Marathon Training Guide

KEITH

Virgin money
24537

GWEN

Brighton Marathon
47043

JA

Virgin money
46476

The Royal Marsden Cancer Charity

Get started

Comfort

Buy some quality running shoes – never try to break in a new pair near to race day!

Motivation

Make yourself a good playlist to help keep you motivated along the way! Comfortable headphones are a **must**.

Warming up

Make sure you warm up with some dynamic stretches for at least 5 minutes before each run.

Cooling down

Make sure you allow at least 5 minutes to cool down and another 5 to stretch out after each run.

Be flexible

Life gets in the way, so be prepared to be flexible if you become ill, fatigued or even injured. Rest is vital for recovery.

Understanding the terms

The Rate of Perceived Exertion (RPE) goes from 1–10, where 1 is barely any effort and 10 is absolute maximum effort.

Easy run
Low effort, 5 RPE, at which you can easily hold a conversation.

Steady run
More challenging, 6–7 RPE, at which you can hold a conversation, but with some difficulty.

Tempo run
Fast paced, 8 RPE, at which you can sustain for approx. 15–20 minutes at a time.

Resistance training
Helps to strengthen muscles, improve performance and prevent injury. This can include exercises that use your own body weight, e.g. push-ups, sit-ups, etc.

Interval runs
May include speed variations, involving high RPE levels for short bursts, mixed in with Easy run paces.

Speed intervals – vary your intensity with speed

Hills/incline intervals – vary your intensity with incline

Fartlek intervals – can be thought of as speed-play. It's an unstructured session that alternates between easy, moderate and hard efforts throughout the run, instead of running at a uniform pace.

