



BEGINNER PLAN – STARTING 29/01/17

Week commencing from Sunday

WEEK 1 29/01/17

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 05/02/17

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 - 12/02/17

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 19/02/17

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 26/02/17

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 – 05/02/17

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 – 12/03/17

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 – 19/03/17

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 – 26/03/17

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 - 02/03/17

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 - 09/04/17

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 - 16/04/17

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 – 23/04/17

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 - 30/4/17

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 – 07/05/17

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 - 14/05/17

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 -21/05/17

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 - 28/05/17

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 04/06/17