 |
| Week 3 | 4 miles (speed) | 5 miles | Long Run: 8 miles |  | 17 |
| Week 4 | 5 miles (hills) | 5 miles | Long Run: 9 miles |  | 19 |
| Week 5 | 6 miles | 6 miles (MP) | Long Run: 10 miles |  | 22 |
| Week 6 | 4 miles (speed) | 5 miles | Long Run: 9 miles |  | 18 |
| Week 7 | 5 miles (hills) | 6 miles | Long Run: 11 miles |  | 22 |
| Week 8 | 6 miles | 6 miles (MP) | Long Run: 12 miles | Option to race half marathon in one of these weeks | 24 |
| Week 9 | 6 miles (speed) | 6 miles | Long Run: 14 miles | 26 |
| Week 10 | 5 miles (hills) | 5 miles | Long Run: 12 miles | 22 |
| Week 11 | 6 miles | 6 miles (MP) | Long Run: 16 miles |  | 28 |
| Week 12 | 6 miles (speed) | 6 miles | Long Run: 18 miles |  | 30 |
| Week 13 | 6 miles (hills) | 6 miles | Long Run: 20 miles |  | 32 |
| Week 14 | 6 miles | 6 miles (MP) | Long Run: 12 miles |  | 24 |
| Week 15 | 5 miles (speed) | 5 miles | Long Run: 6 miles |  | 16 |
| Week 16 | 4 miles | 2 miles | Race Day |  | 32 |

Use parkun as optional 4th run or as part of some of your longer runs if possible.

**Suggested speed sessions:**

1. Run 5 mins easy, 5 mins steady, 5 mins hard, 5 mins easy, 5 mins steady, 5 mins hard, 5 mins easy , 5 mins easy, 5 mins steady, 5 mins hard, 5 mins easy
2. Run for 5 mins easy to warm up, then 5 mins hard, 2-3 mins recovery x6 , 5 mins easy to cool down
3. Run 10 mins easy, 10 mins steady, 10 mins hard, 5 mins easy, 10 mins steady, 10 mins hard, 10 mins easy

**Suggested hill sessions:**

1. Run for 10 mins easy to warm up, then on a relatively steep hill, run up hill for 2 minutes then walk/jog back to the bottom x 8, 10 mins easy to cool down
2. Run for 10 mins easy to warm up, then on a relatively steep hill, run up and down the hill for 5 minutes then rest for 3 minutes x 4, 10 mins easy to cool down

* Recovery: walk or really slow jog between steady or hard efforts, effort is 3-4/10.
* Easy: conversational pace, effort is 5/10 (long run pace)
* Steady: focused effort is 6-7/10.
* Hard: 10k pace or faster, effort is 8-9/10
* MP = marathon pace. Warm up for 1 mile, run middle section at marathon pace, cool down for 1 mile.
* Long runs should be easy pace with occasional miles at steady or marathon pace.