Beginner
Weekly planner

Week 1

Monday
20 min Easy run ☐

Tuesday
Rest ☐

Wednesday
Rest ☐

Thursday
25 min Easy run ☐

Friday
Rest ☐

Saturday
Rest or Yoga ☐

Sunday
3 miles Easy run ☐

Week 2

Monday
Rest ☐

Tuesday
25 min Easy run ☐

Wednesday
Rest ☐

Thursday
30 min Easy run ☐

Friday
Rest ☐

Saturday
Rest or Yoga ☐

Sunday
4 miles Easy run ☐

Week 3

Monday
Rest ☐

Tuesday
10 min Easy run
10 min Tempo run
20 min Easy run ☐

Wednesday
Rest ☐

Thursday
10 min Easy run
20 min Speed intervals ☐

Friday
30 min Resistance training ☐

Saturday
Rest or Yoga ☐

Sunday
5 miles Easy run ☐

Week 4

Monday
Rest ☐

Tuesday
20 min Easy run
10 min Tempo run
10 min Steady run ☐

Wednesday
Rest ☐

Thursday
10 min Easy run
20 min Hills/incline intervals
5 min Easy run ☐

Friday
30 min Resistance training ☐

Saturday
Rest or Yoga ☐

Sunday
6 miles Easy run ☐

Week 5

Monday
Rest ☐

Tuesday
20 min Easy run
10 min Tempo run
10 min Steady run ☐

Wednesday
30 min Resistance training ☐

Thursday
10 min Easy run
20 min Speed intervals
5 min Easy run ☐

Friday
Rest or Yoga ☐

Saturday
Parkrun or 3 miles Steady run ☐

Sunday
6 miles Easy run ☐

Week 6

Monday
Rest ☐

Tuesday
10 min Easy run
20 min Steady run
10 min Tempo run ☐

Wednesday
45 min Resistance training ☐

Thursday
10 min Easy run
20 min Hills/incline intervals ☐

Friday
Rest or Yoga ☐

Saturday
Parkrun or 3 miles Steady run ☐

Sunday
7 miles Easy run ☐

Beginner
Weekly planner

Week 7

Monday
Rest ☐

Tuesday ☐
20 min Steady run
10 min Easy run
10 min Tempo run

Wednesday ☐
1 hr Resistance training

Thursday ☐
10 min Easy run
25 min Fartlek intervals
5 min Easy run

Friday ☐
Rest or Yoga

Saturday ☐
Parkrun or 3 miles Steady run

Sunday ☐
8 miles Easy run

Week 8

Monday ☐
Rest

Tuesday ☐
20 min Steady run
10 min Easy run
20 min Steady run

Wednesday ☐
1 hr Resistance training

Thursday ☐
10 min Easy run
20 min Hills/incline intervals

Friday ☐
Rest or Yoga

Saturday ☐
Parkrun or 3 miles Steady run

Sunday ☐
10 miles Easy run

Week 9

Monday ☐
Rest

Tuesday ☐
10 min Easy run
10 min Tempo run
20 min Steady run
10 min Tempo run

Wednesday ☐
1 hr Resistance training

Thursday ☐
20 min Hills/incline intervals
20 min Resistance training

Friday ☐
40 min Easy run

Saturday ☐
Rest or Yoga

Sunday ☐
10km Race or 6 miles Steady run

Week 10

Monday ☐
3 miles Easy run

Tuesday ☐
10 min Easy run
20 min Steady run
10 min Tempo run
20 min Easy run

Wednesday ☐
Rest

Thursday ☐
20 min Speed intervals
20 min Resistance training

Friday ☐
Rest or Yoga

Saturday ☐
Parkrun or 3 miles Steady run
30 min Resistance training

Sunday ☐
11 miles Easy run

Week 11

Monday ☐
Rest

Tuesday ☐
20 min Easy run
15 min Tempo run
10 min Easy run
15 min Tempo run

Wednesday ☐
1 hr Resistance training

Thursday ☐
20 min Easy run
20 min Fartlek intervals
5 min Easy run

Friday ☐
Rest or Yoga

Saturday ☐
Parkrun or 3 miles Steady run
30 min Resistance training

Sunday ☐
12 miles Easy run

Week 12

Monday ☐
Rest

Tuesday ☐
20 min Steady run
15 min Tempo run
10 min Easy run
15 min Tempo run

Wednesday ☐
20 min Hills/incline intervals
20 min Resistance training

Thursday ☐
Rest

Friday ☐
40 min Easy run

Saturday ☐
Rest or Yoga

Sunday ☐
Half Marathon or 13 miles Easy run

Beginner
Weekly planner

Week 13		Week 14		Week 15		Week 16		Week 17		Week 18	
Monday Rest	☐	**Monday** Rest	☐	**Monday** Rest	☐	**Monday** Rest	☐	**Monday** Rest	☐	**Monday** Rest	☐
Tuesday 20 min Steady run 15 min Tempo run 10 min Easy run 15 min Tempo run	☐	**Tuesday** 20 min Easy run 15 min Tempo run 20 min Easy run 15 min Tempo run	☐	**Tuesday** 10 min Easy run 15 min Tempo run 20 min Easy run 15 min Tempo run	☐	**Tuesday** 20 min Steady run 10 min Tempo run 10 min Easy run 20 min Steady run	☐	**Tuesday** 20 min Easy run 20 min Steady run 20 min Easy run	☐	**Tuesday** 30 min Easy run	☐
Wednesday 1 hr Resistance training	☐	**Wednesday** 1 hr Resistance training	☐	**Wednesday** 1 hr Resistance training	☐	**Wednesday** 1 hr Resistance training	☐	**Wednesday** Rest	☐	**Wednesday** Rest	☐
Thursday 20 min Easy run 20 min Hills/incline intervals 20 min Easy run	☐	**Thursday** 20 min Easy run 30 min Fartlek intervals 10 min Easy run	☐	**Thursday** 10 min Easy run 20 min Speed intervals 20 min Easy run	☐	**Thursday** 10 min Easy run 20 min Speed intervals 10 min Easy run	☐	**Thursday** 20 min Easy run 20 min Hills/incline intervals	☐	**Thursday** Rest or Yoga	☐
Friday Rest or Yoga	☐	**Friday** Rest or Yoga	☐	**Friday** Rest or Yoga	☐	**Friday** Rest or Yoga	☐	**Friday** 1 hr Resistance training	☐	**Friday** 20 min Easy run	☐
Saturday Parkrun or 3 miles Steady run 30 min Resistance training	☐	**Saturday** Parkrun or 3 miles Steady run 30 min Resistance training	☐	**Saturday** Parkrun or 3 miles Steady run	☐	**Saturday** Parkrun or 3 miles Steady run 30 min Resistance training	☐	**Saturday** Rest or Yoga	☐	**Saturday** Rest	☐
Sunday 14 miles Easy run	☐	**Sunday** 16 miles Easy run	☐	**Sunday** 20 miles Easy run	☐	**Sunday** 15 miles Easy run	☐	**Sunday** 10 miles Easy run	☐	**Sunday** Race day!	☐

