



JL Sports medicine & surgery

Marathon Training Program - Beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1								
Training Type	Brisk walk	Rest/stretching	Jog/Brisk walk	Other exercise	Jog/Brisk walk	Rest	Jog/Brisk walk	
Target distance (km)	2 km		2 - 3km		3 km		2 -3 km	10 km
Distance achieved (km)								
Time (min)	30 min		30 min		25 min		25 min	
Pace (km/hr)	6 - 7.5		6.5 - 8		7.5 - 8		7.5 - 8	
Comments								
Recommended after Run	Light circuit trg		Light circuit trg		Circuit trg			
	4 stations		4 stations		5 stations			
Week 2								
Training Type	Jog/Brisk walk	Brisk walk	Other exercise	Jog	Jog	Other exercise	Rest	
Target distance (km)	3 km	3 km		3 km	3 km			12 km
Distance achieved (km)								
Time (min)	30 min	30 min		30 min	30 min			
Pace (km/hr)	6 - 8	6 - 8		8 - 8.5	8 - 8.5			
Comments								
Recommended after Run	Light circuit trg	Resistance trg		Resistance trg				
	4 stations							
Week 3								
Training Type	Timed	Brisk walk	Other exercise	Jog	Jog	Other exercise	Jog	
Target distance (km)	2 km	4 -5 km		3 km	3.5 km		3.5 km	12 km
Distance achieved (km)								
Time (min)	within 15 min			20 min	30 min		30 min	
Pace (km/hr)	8 - 8.5			8 - 8.5	8 - 8.5		8.5 - 9	
Comments								
Recommended after Run	Light circuit trg	Light circuit trg		Resistance trg			Resistance trg	
	4 stations	4 stations						

Week 4								
Training Type	Jog/Brisk walk	Other exercise	Paced Run	Jog/Brisk walk	Rest	Jog	Paced run	
Target distance (km)	4 - 5 km		3 km			4 km	3 km	12 km
Distance achieved (km)								
Time (min)			20 min	45 min		30 min	18 min	
Pace (km/hr)			9 - 9.5			9 - 9.5	9 - 9.5	
Comments								
Recommended after Run	Circuit trg		Resistance trg			Circuit trg	Resistance trg	
	5 stations					5 stations		
Week 5								
Training Type	Other exercise	Jog	Other exercise	Brisk walk	Jog	Rest	Paced run	
Target distance (km)		4 km		5 km	4 km		3 km	16 km
Distance achieved (km)								
Time (min)		25 min			25 min		25 min	
Pace (km/hr)		8.5 - 10			9 - 9.5		9 - 9.5	
Comments								
Recommended after Run	Resistance trg				Resistance trg		Light circuit	
							4 stations	
Week 6								
Training Type	Rest	Jog	Other exercise	Brisk walk	Other exercise	Paced run	Rest	
Target distance (km)		5 km		4 km		5 km		14 km
Distance achieved (km)								
Time (min)		35 min				30 min		
Pace (km/hr)		9 - 9.5				9.5		
Comments								
Recommended after Run		Circuit		Light circuit		Resistance trg		
		5 stations		4 stations				
Week 7								
Training Type	Jog	Other exercise	Jog	Jog	Other exercise	Run	Rest	
Target distance (km)	5 km		6 km			6 km		18 km
Distance achieved (km)								
Time (min)	40 min		40 min			40 min		
Pace (km/hr)	9 - 10		9 - 10			9.5 - 10		
Comments								
Recommended after Run	Rest/stretch		Resistance trg	Rest/Stretch		Resistance trg		
			Stretch					
Week 8								
Training Type	Jog/Brisk walk	Jog	Other exercise	Jog	Other exercise	Run (timed)	Rest	

Time (min)								
Pace (km/hr)								
Comments								
Recommended after Run	Rest/Stretch							

Week 4								
Training Type	Other exercise	Jog	Other exercise	Jog	Rest	Jog	Other exercise	
Target distance (km)		7 km		7 km		7 km		21 km
Distance achieved (km)								
Time (min)		40 min		40 min		40 min		
Pace (km/hr)								
Comments								
Recommended after Run								
Week 5								
Training Type	Jog	Other exercise	Jog	Other exercise	Run/Paced		Run(Timed)	
Target distance (km)	7 km		7 km		7 km		7 km	28 km
Distance achieved (km)								
Time (min)	40 min		40 min		11 - 12		within 37 min	
Pace (km/hr)								
Comments								
Recommended after Run								
Week 6								
Training Type	Other exercise	Jog	Other exercise	Jog	Rest	Jog	Other exercise	
Target distance (km)		7 km		7 km		7 km		21 km
Distance achieved (km)								
Time (min)		40 min		40 min		40 min		
Pace (km/hr)								
Comments								
Recommended after Run								
Week 7								
Training Type	Jog (Interval)	Other exercise	Jog	Other exercise	Jog (Interval)	Rest	Jog	
Target distance (km)	7 km + 2 km		7 km		7 km + 2 km		8 km	33 km
Distance achieved (km)								
Time (min)	60 min		37 min		60 min		50 min	
Pace (km/hr)								
Comments								
Recommended after Run								
Week 8								
Training Type	Other exercise	Jog (Interval)	Other exercise	Jog (Interval)	Other exercise	Jog (Interval)	Rest	

Time (min)		60 min		60 min		60 min		
Pace (km/hr)								
Comments								
Recommended after Run								

Week 4								
Training Type	Other exercise	Jog	Other exercise	Jog	Other exercise	Jog	Rest	
Target distance (km)		12 km		12 km		12 km		36 km
Distance achieved (km)								
Time (min)		65 min		65 min		65 min		
Pace (km/hr)								
Comments								
Recommended after Run								
Week 5								
Training Type	Slope	Other exercise	Run (Interval)	Other exercise	Run (Interval)	Rest	Run (Interval)	
Target distance (km)	5 x 300m		7 km + 7 km		7 km + 7 km		7 km + 7km	43.5 km
Distance achieved (km)								
Time (min)			40 min/40 min		40 min/40 min		40 min/40 min	
Pace (km/hr)								
Comments								
Recommended after Run								
Week 6								
Training Type	Rest	Run (Paced)	Other exercise	Run (Paced)	Other exercise	Run (Timed)	Other exercise	
Target distance (km)		15 km		15 km		15 km		45 km
Distance achieved (km)								
Time (min)						85 min		
Pace (km/hr)		10 - 11		10 - 11				
Comments								
Recommended after Run								
Week 7								
Training Type	Jog	Other exercise	Jog	Other exercise	Run (Interval)	Rest	Run (Interval)	
Target distance (km)	10 km		10 km		6 km + 6 km		6 km + 6 km	44 km
Distance achieved (km)								
Time (min)	55 min		55 min		50 min/50 min		50 min/50 min	
Pace (km/hr)								
Comments								
Recommended after Run								
Week 8								
Training Type	Other exercise	Slope	Other exercise	Jog	Rest	Jog	Other exercise	

Time (min)		65 min		65 min		65 min		
Pace (km/hr)								
Comments								
Recommended after Run								