

MARATHON BEGINNER TRAINING PLAN

Welcome to your full marathon beginner training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

The marathon is an iconic event. It's both a serious test of your fitness and your commitment to training. Covering 26.2 miles under your own steam is a tremendous achievement and from beginning your training, to lining up at the start and finishing, preparing for and completing a half marathon is a great experience.

Don't forget to warm up and cool down prior to any form of exercise. You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on events@parkinsons.org.uk.

Training for a marathon is a big commitment to make. This plan is merely a rough guide to what sessions you should be doing each week. Everyone's lifestyle and commitments are different. As you progress, you will start to understand how you can tweak and change a schedule to fit in with your lifestyle. What works for others might not suit you, so the below is a literal guide. It does not need to be followed session by session and day by day.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 miles easy run	4 miles easy run	Rest	3 miles easy run	Rest	Long run: 5 miles
2	Rest	3 miles easy run	4 miles tempo run	Rest	3 miles easy run	Rest	Long run: 5 miles
3	Rest	3 miles easy run	5 miles easy run	Rest	3 miles easy run	Rest	Long run: 7 miles
4	Rest	3 miles easy run	5 miles intervals	Rest	3 miles easy run	Rest	Long run: 7 miles

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	Rest	3 miles easy run	6 miles 1mi easy 4mi tempo 1mi easy	Rest	3 miles easy run	Rest	Long run: 10 miles
6	Rest	3 miles easy run	6 miles easy run	Rest	3 miles easy run	Rest	Long run: 12 miles
7	Rest	3 miles easy run	7 miles 2mi easy 4mi tempo 1mi easy	Rest	4 miles easy run	Rest	Long run: 10 miles
8	Rest	3 miles easy run	7 miles easy run	Rest	4 miles easy run	Rest	Long run: 15 miles
9	Rest	3 miles easy run	8 miles intervals	Rest	4 miles easy run	Rest	Long run: 16 miles
10	Rest	4 miles easy run	8 miles easy run	Rest	5 miles easy run	Rest	Long run: 12 miles
11	Rest	4 miles easy run	9 miles 3mi easy 3mi tempo 3mi easy	Rest	5 miles easy run	Rest	Long run: 18 miles

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
12	Rest	4 miles easy run	9 miles marathon pace	Rest	5 miles easy run	Rest	Long run: 14 miles
13	Rest	5 miles easy run	10 miles steady	Rest	5 miles easy run	Rest	Long run: 20 miles
14	Rest	5 miles easy run	8 miles intervals	Rest	4 miles easy run	Rest	Long run: 12 miles
15	Rest	4 miles easy run	6 miles 1.5mi easy 3mi tempo 1.5mi easy	Rest	3 miles easy run	Rest	Long run: 8 miles
16	Rest	4 miles at marathon pace	Rest	3 miles easy	Rest	Rest	Race day!

Glossary:

Easy run - An easy run is classed as an effort that you'd be able to maintain for a long duration. This would generally be around a 5 or 6 out of 10 effort in regards to the rate of perceived exertion (RPE).

RPE - is the rate of perceived exertion of an exercise. This scale is subjective to each individual. What might be a 6 out of 10 for one person might be totally different for another. Please refer to the table on the next page.

Intervals - Interval training involves running fast (but not sprinting), over a set distance or time, at an effort level of 9 out of 10. Follow each hard interval with an easy one of at least the same length, then repeat. Try using a treadmill or running track to help you get the distances and times right.

Glossary continues on the next page.

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Glossary:

Tempo - is another type of run training whereby you run slightly slower than your 10km race pace. For example, if you plan to run a 10km in 60 minutes your race pace would be 6 minutes per kilometre. On a tempo run you'd aim slightly above this time and do 6:30 minutes per kilometre instead.

Long Run - this is your longest run of the week. The aim of this run isn't to run fast but to get the distance in the legs. This run should be a little harder than your easy run but not as hard as you tempo for example. Aim for a pace around 7 out of 10 in regards to RPE.

Steady - a steady run means something that isn't too easy and isn't too hard. Looking back an RPE this would approximately be 7 out of 10 in effort.

Marathon pace - refers to the pace you aim to run on marathon day. For example, you may aim to run 10 minutes miles on the day for example. This would be your marathon pace.

Rest - rest days are very important to make sure you recover properly between days of exercise. Rest days don't mean complete inactivity. On a rest day it is a good idea to stretch, foam roll or even do a bit of cross training. This means anything other than running, so you could swim, cycle or go to the gym for example.

Race day - this is when your event will be taking place. This might be on a Saturday, Sunday or even mid week. So depending on the day you can change the plan accordingly.

Example interval sessions:

All sessions below are to be performed once a sufficient warm up has been completed. Never start exercising without properly warming up the muscles otherwise this could lead to injury.

Session 1:

1 mile at 8 out of 10 effort

1 mile at 5 out of 10 effort

x 3 sets

(if you were to do this for your 6 mile run)

Session 2:

3 minutes of hard running - 8 out of 10 effort

3 minutes of slower running - 5 out of 10 effort

Keep going until you've reached your required mileage for the session

Session 3:

5 minutes of tempo paced running - 8 or 9 out of 10 effort

5 minutes of easy running - 5 out of 10 effort

Repeat for the required mileage for the session

RPE Scale	
10	Maximal effort (sprinting)
9	Really Really Hard
8	Really Hard
7	Harder
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

Disclaimer:

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