



## **BEGINNER PLAN – STARTING 27/01/19**

Week commencing from Sunday

### **WEEK 1 27/01/19**

SUNDAY Walk 5mins warm-up – jog/walk continuously for 45mins – walk 5mins cool  
down MONDAY Rest

TUESDAY Walk 5 mins warm-up – jog/walk continuously for 30mins – walk 5mins  
cool down

WEDNESDAY Rest

THURSDAY Walk 5mins warm-up – jog/walk continuously for 30mins – walk 5mins cool  
down  
FRIDAY Rest

SATURDAY Walk mins warm-up – jog/walk continuously for 30mins – walk5mins cool down

## **WEEK 2 03/02/19**

SUNDAY Walk 5mins warm-up – jog/walk continuously for 50mins – walk 5mins cool down  
MONDAY Rest

TUESDAY Walk 5mins warm-up – jog/walk continuously for 30mins – walk 5mins cool down

WEDNESDAY Rest

THURSDAY Walk 5mins warm-up – jog/walk continuously for 30mins – walk 5mins cool down

FRIDAY Rest

SATURDAY Walk 5mins warm-up – jog/walk continuously for 20mins – walk 5mins cool down

## **WEEK 3 - 10/02/19**

SUNDAY Walk 5mins warm-up – jog/walk continuously for 50mins – walk 5mins cool down  
MONDAY Rest

TUESDAY Walk 5mins warm-up – jog/walk continuously for 40mins – walk 5mins cool down

WEDNESDAY Rest

THURSDAY Walk 5mins warm-up – jog/walk continuously for 40mins – walk 5mins cool down

FRIDAY Rest

SATURDAY 10 mins slow jog warm-up – on grass, run alternate fast & slow 1 minute periods for 30mins, jog cool down

#### **WEEK 4 17/02/19**

SUNDAY Start slowly – build up to steady pace and run/walk 60mins

MONDAY Rest

TUESDAY Jog 5mins warm-up – jog/walk continuously for 40mins – walk 5mins cool down

WEDNESDAY Rest

THURSDAY Jog 5mins warm-up – jog/walk continuously for 40mins– walk 5mins cool  
down FRIDAY Rest

SATURDAY 10mins slow jog warm-up – on grass, run alternate fast & slow 1 minute  
periods for 30mins, jog cool down

#### **WEEK 5 24/02/19**

SUNDAY Start slowly – build up to steady pace and run/walk 70mins

MONDAY Rest

TUESDAY Start slowly – build up to steady pace and run/walk

45mins WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 45mins

FRIDAY Rest

SATURDAY 10mins slow jog warm-up – on grass, run alternate fast & slow 1 minute  
periods for 30mins, jog cool down

**WEEK 6 – 03/02/19**

SUNDAY Start slowly – build up to steady pace and run/walk 7 mins

Start slowly – build up to steady pace and run/walk 1hr 45mins.

MONDAY Rest

TUESDAY Start slowly – build up to steady pace and run/walk 45mins

WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 45mins

FRIDAY Rest

SATURDAY Warm-up, 20 min hilly run, cool down jog

**WEEK 7 – 10/03/19**

SUNDAY Start slowly – build up to steady pace and run/walk 90mins

MONDAY Rest

TUESDAY Start slowly – build up to steady pace and run/walk 45mins

WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 45mins

FRIDAY Rest

SATURDAY Warm-up, find a small hill (not too steep) which takes about 2mins run up, continuously run up & down the hill for 20mins, cool down jog

## **WEEK 8 – 17/03/19**

SUNDAY Start slowly – build up to steady pace and run/walk 90mins

MONDAY Rest

TUESDAY Start slowly – build up to steady pace and run/walk 45mins

WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 45mins

FRIDAY Rest

SATURDAY Warm-up, run for 20 mins

## **WEEK 9 – 24/03/19**

SUNDAY Start slowly – build up to steady pace and run/walk 90mins

MONDAY Rest

TUESDAY Start slowly – build up to steady pace and run/walk 45mins

Warm-up – 30mins tempo run @ predicted marathon pace – cool down

WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 45mins

FRIDAY Rest

SATURDAY Warm-up, find a small hill (not too steep) which takes about 2mins run up, continuously run up & down the hill for 20mins, cool down jog