Intermediate
Weekly planner

The ROYAL MARSDEN *Cancer Charity*

Week 1

Monday ☐
4 miles Easy run

Tuesday ☐
Rest

Wednesday ☐
30 min Tempo run
(12 min Tempo run
6 min Easy run
12 min Tempo run)

Thursday ☐
Rest

Friday ☐
Rest or Yoga

Saturday ☐
3 miles Parkrun
(5k pace) or
20 min Resistance
training

Sunday ☐
6 miles Easy run

Week 2

Monday ☐
Rest

Tuesday ☐
40 min Steady run
20 min Resistance
training

Wednesday ☐
Rest (optional
4 miles Easy run)

Thursday ☐
20 min Speed intervals
30 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
30 min Tempo run
(12 min Tempo run
6 min Easy run
12 min Tempo run)

Sunday ☐
8 miles Easy run

Week 3

Monday ☐
Rest

Tuesday ☐
40 min Tempo run
(15 min Tempo run
10 min Easy run
15 min Tempo run)

Wednesday ☐
5 miles Easy run

Thursday ☐
30 min Speed intervals
30 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
3 miles Parkrun
(5k pace)
20 min Resistance
training

Sunday ☐
8 miles Easy run

Week 4

Monday ☐
Rest

Tuesday ☐
50 min Steady run
20 min Resistance
training

Wednesday ☐
6 miles Easy run

Thursday ☐
20 min Speed intervals
40 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
40 min Tempo run
(15 min Tempo run
10 min Easy run
15 min Tempo run)

Sunday ☐
10 miles Easy run

Week 5

Monday ☐
Rest

Tuesday ☐
40 min Tempo run
(17 min Tempo run
6 min Easy run
17 min Tempo run)

Wednesday ☐
5 miles Easy run or
60 min Cycle/Swim/Gym

Thursday ☐
20 min Hills/incline
intervals
40 min Resistance training

Friday ☐
Rest or Yoga

Saturday ☐
7 miles Easy run
20 min Resistance
training

Sunday ☐
10km Race or 6 miles
Steady run

Week 6

Monday ☐
Rest

Tuesday ☐
50 min Steady run
20 min Resistance
training

Wednesday ☐
5 miles Easy run

Thursday ☐
30 min Speed intervals
30 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
3 miles Parkrun
(5k pace)
30 min Resistance
training

Sunday ☐
12 miles Easy run

Intermediate
Weekly planner

The **ROYAL MARSDEN** *Cancer Charity*

Week 7

Monday ☐
Rest

Tuesday ☐
40 min Tempo run
(17 min Tempo run
6 min Easy run
17 min Tempo run)

Wednesday ☐
5 miles Easy run or
60 min Cycle/Swim/Gym

Thursday ☐
20 min Hills/incline
intervals
40 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
40 min Tempo run
(as per Tuesday)
20 min Resistance
training

Sunday ☐
13 miles Easy run

Week 8

Monday ☐
Rest

Tuesday ☐
50 min Steady run
20 min Resistance
training

Wednesday ☐
6 miles Easy run

Thursday ☐
30 min Speed intervals
30 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
3 miles Parkrun (5k pace)
30 min Resistance
training

