



# Full Marathon



## Beginner Training Program

**Key:** LA = Lower Aerobic (should feel easy), MA = Mid Aerobic Run (should be able to hold a conversation and feel comfortable), RP = Proposed race day paced running.  
 UA = Upper Aerobic (comfortably hard running)

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
<b>Week 1</b>	Mon, 7 Aug	Tue, 8 Aug	Wed, 9 Aug	Thu, 10 Aug	Fri, 11 Aug	Sat, 12 Aug	Sun, 13 Aug
	35 mins LA	40 mins MA	Rest Day	40 mins MA	Rest Day	90 mins LA	Rest Day
<i>Results</i>							
<b>Week 2</b>	Mon, 14 Aug	Tue, 15 Aug	Wed, 16 Aug	Thu, 17 Aug	Fri, 18 Aug	Sat, 19 Aug	Sun, 20 Aug
	35 mins LA	45 mins MA	Rest Day	40 mins MA	Rest Day	2 hours LA	Rest Day
<i>Results</i>							
<b>Week 3</b>	Mon, 21 Aug	Tue, 22 Aug	Wed, 23 Aug	Thu, 24 Aug	Fri, 25 Aug	Sat, 26 Aug	Sun, 27 Aug
	Walk - 45 mins OR Rest	40 mins MA	Rest Day	40 mins MA	Rest Day	2 hours LA	Rest Day
<i>Results</i>							
<b>Week 4</b>	Mon, 28 Aug	Tue, 29 Aug	Wed, 30 Aug	Thu, 31 Aug	Fri, 1 Sep	Sat, 2 Sep	Sun, 3 Sep
	35 mins LA	40 mins undulating MA	Rest Day	40 mins undulating MA	Rest Day	90mins LA	Rest Day
<i>Results</i>							
<b>Week 5</b>	Mon, 4 Sep	Tue, 5 Sep	Wed, 6 Sep	Thu, 7 Sep	Fri, 8 Sep	Sat, 9 Sep	Sun, 10 Sep
	35 mins LA	40 mins undulating MA	Rest Day	40 mins undulating MA	Rest Day	2hrs 15 mins LA/MA	Rest Day
<i>Results</i>							
<b>Week 6</b>	Mon, 11 Sep	Tue, 12 Sep	Wed, 13 Sep	Thu, 14 Sep	Fri, 15 Sep	Sat, 16 Sep	Sun, 17 Sep
	Walk - 45 mins OR Rest	40 mins MP	Rest Day	10 mins LA, 20 mins UA, 10 mins LA	Rest Day	90 mins (30 mins LA, 30 mins MP, 30 mins LA)	Rest Day
<i>Results</i>							
<b>Week 7</b>	Mon, 18 Sep	Tue, 19 Sep	Wed, 20 Sep	Thu, 21 Sep	Fri, 22 Sep	Sat, 23 Sep	Sun, 24 Sep
	40 mins LA	60 mins undulating MA	Rest Day	40 mins MP	Rest Day	2hrs 15 mins LA/MA	Rest Day
<i>Results</i>							
<b>Week 8</b>	Mon, 25 Sep	Tue, 26 Sep	Wed, 27 Sep	Thu, 28 Sep	Fri, 29 Sep	Sat, 30 Sep	Sun, 1 Oct
	40 mins LA	80 mins undulating LA	Rest Day	40 mins MP	Rest Day	2hrs 30 mins LA/MA	Rest Day
<i>Results</i>							
<b>Week 9</b>	Mon, 2 Oct	Tue, 3 Oct	Wed, 4 Oct	Thu, 5 Oct	Fri, 6 Oct	Sat, 7 Oct	Sun, 8 Oct
	Rest Day	40 mins MP	Rest Day	10 mins LA, 20 mins UA, 10 mins LA	Rest Day	21.1km @ U.A	Rest Day
<i>Results</i>							
<b>Week 10</b>	Mon, 9 Oct	Tue, 10 Oct	Wed, 11 Oct	Thu, 12 Oct	Fri, 13 Oct	Sat, 14 Oct	Sun, 15 Oct
	40 mins MP	80 mins undulating LA	Rest Day	40 mins MP	Rest Day	2hrs 45 mins LA/MA	1-2 hour walk- off road if poss
<i>Results</i>							
<b>Week 11</b>	Mon, 16 Oct	Tue, 17 Oct	Wed, 18 Oct	Thu, 19 Oct	Fri, 20 Oct	Sat, 21 Oct	Sun, 22 Oct
	Rest Day	40 mins MP	Rest Day	10 mins LA, 2 x 10 mins UA (with 5 mins LA inbetween), 10 mins LA	Rest Day	21km MA with 5km in the middle @ U.A	Rest Day
<i>Results</i>							
<b>Week 12</b>	Mon, 23 Oct	Tue, 24 Oct	Wed, 25 Oct	Thu, 26 Oct	Fri, 27 Oct	Sat, 28 Oct	Sun, 29 Oct
	45 mins MP	90 mins undulating LA	Rest Day	40 mins MP	Rest Day	3 hours LA/MA	Optional Auckland Half Marathon (if you do this then miss Sat and run 80% of race pace)
<i>Results</i>							
<b>Week 13</b>	Mon, 30 Oct	Tue, 31 Oct	Wed, 1 Nov	Thu, 2 Nov	Fri, 3 Nov	Sat, 4 Nov	Sun, 5 Nov
	40 mins LA	60 mins undulating MA	Rest Day	40 mins MP	Rest Day	2 hours MA/UA	Rest Day
<i>Results</i>							
<b>Week 14</b>	Mon, 6 Nov	Tue, 7 Nov	Wed, 8 Nov	Thu, 9 Nov	Fri, 10 Nov	Sat, 11 Nov	Sun, 12 Nov
	45 mins MP	60 mins MA	Rest Day	10 mins LA, 2 x 10 mins UA (with 5 mins LA inbetween), 10 mins LA	Rest Day	60 mins (20 mins LA, 20 mins UA, 20 mins LA)	Rest Day
<i>Results</i>							
<b>Week 15</b>	Mon, 13 Nov	Tue, 14 Nov	Wed, 15 Nov	Thu, 16 Nov	Fri, 17 Nov	Sat, 18 Nov	Sun, 19 Nov
	40 mins MP	Rest Day	30 mins LA	Rest Day	20 mins LA or Rest	<b>RACE DAY</b>	Rest Day
<i>Results</i>							