## **WEEK 10 - 31/02/19**

SUNDAY Start slowly – build up to steady pace and run/walk 90mins

MONDAY Rest

TUESDAY Warm-up, on clear path run hard for 10mins – take 5mins recovery then try to run back to the start point in 10mins, cool down

WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 45mins

FRIDAY Rest

SATURDAY Warm-up, find a small hill (not too steep) which takes about 2mins run up, continuously run up & down the hill for 20mins, cool down jog

## **WEEK 11 - 07/04/19**

SUNDAY Start slowly – build up to steady pace and run/walk 90mins

MONDAY Rest

TUESDAY Warm-up, on clear path run hard for 10 mins – take 5mins recovery then try to run back to the start point in 10mins, cool down

WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 45mins

FRIDAY Rest

SATURDAY Warm-up, run 3 x 1 mile (approx.) with 3mins recovery between each cool down, Pace should be fast but controlled so that you can hold it for the full mile.

## **WEEK 12 - 14/04/19**

SUNDAY Start slowly – build up to steady pace and run/walk 1hr 45mins

MONDAY Rest

TUESDAY Warm-up, on grass run 5 x 3mins with 2mins recovery between each, cool down – pace should be fast but controlled.

WEDNESDAY Rest

THURSDAY Start slowly – build up to steady pace and run/walk 60mins

FRIDAY Rest

SATURDAY Warm-up, run 4 x 1 mile (approx) with 3mins recovery between each cool down, Pace should be fast but controlled so that you can hold it for the full mile.

## **WEEK 13 – 21/04/19**

SUNDAY 2hrs steady

MONDAY Rest

TUESDAY Warm-up, 40 min continuous run, start steady increasing speed every 5mins in second half – cool down.

WEDNESDAY Rest

THURSDAY 60mins steady

FRIDAY Rest

SATURDAY Warm-up, 30mins alternating fast pace & steady pace 5 min intervals, cool down.

**WEEK 14 - 28/4/19**

SUNDAY 2hrs steady

MONDAY Rest

TUESDAY Warm-up, 40min continuous run, start steady increasing speed every 5mins in second half – cool down.

WEDNESDAY Rest

THURSDAY 45mins easy

FRIDAY Rest

SATURDAY 45mins easy

**WEEK 15 – 05/05/19**

SUNDAY 3 hrs steady

MONDAY Rest

TUESDAY Warm-up, 12 x 1 min fast, 1 min fast walk recovery between each, cool down (efforts at 10km pace).

WEDNESDAY Rest

THURSDAY 60mins steady

FRIDAY Rest

SATURDAY 45mins speeding up to 10km pace in last 10mins 45mins



**WEEK 16 - 12/05/19**

SUNDAY 90mins steady

MONDAY Rest

TUESDAY Warm-up, on a flat grass straight of approx 200m, run the length of the straight fast 10 times (5 up/5 back) with 2mins rest at each end, cool down.

WEDNESDAY Rest

THURSDAY 60mins steady

FRIDAY Rest

SATURDAY 45mins speeding up to 10km pace in last 10mins

**WEEK 17 -19/05/19**

SUNDAY 75mins steady

MONDAY Rest

TUESDAY Warm-up, on a flat grass straight of approx 200m, run the length of the straight fast 10 times (5 up/5 back) with 2mins rest at each end, cool down.

WEDNESDAY Rest

THURSDAY 45mins steady

FRIDAY Rest

SATURDAY 30mins steady

**WEEK 18 - 26/05/19**

SUNDAY 45mins steady

MONDAY Rest

TUESDAY 30mins run with hard burst for 4 or 5mins towards the end.

WEDNESDAY Rest

THURSDAY 15mins easy jog

FRIDAY Rest

SATURDAY 10mins really easy

**SUNDAY WCM MARATHON DAY 02/06/19**