Sunday ☐
10 miles (2 miles Steady
run, 3 miles Easy run x2)

Week 9

Monday ☐
Rest

Tuesday ☐
40 min Tempo run
(18 min Tempo run
4 min Easy run
18 min Tempo run)

Wednesday ☐
5 miles Easy run or
60 min Cycle/Swim/Gym

Thursday ☐
40 min Fartlek intervals
20 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
40 min Tempo run
(as per Tuesday)
20 min Resistance
training

Sunday ☐
14 miles Easy run

Week 10

Monday ☐
Rest

Tuesday ☐
50 min Trail Steady run
20 Resistance training

Wednesday ☐
6 miles Easy run

Thursday ☐
30 min Speed intervals
30 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
3 miles Parkrun
(5k pace)
30 min Resistance
training

Sunday ☐
15 miles Easy run

Week 11

Monday ☐
Rest

Tuesday ☐
40 min Tempo run
(19 min Tempo run
2 min Easy run
19 min Tempo run)

Wednesday ☐
5 miles Easy run or
60 min Cycle/Swim/Gym

Thursday ☐
20 min Hills/incline
intervals
40 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
40 min Tempo run
(as per Tuesday)
20 min Resistance
training

Sunday ☐
16 miles Easy run

Week 12

Monday ☐
Rest

Tuesday ☐
50 min Trail Steady run
20 min Resistance
training

Wednesday ☐
5 miles Easy run

Thursday ☐
30 min Speed intervals
30 min Resistance
training

Friday ☐
Rest or Yoga

Saturday ☐
45 min Cycle/Swim/Gym

Sunday ☐
Half Marathon or
13 miles Steady run

Intermediate
Weekly planner

The **ROYAL MARSDEN** *Cancer Charity*

Week 13

Monday
Rest

Tuesday
40 min Tempo run
(19 min Tempo run
2 min Easy run
19 min Tempo run)

Wednesday
5 miles Easy run or
60 min Cycle/Swim/Gym

Thursday
40 min Fartlek intervals
20 min Resistance
training

Friday
Rest or Yoga

Saturday
40 min Tempo run
(as per Tuesday)
30 min Resistance
training

Sunday
18 miles Easy run

Week 14

Monday
Rest

Tuesday
50 min Trail Steady run
20 min Resistance
training

Wednesday
6 miles Easy run

Thursday
40 min Fartlek intervals
20 min Resistance
training

Friday
Rest or Yoga

Saturday
3 miles Parkrun
(5k pace)
30 min Resistance
training

Sunday
15 miles
(2 miles Steady run,
3 miles Easy run x3)

Week 15

Monday
Rest

Tuesday
60 min Steady run

Wednesday
5 miles Easy run

Thursday
20 min Hills/incline
intervals
40 min Resistance
training

Friday
Rest or Yoga

Saturday
45 min Cycle/Swim/Gym

Sunday
20–22 miles Easy run

Week 16

Monday
Rest

Tuesday
40 min Tempo run
(19 mins Tempo run
2 mins Easy run
19 mins Tempo run)

Wednesday
5 miles Easy run

Thursday
20 min Speed intervals
30 min Resistance
training

Friday
Rest or Yoga

Saturday
3 miles Parkrun
(5k pace)
30 min Resistance
training

Sunday
14 miles Easy run

Week 17

Monday
Rest

Tuesday
40 min Tempo run
(15 min Tempo run
10 min Easy run
15 min Tempo run)

Wednesday
Rest

Thursday
20 min Hills/incline
intervals
30 min Resistance
training

Friday
Rest or Yoga

Saturday
45 min Cycle/Swim/Gym

Sunday
10 miles Easy run

Week 18

Monday
Rest

Tuesday
5 miles Easy run

Wednesday
Rest

Thursday
3 miles Easy run

Friday
Rest or Yoga

Saturday
Rest

Sunday
Race day!

Thank you for joining Team Marsden

The ROYAL MARSDEN Cancer Charity