

PRE CONDITIONING

Important not to increase mileage too quickly, this phase is to build up strength & get into your routine.

LONG

The LONG run is the most important in this phase, build your week around it & pick a day with less commitments.

TAPERING

Lowering mileage building up to race day to avoid burnout. **NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS.**

FRONT RUNNER MARATHON - 16 WEEK BEGINNER PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL TIME
		SPEED		RECOVERY			LONG	
Week 1	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	60 Minutes - Run 2 Min, Walk 3 Min	110 Minutes
Week 2	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	80 Minutes - Run 2 Min, Walk 3 Min	140 Minutes
Week 3	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	50 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	100 Minutes - Run 2 Min, Walk 3 Min	170 Minutes
Week 4	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	60 Minutes - Run 2 Min, Walk 3 Min	110 Minutes
Week 5	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	60 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	120 Minutes - Run 3 Min, Walk 2 Min	210 Minutes
Week 6	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	70 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	140 Minutes - Run 3 Min, Walk 2 Min	250 Minutes
Week 7	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	80 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	160 Minutes - Run 3 Min, Walk 2 Min	270 Minutes
Week 8	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	60 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	120 Minutes - Run 3 Min, Walk 2 Min	210 Minutes
Week 9	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	90 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	180 Minutes - Run 4 Min, Walk 1 Min	300 Minutes
Week 10	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	100 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	200 Minutes - Run 4 Min, Walk 1 Min	330 Minutes
Week 11	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	110 Minutes - Slow jog full duration	REST	Parkrun (Optional)	220 Minutes - Run 4 Min, Walk 1 Min	360 Minutes
Week 12	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	90 Minutes - Slow jog full duration	REST	Parkrun (Optional)	180 Minutes - Run 4 Min, Walk 1 Min	300 Minutes
Week 13	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	120 Minutes - Slow jog full duration	REST	Parkrun (Optional)	240 Minutes - Run 4 Min, Walk 1 Min	390 Minutes
Week 14	REST	30 Minutes - Slow jog full duration	REST	80 Minutes - Slow jog full distance	REST	Parkrun (Optional)	160 Minutes - Run 4 Min, Walk 1 Min	270 Minutes
Week 15	REST	30 Minutes - Slow jog full distance	REST	40 Minutes - Slow jog full distance	REST	Parkrun (Optional)	80 Minutes - Run 4 Min, Walk 1 Min	150 Minutes
Week 16	REST	30 Minutes - Slow jog full distance	REST	30 Minutes - Slow jog full distance	REST	REST	RACE DAY	

NOTE: Weeks 4, 8 & 12 are recovery weeks - lower mileage weeks to give your body a break & help avoid injury.
*Beginner plan is in time rather than distance, time on your feet is more important than hitting a specific distance.

SPEED FAST – Ideally find a local track or similar course for fast intervals & recovery sets.

TOP TIP #1 Hydration – always keep a bottle of water or a sports drink with you.

TOP TIP #2 Run in a group – having others to chase will help to push yourself.

LONG Easy pace to build endurance – this run is all about time on your feet.

TOP TIP #1 STAY HYDRATED & PRACTICE USING ENERGY GELS/BARS/CHEWS – consume before start & every 30 minutes after start.

TOP TIP #2 TRY OUT DIFFERENT ROUTES – will help prevent boredom & make the run more enjoyable.

RECOVERY SLOW – light jogging to loosen the legs – pace is not important.

TOP TIP #1 STAY LOCAL – avoid out & back routes in case you need to stop.

TOP TIP #2 AIM IS TO RECOVER – if something hurts, don't be a hero, rest up!

PARK RUN Free 5k timed run every Saturday 9am in different locations:

Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain