



Petts Wood Runners



Beginners Schedule

453-458 total mileage, 16 ¼ hours X training

All marathon training programs have one thing in common: lots and lots and lots of miles. The unchanging fact of the marathon is that your body has to be well prepared to endure the strain and relentless miles of the long road. You have to put the miles in the bank.

However, you must also show flexibility with your training, if you are feeling fatigued or under the weather on a particular day, shorten your run or don't run at all. Then resume training according to the schedule. Don't try to make up for missed miles. Many schedules will include other types of training runs such as speed training, hills etc. If you are fairly new to running ie running around 15 miles a week for 1 to 2 years, your main aim should be to complete the marathon training and complete the marathon course and you can do that without incorporating these other types of training. Pushing yourself too far, too soon will put you at risk from unnecessary injury. Remember that there are no shortcuts and that less is better than more!

X-training lets you work while you rest and will give you a break from the pounding of running while you continue to train aerobically. Cycling and swimming are excellent x-training activities, and you can add some stretching and strength training too.

The type of running effort required on the schedule are 'Easy', 'Medium' and 'Long'. These are perceived levels of exertion that are individual to you and that you need to determine yourself. A good way of gauging if you are working at the right level would be that for your 'easy' and 'long' runs (which are basically the same pace) you should be working at a level that would allow you to hold a conversation with someone without being overly breathless. A medium pace would therefore be slightly more difficult but at a pace that you are able to maintain for the distance required without any rest breaks.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1						24 December
15 miles						
Rest 0 miles	Easy 3 miles	Medium 3 miles	Easy 3 miles	Rest 0 miles	X-train 1 hour	Long 6 miles
Week 2						31 December
16 miles						
Rest 0 miles	Easy 3 miles	Medium 3 miles	Easy 3 miles	Rest 0 miles	X-train 1 hour	Long 7 miles
Week 3						7 January
15 miles						
Rest 0 miles	Easy 3 miles	Medium 4 miles	Easy 3 miles	Rest 0 miles	X-train 1 hour	Long 5 miles
Week 4						14 January
19 miles						
Rest 0 miles	Easy 3 miles	Medium 4 miles	Easy 3 miles	Rest 0 miles	X-train 1 hour	Long 9 miles
Week 5						21 January
21 miles						
Rest 0 miles	Easy 3 miles	Medium 5 miles	Easy 3 miles	Rest 0 miles	X-train 1 hour	Long 10 miles
Week 6						28 January
17-20 miles						
Rest 0 miles	Easy 3 miles	Medium 5 miles	Easy 3 miles	Rest 0 miles	X-train 1 hour	Race 10k-15k
Week 7						4 February
24 miles						
Rest 0 miles	Easy 3 miles	Medium 6 miles	Easy 3 miles	Rest 0 miles	X-train 1 hour	Long 12 miles
Week 8						11 February
23 miles						
Rest 0 miles	Easy 3 miles	Medium 6 miles	Easy 4 miles	Rest 0 miles	X-train 1 hour	Long 10 miles
Week 9						18 February
27 miles						
Rest 0 miles	Easy 3 miles	Medium 7 miles	Easy 4 miles	Rest 0 miles	X-train 1 hour	Half Marathon (Sussex Beacon)



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Week 10							29 miles	25 February
Rest 0 miles	Easy 3 miles	Medium 7 miles	Easy 4 miles	Rest 0 miles	X-train 1 hour	Long 15 miles		
Week 11							32-34 miles	4 March
Rest 0 miles	Easy 4 miles	Medium 8 miles	Easy 4 miles	Rest 0 miles	X-train 1 hour	PWR Marathon Training Run 18 miles (16 miles cut off)		
Week 12							30 miles	11 March
Rest 0 miles	Easy 4 miles	Medium 8 miles	Easy 5 miles	Rest 0 miles	X-train 1 hour	Half Marathon (Hastings)		
Week 13							36 miles	18 March
Rest 0 miles	Easy 4 miles	Medium 9 miles	Easy 5 miles	Rest 0 miles	X-train 1 hour	Long 18 miles		
Week 14							33 miles	25 March
Rest 0 miles	Easy 5 miles	Medium 9 miles	Easy 5 miles	Rest 0 miles	X-train 1 hour	Long 14 miles		
Week 15							40 miles	1 April
Rest 0 miles	Easy 5 miles	Medium 10 miles	Easy 5 miles	Rest 0 miles	X-train 1 hour	PWR Marathon Training Run 20 miles		
Week 16							24 miles	8 April
Rest 0 miles	Easy 5 miles	Medium 8 miles	Easy 5 miles	Rest 0 miles	X-train 45 mins	Race 10k		
Week 17							22 miles	15 April
Rest 0 miles	Easy 4 miles	Medium 6 miles	Easy 4 miles	Rest 0 miles	X-train 30 mins	Long 8 miles		
Week 18							34-36 miles	22 April
Rest 0 miles	Easy 3 miles	Easy 4 miles	Rest 0 miles	Rest 0 miles	Easy 1-3 miles	Flora London Marathon		