



Get me round Marathon Training Plan - Is this plan suitable for me?

This plan is written for a beginner or novice runner who's looking to get round in any time to enjoy the day. When starting any training plan, you need to be honest with yourself in setting a realistic training goal and following a training plan that is suitable for you. The plan you choose should be applicable to your current fitness level. It should also fit in with your availability to train each week. Think carefully about your work, family and social commitments. Whilst you want to challenge yourself, your training should always be enjoyable and not too hard so you go from session to session feeling fatigued. If you have any questions about the training plan then please e mail us at info@fullpotential.co.uk We wish you the best of luck with your training!

Measuring Your Effort

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that running "harder is better" so we end up running too quickly, which can result in feeling tired, illness or injury. Understand what each run is trying to achieve and how it should feel is the way to train smart, so here's a guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Run	PERCEIVED EFFORT LEVEL (1-10)*	HEART RATE	HOW IT SHOULD FEEL - "THE TALK TEST"
Easy / Recovery Run	6-6.5	65-70%	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch
Long Run	6.5-7	65-70%	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue
Steady Effort Run	7-8	70-80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do
Marathon Pace	7.5-8	78%	You can speak in short sentences, you have a slight pause on your breath but are not out of breath, relaxed and in control

Threshold runs / Kenyan Hills	8-8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'
10km / Speedwork	9-9.5	90-92%	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to

*Perceived effort = where 1 is easy and represents minimum effort and 10 is hard and represents maximum effort



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	REST	10 mins Brisk Walk, 5 minutes Easy Run, 4 x 4 mins Steady effort Run with 90 secs walk recovery between efforts, 10 mins Brisk Walk + Stretch	Pilates or 30 mins Easy Cross-Training + Stretch	60 mins Brisk Walk + Stretch	REST	30 mins Easy effort Cross-Training + Stretch	75 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 2	REST	10 mins Brisk Walk, 5 minutes Easy Run, 4 x 4 mins Steady effort Run with 90 secs walk recovery between efforts, 10 mins Brisk Walk + Stretch	Pilates or 30 mins Easy Cross-Training + Stretch	20 mins Easy effort run + Stretch	REST	30 mins Easy Cross-Training + Stretch	90 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 3	REST	10 mins Brisk Walk, 5 minutes Easy Run, 4 x 5 mins Steady effort Run with 90 secs walk recovery between efforts, 10 mins Brisk Walk + Stretch	30 minutes Easy Cross Training + 30 minutes Conditioning Work	20 mins Steady effort run + Stretch	REST	45 mins Cross-Training + Stretch	105 minute Long Run, split 4 minutes Running, 1 minute Walking

Week 4	REST	10 mins Brisk Walk, 5 minutes Easy Run, 4 x 5 mins Steady effort Run with 90 secs walk recovery between efforts, 10 mins Brisk Walk + Stretch	30 minutes Easy Cross Training + 30 minutes Conditioning Work	20 mins Steady effort run undulating (if possible) + Stretch	REST	45 mins Cross-Training + Stretch	120 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 5	REST	25 mins Easy effort run + Stretch	30 minutes Easy Cross Training + 30 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	30 mins Easy Cross-Training + Stretch	120 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 6	REST	10 mins Brisk Walk, 5 minutes Easy Run, 5 x 6 mins at Steady effort Run with 90 secs walk recovery between efforts, 10 mins Brisk Walk + Stretch	REST	REST	20 mins Easy effort run + Stretch	REST	Half Marathon Race
Week 7	REST	40 minutes Easy Cross Training	20 minutes Easy Run + 30 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	30 mins Easy Cross-Training + Stretch	135 minute Long Run, split 4 minutes Running, 1 minute Walking

Week 8	REST	30 mins Easy Cross-Training + Stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 3 minutes at Threshold Effort with a 60 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	30 mins Steady effort run + Stretch	REST	150 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 9	REST	30 mins Easy Cross-Training + 20 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 4 minutes at Threshold Effort with a 60 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	30 mins Steady effort run + Stretch	REST	165 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 10	REST	30 mins Easy effort run + Stretch	20 mins Row + 20 mins Step + 20 mins Cross-Trainer + Stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	20 mins Easy effort run + Stretch	180 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 11	REST	60 minutes Easy Cross Training - include 1,2,3,2,1 minutes at 90% with a 60 second recovery in the middle	30 minutes Conditioning Work	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 5 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	25 mins Easy effort run + 20 minutes Conditioning Work	180 minute Long Run, split 4 minutes Running, 1 minute Walking

Week 12	REST	20 minutes Easy Run + 20 minutes Conditioning Work	60 minutes Easy Cross Training - include 1,2,3,2,1 minutes at 90% with a 60 second recovery in the middle	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 5 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	120 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 13	REST	30 mins Easy Cross-Training + Stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 4 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	30 mins Easy Cross-Training + Stretch	25 mins Easy effort run + 20 minutes Conditioning Work	REST	60 minute Long Run, split 4 minutes Running, 1 minute Walking
Week 14	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 3 x 3 minutes at Threshold Effort with a 60 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	15 mins Easy effort run + Stretch	REST	15 mins Easy effort run + Stretch	Marathon Race