

TRAINING PLAN:

BEGINNER 'BLUE' MARATHON

WRITTEN FOR COMBAT STRESS

	DAY 1	DAY 2	DAY 3	DAY 4
WEEK 1	Blue BMF	3M slow	Blue BMF or 2M easy	6M run/walk
WEEK 2	4M slow	5M steady with sprints included	Blue BMF or 3M easy	7M run/walk
WEEK 3	5M steady	BMF with 1M jog before and after or 5M easy	Blue BMF or 3M with hill sessions	9M run/walk
WEEK 4	6M brisk	BMF with 1M jog before and after or 6M easy	Blue BMF or 3M easy	10M run/walk
WEEK 5	5M steady with sprints included	BMF with 1.5M jog before and after or 7M easy	Blue BMF	11M run/walk
WEEK 6	5M steady with sprints included	BMF with 2M jog before and after or 8M easy	Blue BMF or 3M easy	12M run/walk
WEEK 7	6M steady with sprints included	BMF with 2.5M jog before and after or 9M easy	Blue BMF or 3M easy	14M run/walk
WEEK 8	6M steady with sprints included	1M jog, 3M brisk, 1M jog	Blue BMF or 4M easy	Half-marathon
WEEK 9	7M steady with sprints included	1M jog, 4M steady, 1M jog	Blue BMF	15M run/walk
WEEK 10	7M steady with sprints included	BMF with 3.5M jog before and after or 10M easy	Blue BMF or 3M easy	16M run/walk
WEEK 11	6M steady with sprints included	1M jog, 4M brisk, 1M jog	Blue BMF or 3M easy	20M run/walk
WEEK 12	5M steady with sprints included	BMF with 2.5M jog before and after or 9M easy	3M easy	Half-marathon
WEEK 13	6M steady with sprints included	1M jog, 3M brisk, 1M jog	Blue BMF or 3M easy	10M steady run
WEEK 14	6M steady with sprints included	7M steady	Blue BMF or 3M easy	15M steady run/walk
WEEK 15	5M steady with sprints included	1M jog, 3M brisk, 1M jog	Blue BMF or 3M easy	10M steady run
WEEK 16	4M steady with sprints included	4M easy with strides	2M easy	Race – woohoo!

KEY

M: mile
m: metre

Steady pace:
Your marathon pace

Brisk: your half marathon pace

Strides:
interspersing 50 metre faster running into your jog to warm up your muscles

Easy: approx 50 seconds per mile slower than marathon pace

Slow:
1-2 minutes per mile slower than marathon pace