MARATHON RUNNING SCHEDULE
15 Week Training Programme

Devised by Jane Wake

Congratulations on signing up to run a marathon for ActionAid! This will be a great challenge and we're here to help with your 15 week training plan. Whilst the run may still seem a long way off, now is the time to gently get cracking on some serious training.

Which schedule to follow?

Before you start it's absolutely essential for you to read our **Runners Guide** which explains how the schedule works and gives you top tips for keeping your training safe, effective and on schedule.

Hopefully you will have already started a training programme that enables you to run at least 4 - 6 miles or walk/run (a mixture of walking and running) for an hour. If you have not reached this stage, follow the 'Just enough to scrape by' programme.

Whether you're a seasoned marathon runner or complete beginner you can use this as a guide to monitor your training. Use the 'Actual' schedule, filling in what you do each week. This not only ensures you are doing the right amount of training, but also acts as a motivator to keep you going - carry your schedule in a convenient places or pin it up on your wall or fridge. You can follow either one of the following schedules or try training, somewhere in between. Keep checking what you do against the three different schedules. If you fall behind one week, check that you are at least still keeping to the 'Just enough to scrape by' schedule.

Actual: Use the 'Actual' schedule, to fill in what you do each week. This not only ensures you are doing the right amount of training, but also acts as a motivator to keep you going (carry your schedule in a convenient places or pin it up on your wall or fridge).

You can follow either one of the schedules or try training, somewhere in between but keep checking what you do against the three different programmes.

N.B. The following training schedules are designed for healthy adults who are already use to exercising three times a week for at least 2 months. It is advisable for anyone embarking on this programme to check with their GP first.   ActionAid works with Jane Wake to offer guidance to enhance your running be we cannot be held responsible for any injuries you may have as a result of following this advice.

The day's indicated are meant as a guide. Swap them around to fit into your schedule, making sure however that you have a rest day before your long run and easy workouts or rests after more intense sessions. Assume all sessions are running sessions, unless indicated otherwise.

WEEK 1: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest	
TUE	20 – 30 min walk/run - hard (* 6)	20 – 25 min hard (*6/7) (2 – 3 miles)	Hill or Fartlek 30 mins (6/7*)	
WED	Rest	Rest	Easy run 30 mins (3*) (3 - 4 miles)	
THU	30 – 45 min walk/run – Mod (*3/4)	30 – 40 mins mod (*5) (3 - 4 miles)	Rest	
FRI	Rest	25 – 30 mins easy (*3/4) (2 – 3 miles)	45 – 50 min mod (3/4*) (5 miles)	
SAT	Rest	Rest	Rest	
SUN	1 hr hour run/walk (*2/3)	1 - 1 hr 10 mins or 5 – 7 miles (*3-5)	8 miles in 1 hr 20 min (3-5*) or 10k race	

*this is your intensity rating - see runners guide for explanation

WEEK 2 Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest or x – train and stretch	
TUE	30 mins hard walk/run(6*)	25 – 30 min hard (*6/7) (2 – 3 miles)	Hill or Fartlek 35 mins (6/7*)	
WED	Rest	Rest	Easy run 30 mins (3*) (3 - 4 miles)	
THU	40 – 50 min walk/run – Mod (*4)	35 – 45 mins mod (*5) (4 miles)	Rest	
FRI	Rest	25 – 30 mins easy (*3-5) (2 – 3 miles)	50 – 60 min mod (3-5*) (5 - 6 miles)	
SAT	Rest	Rest	Rest	
SUN	1 hr 15 min walk/run (*2/3)	1 hr 20 mins or 7 – 8 miles (*3/4)	9 miles in 1 ½ hrs (3/4*)	

WEEK 3: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	X – train or rest and stretch	
TUE	40 mins run/walk 4 mins run 1 min walk** Hard (6*)	Hill or Fartlek 30 mins (6/7*)	Hill or Fartlek 40 mins (6/7*)	
WED	Rest	Easy run 30 mins (3*) (2 - 3 miles)	Easy run 30 mins (3*) (3 - 4 miles)	
THU	40 – 50 min run/walk Mod (*3/4)	Rest	Rest	
FRI	Rest	1 hour mod (*3/4) (5 miles)	1 hour mod (*3/4) (6 miles)	
SAT	Rest	Rest	Rest	
SUN	11/2 - 13/4 hour run/walk (*2/3)	1 – 11/2 hours or 9 miles (3-5*)	10 miles in 11/2 hrs (3-5*)	

