

**MARATHON**

**TRAINING PLAN**



**WITH TEAM AMNESTY**

**BEGINNER**

fullpotential 

**AMNESTY**  
INTERNATIONAL



# MARATHON

# TRAINING PLAN



# WITH TEAM AMNESTY

## BEGINNER

THIS IS YOUR  
FIRST MARATHON



YOU HAVEN'T DONE  
MUCH RUNNING BEFORE,  
PERHAPS 15-20  
MINUTES STRAIGHT



THIS 16-WEEK PLAN WILL TAKE YOU  
TO EVENT DAY AS SAFELY AS POSSIBLE.

We use walk breaks in the long run to allow you to cover distance in a smart way. Cross training allows you to build volume without additional impact in the legs. Our key with this plan is to keep you injury free.



## THE TALK TEST

It's important to run at the right effort level and intensity to reach your full potential. Most people think that training 'harder is better' but pushing yourself to run too quickly can result in feeling tired, getting ill or picking up an injury.

Understanding the purpose and feel of each training session we give you is the way to train smart. Here's our guide to the sessions mentioned in our training plan and how they should feel as a 'talk test'.

	TYPE OF SESSION	PERCEIVED EFFORT LEVEL (1-10)	HOW IT SHOULD FEEL: THE TALK TEST
	BRISK WALK	5-6	You can speak in complete sentences, totally conversational, you're moving relaxed, enjoying being outside but getting a bit of a sweat on.
	RECOVERY/ EASY RUN	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch.
	EASY CROSS TRAINING (GYM CLASS)	6-7	We have plenty of cross training in the plan. It enables us to get the cardiovascular gains without the impact of running. Please use gym classes if you want to, just aim for easy/steady effort level so it compliments the running you are doing.
	LONG RUN	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. We recommend trying some run/walk intervals for this run. Feel free to adjust the suggested run/walk intervals.
	STEADY EFFORT RUN	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between easy and threshold running.
	THRESHOLD RUN	8-8.5	You could speak four to five words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.

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### MAKE THE TRAINING PLAN WORK FOR YOU

You probably won't be able to follow the training plan exactly as it is set out, so we've written it with this in mind:

- Key sessions for each week are highlighted in yellow. These are non-negotiable sessions that you need to fit into your diary to run your best race.
- Avoid key sessions on back-to-back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an easy long run, but this is for more advanced runners.
- All other training sessions are supplementary. Drop them into your week if you can't fit everything in although we hope you can find the time.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b>	45 minutes easy cross training/ gym class	Rest day	10 minutes brisk walk, 12 minutes easy run, 10 minutes brisk walk	Rest day	30 minutes conditioning work	Rest day	65 minutes long run: 10 minutes brisk walk warm up, (15 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
<b>2</b>	30 minutes conditioning work	10 minutes brisk walk warm up, 10 minutes easy/steady run, 10 minutes brisk walk cool down	Rest day	45 minutes easy cross training/gym class	Rest day	10 minutes brisk walk, 12 minutes easy run, 10 minutes brisk walk	80 minutes long run: 10 minutes brisk walk warm up, (20 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
<b>3</b>	30 minutes conditioning work	Rest day	5 minutes brisk walk, 5 minutes easy run, 6 x 2 minutes at steady effort with a 60 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	30 minutes easy cross training/gym class	10 minutes brisk walk warm up, 12 minutes easy/steady run, 10 minutes brisk walk cool down	Rest day	95 minutes long run: 10 minutes brisk walk warm up, (25 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
<b>4</b>	30 minutes conditioning work	5 minutes brisk walk, 5 minutes easy run, 6 x 2 minutes at steady effort with a 60 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	45 minutes easy cross training/gym class	25 minutes easy run	Rest day	30 minutes easy cross training/ gym class	65 minutes long run: 10 minutes brisk walk warm up, (15 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	30 minutes conditioning work	 5 minutes brisk walk, 5 minutes easy run, 5 x 3 minutes at steady effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	30 minutes easy cross training/gym class	 Rest day	 25 minutes easy run	40 minutes easy cross training/gym class	 110 minutes long run: 10 minutes brisk walk warm up, (30 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
6	30 minutes conditioning work	 5 minutes brisk walk, 5 minutes easy run, 6 x 2 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	30 minutes easy cross training/gym class	 Rest day	 10 minutes brisk walk warm up, 12 minutes easy/steady run, 10 minutes brisk walk cool down	40 minutes easy cross training/gym class	 125 minutes long run: 10 minutes brisk walk warm up, (35 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
7	 Rest day	 5 minutes brisk walk, 5 minutes easy run, 5 x 2 minutes at threshold effort with a 60 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	30 minutes conditioning work	 Rest day	30 minutes easy cross training/gym class	 Rest day	 140 minutes long run: 10 minutes brisk walk warm up, (40 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
8	30 minutes conditioning work	 5 minutes brisk walk, 5 minutes easy run, 5 x 3 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	30 minutes easy cross training/gym class	 Rest day	 30 minutes easy run	 Rest day	 125 minutes long run: 10 minutes brisk walk warm up, (35 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down

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## BEGINNER



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
9	30 minutes easy cross training/ gym class	30 minutes conditioning work	 5 minutes brisk walk, 5 minutes easy run, 5 x 3 minutes at threshold effort with a 60 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	 Rest day	45 minutes easy cross training/ gym class	 Rest day	 155 minutes long run: 10 minutes brisk walk warm up, (45 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
10	30 minutes conditioning work	 5 minutes brisk walk, 5 minutes easy run, 4 x 2 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	 Rest day	 20 minutes easy run	 Rest day	 Rest day	 <b>Half marathon race</b>
11	 Rest day	30 minutes conditioning work	45 minutes easy cross training/ gym class	 Rest day	 5 minutes brisk walk, 5 minutes easy run, 5 x 3 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	 Rest day	 125 minutes long run: 10 minutes brisk walk warm up, (35 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
12	45 minutes easy cross training/ gym class	 5 minutes brisk walk, 5 minutes easy run, 6 x 3 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	30 minutes conditioning work	 Rest day	 10 minutes easy, 10 minutes steady, 10 minutes easy	 Rest day	 170 minutes long run: 10 minutes brisk walk warm up, (50 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
13	30 minutes conditioning work	45 minutes easy cross training/ gym class	 5 minutes brisk walk, 5 minutes easy run, 6 x 3 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	 Rest day	45 minutes easy cross training/ gym class	 Rest day	 200 minutes long run: 10 minutes brisk walk warm up, (60 x 2 minutes easy run, 1 minute brisk walk), 10 minutes brisk walk cool down
14	30 minutes conditioning work	 Rest day	 5 minutes brisk walk, 5 minutes easy run, 5 x 3 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	30 minutes easy cross training/ gym class	 30 minutes easy/ steady run	 Rest day	 120 minutes long run: (30 x 2 minutes easy run, 1 minute brisk walk)
15	30 minutes conditioning work	45 minutes easy cross training/ gym class	 5 minutes brisk walk, 5 minutes easy run, 4 x 3 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	 Rest day	 30 minutes easy cross training/ gym class	 Rest day	 60 minutes long run: (15 x 2 minutes easy run, 1 minute brisk walk)
16	 Rest day	 5 minutes brisk walk, 5 minutes easy run, 4 x 2 minutes at threshold effort with a 90 second brisk walk between sets, 5 minutes easy run, 5 minutes brisk walk cool down	 Rest day	 20 minutes easy run	 Rest day	 Rest day	 <b>MARATHON RACE DAY</b>