

YOUR 12 WEEK MARATHON TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 10 x 2 mins fast 1 min slow - Cool-down 10-20 mins easy	STRENGTH TRAIN	HILL TRAIN - Warm-up 3km easy - 30 mins hills 90 sec uphill - Cool-down 10-20 mins easy	8KM RUN Easy	CROSS-TRAIN 30 - 45 mins	16KM RUN Easy
WEEK 2	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 10 x 2 mins fast 1 min slow - Cool-down 10-20 mins easy	STRENGTH TRAIN	HILL TRAIN - Warm-up 3km easy - 30 mins hills 90 sec uphill - Cool-down 10-20 mins easy	8KM RUN Easy	CROSS-TRAIN 30 - 45 mins 	19KM RUN Easy
WEEK 3	ACTIVE RECOVERY 	SPEED TRAIN - Warm-up 3km easy - 10 x 2 mins fast 1 min slow - Cool-down 10-20 mins easy	STRENGTH TRAIN	HILL TRAIN - Warm-up 3km easy - 30 mins hills 90 sec uphill - Cool-down 10-20 mins easy	10KM RUN Easy	CROSS-TRAIN 30 - 45 mins	21.1KM RUN Easy
WEEK 4	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 10 x 2 mins fast 1 min slow - Cool-down 10-20 mins easy	STRENGTH TRAIN 	TEMPO TRAIN - Warm-up 3km easy - 25 mins at 10km pace - Cool-down 10-20 mins easy	10KM RUN Easy	CROSS-TRAIN 30 - 45 mins	24KM RUN Easy
WEEK 5	ACTIVE RECOVERY	10KM RUN Easy	STRENGTH TRAIN	10KM RUN Easy	10KM RUN Easy	CROSS-TRAIN 30 - 45 mins	19KM RUN Easy
WEEK 6	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 6 X 5km at 5km pace, 2mins easy btwn rep - Cool-down 10-20 mins easy	STRENGTH TRAIN	TEMPO TRAIN - Warm-up 3km easy - 25 mins at 10m pace - Cool-down 10-20mins easy	10KM RUN Easy 	CROSS-TRAIN 30 - 45 mins	23KM RUN Easy

YOUR 12 WEEK MARATHON TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 3 x 1.5km at 5km pace, 3-mins easy btwn reps - Cool-down 10-20 mins easy	6KM RUN Easy	TEMPO TRAIN - Warm-up 3km easy - 20 mins at 10km pace - Cool-down 10-20mins easy	10KM RUN Easy	CROSS-TRAIN 30 - 45 mins	26KM RUN Easy
WEEK 8	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 3 x 1.5km at 5km pace, 3-mins easy btwn reps - Cool-down 10-20 mins easy	6KM RUN Easy	TEMPO TRAIN - Warm-up 3km easy - 20 mins at 10km pace - Cool-down 10-20mins easy	10KM RUN Easy	CROSS-TRAIN 30 - 45 mins	32KM RUN Easy
WEEK 9	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 10 x 2 mins fast 1 min slow - Cool-down 10-20 mins easy	10KM RUN Easy	TEMPO TRAIN - Warm-up 3km easy - 20 mins at 10km pace - Cool-down 10-20mins easy	10KM RUN Easy	REST DAY	29KM RUN Easy
WEEK 10	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 3 x 1.5km at 5km pace, 3 mins easy between reps - Cool-down 10-20 mins easy	8KM RUN Easy	TEMPO TRAIN - Warm-up 3km easy - 25 mins at 10km pace - Cool-down 10-20 mins easy	10KM RUN Easy	REST DAY	19KM RUN Easy
WEEK 11	ACTIVE RECOVERY	SPEED TRAIN - Warm-up 3km easy - 6 X 5km at 5km pace, 2 mins easy btwn rep - Cool-down 10-20 mins easy	8KM RUN Easy	TEMPO TRAIN - Warm-up 3km easy - 20 mins at 10km pace - Cool-down 10-20 mins easy	10KM RUN Easy	CROSS-TRAIN 30 - 45 mins	16KM RUN Easy
WEEK 12	ACTIVE RECOVERY	8KM RUN Easy	CROSS-TRAIN 30 - 45 mins	TEMPO TRAIN - Warm-up 3km easy - 10 X 2 mins at marathon pace, 1- mins easy between reps - Cool-down 10 mins easy	8KM RUN Easy	REST DAY	RACE DAY

