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MARATHON BEGINNER TRAINING GUIDE

medibank
For Better Health

I CAN DO THIS

If you are aiming to complete your first marathon event, this training program is for you.

Everyone is an individual and your base level of fitness may vary. For those who already have been doing some running, this general program should give you all the endurance you will need to reach your marathon goal. If you are new to running and find some of these early runs a little challenging, consider completing the Half marathon '**I can do this**' training guide first to give yourself a base to build into the marathon training.

This 18-week training guide is just that, a guide, so feel free to be a little flexible to make it work for you.

Remember this is an 18-week program and you don't need to go too hard, too soon – that is what demotivates people or causes injury. Build your way into it.

Here is an explanation of the terms used in the Marathon '**I can do this**' training guide:

Long runs The key to the guide is the long run on weekends, which builds from 10km in week 1 to 32km in week 15. The long runs are really the ones you can't miss. Every third week you will drop back in distance to allow you to push forward again the following week.

Run slow Do your long runs at a comfortable pace, one that would allow you to converse with a training partner, at least during the beginning of the run. If you finish the long run at a pace significantly slower than your early pace, you need to start much slower. It's better to run too slow during these long runs, than too fast, the purpose is to cover the prescribed distance.

Walking breaks It is okay to walk during the marathon, in particular your first marathon. You can walk during training runs too. In a race the best time to walk is entering a drinks station, that way you can drink more easily while walking as opposed to running.

Cross-training Sundays in the training guide are for cross-training. The best cross-training exercises are swimming, cycling or walking. You don't have to cross-train the same each weekend and you could even combine two or more exercises: walking and cycling or swimming and riding an exercise bike in a gym. Cross-training on Sunday will help you recover after your Saturday long runs.

Midweek training Sessions during the week should be done at an easy pace.

Half marathon The guide recommends completing a half marathon event for race experience. You'll become accustomed to the start line wait, how much fluid to drink and the feeling of running amongst hundreds or thousands of other entrants.

Rest Days designated to rest are very important. Muscles actually regenerate and get stronger during rest and rest helps prevent injury. The key to this guide is consistency – if you are feeling particularly tired at any stage, take an extra rest day and get your energy back to keep going.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	5.0km run	5.0km run	5.0km run	Rest	10km run	1hr x-train
2	Rest	5.0km run	5.0km run	5.0km run	Rest	11km run	1hr x-train
3	Rest	5.0km run	6.0km run	5.0km run	Rest	8.0km run	1hr x-train
4	Rest	5.0km run	6.0km run	5.0km run	Rest	15km run	1hr x-train
5	Rest	5.0km run	8.0km run	5.0km run	Rest	16km run	1hr x-train
6	Rest	5.0km run	8.0km run	5.0km run	Rest	11km run	1hr x-train
7	Rest	5.0km run	9.0km run	5.0km run	Rest	19km run	1hr x-train
8	Rest	5.0km run	9.0km run	5.0km run	Rest	Rest	Half marathon
9	Rest	5.0km run	11km run	7.0km run	Rest	16km run	1hr x-train
10	Rest	5.0km run	11km run	7.0km run	Rest	24km run	1hr x-train
11	Rest	7.0km run	13km run	7.0km run	Rest	25km run	1hr x-train
12	Rest	7.0km run	13km run	8.0km run	Rest	19km run	1hr x-train
13	Rest	7.0km run	15km run	8.0km run	Rest	29km run	1hr x-train
14	Rest	8.0km run	15km run	8.0km run	Rest	22km run	1hr x-train
15	Rest	8.0km run	15km run	8.0km run	Rest	32km run	1hr x-train
16	Rest	8.0km run	12km run	6.0km run	Rest	19km run	1hr x-train
17	Rest	7.0km run	10km run	5.0kmrun	Rest	12km run	1hr x-train
18	Rest	5.0kmrun	6.0km run	3.0km run	Rest	Rest	Race day



Fact: If you do follow this guide to the letter you will have completed nearly 80km of running – pat on the back!