Full Marathon
Training Programme

Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

\- William Jennings Bryan

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Key Points

1. *If you're just beginning to train or returning after an injury then make sure you're healthy enough to begin increasing the amount of exercise you're going to do. If you're in any doubt, consult a doctor before you begin.*

2. *Always start with a good 15min Warm Up and ensure you cool down afterwards.*

3. *Always make sure you have a rest day between runs, even if you don't stick to the days stated in the programme.*

4. *During Interval Training Sessions, jog or run the running at a pace that feels comfortable.*

5. *If you are finding the plan too easy, skip ahead a week. Equally, if it's too challenging, go back or repeat a week.*

6. *When running, try to run continuously and slow your pace if necessary.*

7. *Try to include a swimming session once a week (the suggested day is Tuesday), to give your joints a rest.*

The Ultimate Test:
Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30min Easy Run	45min Off-Road Run	Rest	Interval Training 30mins 5min Easy, 20min Fast	Rest	30min Run	60min Easy Run
Week 2	30min Easy Run	45min Off –Road Run	Rest	Interval Training 35mins 2min Easy, 5min Fast	Rest	30min Run	75min Easy Run
Week 3	30min Easy Run	60min Off-Road Run	Rest	Interval Training 40mins 10min Easy, 10min Fast	Rest	35min Run	90min Easy Run
Week 4	35min Easy Run	60min Off-Road Run	Rest	Interval Training 40mins 2min Easy, 6min Fast	Rest	35min Run	Interval Training 90mins 10min Easy, 20min Fast
Week 5	35min Easy Run	60min Run with Hill Climbs 6x 1min	Rest	Interval Training 50mins 10min Easy, 15min Fast	Rest	40min Run	100min Easy Run
Week 6	35min Easy Run	60min Run with Hill Climbs 6x 1min	Rest	Interval Training 40mins 2min Easy, 6min Fast	40min Easy Run	Rest	10mile Run
Week 7	45min Easy Run	60min Run with Hill Climbs 8x 1min	Rest	Interval Training 50mins 10min Easy, 15min Fast	Rest	45min Run	Interval Training 120mins 20min Easy, 20min Fast
Week 8	45min Easy Run	60min Run with Hill Climbs 8x 1min	Rest	Interval Training 40mins 2min Easy, 8min Fast	Rest	45min Run	140min Easy Run
Week 9	45min Easy Run	60mins Fartlek	Rest	Interval Training 50mins 10min Easy, 30min Fast	Rest	45min Run	150min Easy Run
Week 10	45min Easy Run	60mins Fartlek	Rest	Interval Training 40mins 2min Easy, 8min Fast	45min Easy Run	Rest	Interval Training 160mins 20min Easy, 20min Fast
Week 11	30min Easy Run	60mins Steady	Rest	Interval Training 50mins 10min Easy, 15min Fast	Rest	45min Run	165min Easy Run
Week 12	30min Easy Run	60mins Steady	Rest	Interval Training 50mins 2min Easy, 8min Fast	45min Easy Run	Rest	180mins Easy Run

About The Programme

A full marathon - that's 26 miles, 385 yards to be exact - represents the ultimate challenge, which many runners feel they have to do just once.

The thousands of people of all ages, shapes and sizes who have conquered the distance stand testament to the fact that it is achievable, but you'll need dedication, discipline and commitment to keep you focused throughout the necessary training period.

It's not advisable to sign up for a marathon if you haven't been running for six months or more - your injury risk is significantly higher if you don't have the strong, robust muscles, joints and connective tissues that regular running helps to build. But if you do have a few 10km and half-marathons behind you - this programme will get you marathon-fit in 12 weeks.