** run for 4 minutes, walk for 1 minute and repeat for 40 minutes.

WEEK 4: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	X-Train or rest	
TUE	30 mins continuous run – Hard (6*)	Hill or Fartlek 40 mins (6/7*)	Hill or Fartlek 45 mins (6/7*)	
WED	Rest	Easy run 30 mins (3*) (2 - 3 miles)	Easy run 30 mins (3*) (3 - 4miles)	
THU	40 – 50 mins run/walk Mod (4*)	Rest	Rest	
FRI	40 mins easy (go dead slow) continuous run (4*)	1 hour Mod (*4) (5 miles)	1 hour Mod (*4) (6 - 7 miles)	
SAT	Rest	Rest	Rest	
SUN	13/4 – 2 hour run/walk (3/4*)	2 – 21/4 hours or 13 miles (3-5*)	13 miles in under 2hrs (3-5*)	

WEEK 5: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	X – train or rest	
TUE	35 mins continuous run – hard (6*)	Hill or Fartlek 40 mins (*6/7)	Hill or Fartlek 50 mins (*6/7)	
WED	Rest	Easy run 30 mins (3*) (2 - 3 miles)	Easy run 30 mins (3*) (3 - 4 miles)	
THU	50 – 1 hour run/walk mod (4./5*)	1 – 11/4 hours Mod(*4) (6 miles)	1 – 11/4 hours Mod(*4) (8 miles)	
FRI	45 mins easy (go dead slow) continuous run (4*)	1 hour Mod (*4) (5-6 miles)	1 hour Mod (*4) (6 – 71/2 miles)	
SAT	Rest	Rest	Rest	
SUN	13/4 – 2 hour run/walk (increase the amount of running from last week) (3/4*)	1 3/4 hours or 10 miles (3-5*)	10 miles in 11/2 hours (3-5*)	

WEEK 6: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest or X train	
TUE	35 mins continuous run – hard (6*)	30 mins fartlek (6/7*)	30 mins fartlek (6/7*)	
WED	Rest	Easy run 30 mins (3*) (3 miles)	Easy run 30 mins (3*) (4 miles)	
THU	50 min - I hour mod run/walk(4/5*) increase amount of running from last week)	Rest	Rest	
FRI	20 mins continuous run easy (3*)	50 mins Mod (4*) (4 - 5 miles)	50 mins Mod (4*) (5 - 6 miles)	
SAT	Rest	Rest	Rest	
SUN	1 hour trying to run as much as you can or 10K race (4*)	21/2 hours or 15 miles. (4 - 5*)	15 miles in under 21/2 hrs. (4-5*)	

WEEK 7: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest	
TUE	40 mins continuous run – hard (6*)	40 mins Hill training – hard (6/7*)	50 mins Hill training – hard (6/7*)	
WED	Rest	Mod run 40 mins (4*) (4 miles)	Mod run 40 mins (4*) (5 miles)	
THU	25 mins continuous run mod(4*)	Rest or X-train	Rest or X-train	
FRI	25 mins continuous run mod(4*)	1 hour Mod (4/5*) (6 – 7 miles)	1 hour Mod (4/5*) (7 - 8 miles)	
SAT	Rest	Rest	Rest	
SUN	2 hour run/walk (*3/4)	Approx. 11/2 hours or 10 miles (3-5*)	10 miles in under 11/2 hrs (3-5*)	

WEEK 8: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest or X train	
TUE	40 mins adding hills – hard (6*)	40 Fartlek (6/7*)	50 Fartlek (6/7*)	
WED	Rest	Mod run 50 mins (4/5*) (5 - 6 miles)	Mod run 50 mins (4/5*) (6 - 7 miles)	
THU	30 mins continuous run mod(4/5*)	Rest	Rest	
FRI	30 mins continuous run mod(3/4*)	Easy run 40 mins (3*) (4 miles)	Easy run 40 mins (3*) (5 miles)	
SAT	Rest	Rest	Rest	
SUN	2 hour run/walk aiming to run as much as you can. (4*)	16 miles – go slow or ½ marathon race (3-5*)	16 miles in under 21/2 hrs or ½ marathon race (3-5*)	

WEEK 9: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest or easy 20 min run	
TUE	40 minutes with hills – hard (6/7*)	50 min Hill training – hard(6/7*)	1 hour Hill training – hard(6/7*)	
WED	Rest	Mod run 1 hour (4*) (6 – 7 miles)	Mod run 1 hour (4*) (7 - 8 miles)	
THU	40 mins continuous run mod(3/4*)	Rest or X-train	Rest or X-train	
FRI	40 mins continuous run mod(3/4*)	1-1/2 hour Mod run (4/5*) (8 - 10 miles)	1-1/2 hour Mod run (4/5*) (10 miles)	
SAT	Rest	Rest	Rest	
SUN	2hour run (walk only where necessary) (3/4*)	13/4 hours or 12 mile run (3-5*)	12 mile run in under 1hr 50 min (3-5*)	

