

FULL MARATHON - BEGINNER PROGRAM

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY	
WEEK	DATE	Rest or Light Active Recovery	Recovery Run	Workouts	Rest Day	Recovery Run	Recovery Run / Long Run	EVENTS
1 BUILD #1	June 30th	rest / active recovery	3-5km	1km warmup (WU), Dynamic stretches (DS), 10 x 1 min slightly harder than normal easy pace on 1 min walk/jog rest, 1 km cooldown (CD)	rest	3-5km	3-5km / 8-10km	
2	July 7th	rest/active recovery	3-5km	1km WU, DS, 10 x 90 seconds slightly harder than normal easy pace on 1 min walk/jog, 1 km CD	rest	4-6km	4-6km / 10-12km	July 9 Kardia Kick-Off Run
3	July 14th	rest / active recovery	4-6km	1.5km WU, DS, 7 x hill rep with walk/jog back down as recovery, 1.5 km CD	rest	4-6km	4-6km / 12-14km	July 19 CRS Long Run 1
4 Build #2	July 21st	rest / active recovery	4-6km	1.5km WU, DS, 9 x hill rep with walk/jog back down as recovery, 1.5km CD	rest	5-7km	5-7km / 14-16km	
5	July 28th	rest / active recovery	4-6km	2km WU, DS, 6 x 3 mins at about 10-15 seconds faster per km than your normal easy pace on 90 seconds walk/jog rest, 2 km CD	rest	5-7km	5-7km / 16-18km	
6	Aug 4th	rest / active recovery	5-7km	2km WU, DS, 6 x 3 mins about 10-15 seconds per km faster than normal easy pace, 60 seconds walk/jog, 1 min harder, 90 seconds walk/jog rest, 2 km CD	rest	6-8km	5-7km / 18-20km	
7 Build #3	Aug 11th	rest / active recovery	5-7km	2km WU, DS, 8 mins at 10-15 seconds per km faster than easy pace, 90 seconds walk/jog rest, 6 mins at 10-15 seconds per km faster than easy pace, 90 seconds walk/jog rest, 4 mins at 10-15 seconds faster than easy pace, 2 km CD	rest	6-8km	5-7km / 20-22 km	Aug 16 CRS Long Run 2
8	Aug 18th	rest / active recovery	5-7km	2km WU, DS, 6 x 5 mins at half marathon effort on 90 seconds walk/jog, 2 km CD	rest	7-9km	6-8km / 22-24km	
9	Aug 25th	rest / active recovery	6-8km	2km WU, DS, 10 x 2 mins at half pace, on 1 min walk/jog rest, 2 km CD	rest	7-9km	6-8km / 24-26km	
10 Intensity Weeks	Sept 1st	rest / active recovery	6-8km	2km WU, DS, 4 x 8 min at 10-15 seconds per km faster than normal easy pace on 2 min walk/jog rest, 2 km CD	rest	8-10km	6-8km / 26-28km	
11	Sept 8th	rest / active recovery	6-8km	2km WU, DS, 10 x 3 mins at 10-15 seconds per km faster than normal easy pace, on 90 seconds walk/jog, 2 km CD	rest	8-10km	6-8km / 28-30km	
12	Sept 15th	rest / active recovery	6-8km	2 km WU, DS, 4 x 10 mins at goal marathon pace on 2 min walk/jog rest, 2 km CD	rest	10-12km	6-8km / 29 - 32km	TBD CRS Long Run 3
13 Peak Weeks	Sept 22nd	rest / active recovery	6-8km	2km WU, DS, 20 x 1 min at half marathon pace on 1 min walk/jog rest, 2km CD	rest	10-12km	6-8km/ 30-32km	
14	Sept 29th	rest / active recovery	6-8km	2km WU, DS, 5 x 5 mins at half marathon pace on 90 seconds walk/jog rest, 2 km CD	rest	8-10km	6-8km/ 32-36km	
15 Taper weeks	Oct 6th	rest / active recovery	6-8km	2km warmup, dynamic stretches, 10 x 90 seconds at half marathon pace on 60 seconds walk/jog rest, 2km cooldown	rest	6-8km	4-7km / 13-15km	Taper Week
16	Oct 13th	rest	5-7km	2km warmup, dynamic stretches, 3 x 5 mins at goal marathon pace on 2 mins rest, 2 km cooldown	rest	4-6km	shakeout / Race	RACE WEEK!