



# Petts Wood Runners



## Beginners to Intermediate Schedule 411-550 total mileage

This program has a great deal of flexibility built into it. As you can see above the difference between running the minimum and maximum miles per day creates a wide margin of difference at the end of the plan. If you work at the higher end of the mileage you may be able to complete the Marathon in under 4 hours.

The Thursday sessions are a form of speed work and should only be tackled if you already run around 20 miles per week. Otherwise you can substitute them for a normal run of the same distance plus 1 mile (the distance conversion is around 1600m=1M).

You may also want to swap day around to fit in with your other commitments, just remember that rest days are essential and that you should not run consecutive hard days. You can also take one-minute walk breaks every 5 – 10 minutes during your long Sunday runs, and this is an effective marathon-day plan too.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> <span style="float: right;"><b>17-24 miles</b></span> <span style="float: right;"><b>7 January</b></span>						
Rest	5-6M slow	Rest or 3M slow	1M jog, then 2-3 x 800m with 2min recoveries: then 1M jog	Rest	5M slow	5-7M slow
<b>Week 2</b> <span style="float: right;"><b>20-28 miles</b></span> <span style="float: right;"><b>14 January</b></span>						
Rest	1M slow, then 3-4M steady, then 1M slow	Rest or 3M slow	1-1.5M jog, then 2 x 1200m with 4min rec: then 1-1.5M jog	Rest	4-5M slow	7-9M slow
<b>Week 3</b> <span style="float: right;"><b>22-30 miles</b></span> <span style="float: right;"><b>21 January</b></span>						
Rest	2M slow, then 1-2M brisk, then 2M slow	Rest or 3M slow	1M jog, then 800m, 1200m, 800m with 4 min rec: then 1M jog	Rest	5-6M slow	8-11M slow
<b>Week 4</b> <span style="float: right;"><b>17.5-26 miles</b></span> <span style="float: right;"><b>28 January</b></span>						
Rest	5-7M relaxed fartlek	Rest or 3M slow	1-2M jog, then 6 x 400m with 2 min rec: then 1-2M jog	Rest	3-4M slow	10k Race
<b>Week 5</b> <span style="float: right;"><b>23.5-32.5 miles</b></span> <span style="float: right;"><b>4 February</b></span>						
Rest	1M slow, then 3-4M steady, then 1M slow	Rest or 4M slow	1M jog, 3-4 x 800m with 2 min rec: then 1M jog	Rest	5M slow	10-14M slow
<b>Week 6</b> <span style="float: right;"><b>25-34 miles</b></span> <span style="float: right;"><b>11 February</b></span>						
Rest	2M slow, then 1-2 brisk, then 2M slow	Rest or 4M slow	1M jog, then 3 x 1200m with 4 min rec: then 1M jog	Rest	5M slow	11-15M slow



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<b>Week 7</b>							<b>29-38 miles</b>	<b>18 February</b>
Rest	2M slow, then 4M steady, then 2M slow	Rest or 4M slow	1M jog, then 1200m, 800m, 400m, 800m, 1200m with rec. half as long as the efforts: then 1M jog	Rest	4-5M slow	½ Marathon (Sussex Beacon) or 12-16M slow		
<b>Week 8</b>							<b>23-35 miles</b>	<b>25 February</b>
Rest	4-5M relaxed fartlek	Rest or 4M slow	1-2M jog, then 8 x 400m with 2 min rec: then 1-2M jog	Rest	4-5M slow	11-15M slow		
<b>Week 9</b>							<b>26-34 miles</b>	<b>4 March</b>
Rest	1M slow, then 3-5M steady, then 1M slow	Rest or 5M slow	1M jog, then 4 x 1200m with 4 min rec: then 1M jog	Rest	4-5M slow	PWR Marathon Training Run 18 miles (16 miles cut off)		
<b>Week 10</b>							<b>28-39 miles</b>	<b>11 March</b>
Rest	1M slow, then 4M brisk, then 1M slow	3-5M slow	1M jog, then 4 x 1200m with 4 min rec: then 1M jog	Rest	4-5M slow	½ Marathon (Hastings) or 14-18M slow		
<b>Week 11</b>							<b>34-41 miles</b>	<b>18 March</b>
Rest	5-6M fartlek	4-6M slow	1M jog, then 400m, 800m, 400m, 1600m, 400m, 800m, 400m with rec. half as long as the efforts: then 1M jog	Rest	5M slow	15-19M slow		
<b>Week 12</b>							<b>26.5-35.5 miles</b>	<b>25 March</b>
Rest	1M slow then 4-5M steady	Rest or 4M slow	1-2M jog, then 10-12 x 400m with 2 min rec: then 1-2M jog	Rest	4-5M slow	13-15M slow		
<b>Week 13</b>							<b>37-44 miles</b>	<b>1 April</b>
Rest	2M slow, then 1-3M brisk, then 2M slow	4-6M slow	1-2M jog, then 2400m, 1200m, 2400m with 4 min rec: then 1M jog	Rest	4-5M slow	PWR Marathon Training Run 20 miles		
<b>Week 14</b>							<b>32-37 miles</b>	<b>8 April</b>
Rest	6-7M fartlek	5-6M slow	1M jog, then 4 x 800m with 2 min rec: then 1M jog	Rest	4-5M slow	13-15M slow or 10K to 10M race		



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<b>Week 15</b>		<b>18-31 miles</b>			<b>15 April</b>	
Rest	2M slow then 1-2M brisk, then 2 M slow	Rest or 4M slow	1-2M jog, then 6-8 x 400m with 2 min rec: 1-2M jog	Rest	4-5M slow	8-10M slow
<b>Week 16</b>		<b>33-42 miles</b>			<b>22 April</b>	
Rest	4M slow, inc strides	Rest or 4M slow	1M jog, then 1-2M steady, then 1M jog	Rest	Rest or 2-4M slow	Flora London Marathon