WEEK 10: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest or x-train	Rest or x-train	
TUE	40 minutes with hills – hard (6/7*)	30 – 40 mins fartlek (6*)	30 – 40 mins fartlek (6*)	
WED	Rest	Mod run 1 hour (4*) (5 – 6 miles)	Mod run 1 hour (4*) (7 – 8 miles)	
THU	45 mins mod run (4/5*)	Rest	Rest	
FRI	30 mins easy run (3/4*)	45 min mod run (4/5*) (4 - 5miles)	45 min mod run (4/5*) (6 miles)	
SAT	Rest	Rest	Rest	
SUN	21/2 hour run(walk only where necessary) (3-5*) (try to do a measured mile here to find your race pace)	21/2 hour run or 15 miles (3-5*) (try to do a measured mile here to find your race pace)	16 miles in under 21/2 hrs (3-5*) (try to do a measured mile here to find your race pace)	

WEEK 11: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest or x –train	
TUE	30 mins fartlek (6/7*)	1 hour hills (6/7*)	1- 11/4 hour hills (6/7*)	
WED	Rest or x –train	Rest or X-train	Rest or X-train	
THU	1 hour race pace (3/4*)	11/2 hour run race pace (4*)	11/2 hour run race pace (4*)	
FRI	45 mins hard (5/6*)	1 hour run mod (5/6*)	1 hour run mod (5/6*)	
SAT	Rest	Rest	Rest	
SUN	2 hour run (3-5*)	2 hours or 13 miles (3-5*)	13 miles in under 2hrs (3-5*)	

WEEK 12: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest or x –train	Rest or x –train	Rest or x –train	
TUE	1 hr moderate run (4/5*)	1 hour run mod/hard (5/6*)	11/4 hour run mod/hard (5/6*)	
WED	Rest or x-train	Rest or x –train	Rest or x –train	
THU	Rest	45 min easy run (3/4*)	1 hour easy run (3/4*)	
FRI	45 min easy run (3/4*)	Rest	Rest	
SAT	Rest	Rest	Rest	
SUN	3 – 31/2 hours or 16 miles you can stop and walk, but try to keep it to just 1 x 5 min walk per hour (3-5*)	3 – 31/2 hours or 18 – 20 miles (3-5*)	20 miles in under 3 ¼ hrs (3-5*)	

WEEK 13: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest	
TUE	Hill run 40 mins (5/6*)	30 mins fartlek (6/7*)	40 mins fartlek (6/7*)	
WED	Rest or x – train	Rest or x-train	Rest or x-train	
THU	1 hour mod run (4/5*)	11/2 hour race pace (3/4*)	11/2 hour race pace (3/4*)	
FRI	1 hour race pace (3/4*)	I hour run mod (5/6*)	11/4 hour run mod (5/6*)	
SAT	Rest	Rest	Rest	
SUN	11/2 - 2 hours (3-5*)	2 hours or 12 miles (3-5*)	12 miles (check against previous times) (3-5*)	

WEEK 14: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest or x –train	Rest or X-train or easy run	Rest or X-train or easy run	
TUE	30 min Mod run (4/5*)	40 min mod (4/5*)	50 min mod (4/5*)	
WED	Rest	Rest	Rest or X-train	
THU	1 hour easy run (3/4*)	Race pace 6 miles (3/4*)	Race pace 6 miles (3/4*)	
FRI	30 min mod run (4/5*)	40 min mod (4/5*)	50 min mod (4/5*)	
SAT	Rest	Rest	Rest	
SUN	1 - 11/2 hours (*3/4)	1 – 11/2 hours or 8 miles (*3/4)	8 miles (*3/4)	

WEEK 15: Week commencing _____

	The 'Just Enough To Scrape By' Guide	The Virgin Runner's Fool Proof Guide	Sub 4 marathon training	ACTUAL – what I've done
MON	Rest	Rest	Rest	
TUE	40 min easy run (*3)	40 min easy run (*3)	50 min easy run (*3)	
WED	X – train or rest	x-train or rest	x-train or rest	
THU	30 mins easy run (*2/3)	40 mins easy run (*2/3)	40 mins easy run (*2/3)	
FRI	Rest	Rest	Rest	
SAT	Rest	Rest	Rest	
SUN	**YOUR MARATHON!**	**YOUR MARATHON!**	**YOUR MARATHON!**	