



12 Week Beginner/Novice Programme

This programme is 12 weeks long and gives you a pretty good structure for how to plan out your training sessions and how you progress from week to week. You should have been running regularly for at least 3-4 months (2-3 times per week) before starting this programme and be able to run for about 60 minutes without stopping. If you're not quite at that level yet, you can still train for a marathon, just give yourself a bit more time to build up.

Easy: Jog, chat and enjoy at an 'easy' pace. On a scale of 1-10 (10 being flat out) you should be around 5/10. Preferably an easy flat route.

Steady: A slightly quicker pace than 'easy'. On the scale, around 7/10. This might be a slightly more challenging route with some hills.

Pace: A quicker pace. Somewhere in the region of 8/10. You will be breathing harder and may not be able to chat as easily. They need to feel 'controlled' but that you are working a bit harder. You also need to add a 5 min warm up and cool down to these sessions.

Intervals: Fast run repeats with recovery in between. This should feel hard 9/10. You will be breathing very hard, but not out of control. For example: 5 minute warm up then 2 minutes running hard/2 minutes walking/easy jog. 5 minute cool down jog. Always have 5 minutes either side for warm up and cool down.

Monday	Rest	WEEK 1
Tuesday	3 miles easy	
Wednesday	Rest	
Thursday	4 miles steady	
Friday	Rest	
Saturday	Rest	
Sunday	6 miles easy	

Monday	Rest	WEEK 2
Tuesday	3 miles easy	
Wednesday	Rest	
Thursday	4 miles steady	
Friday	Rest	
Saturday	Rest	
Sunday	7 miles easy	

Monday	Rest	WEEK 3
Tuesday	2 miles pace	
Wednesday	Rest	
Thursday	5 miles easy	
Friday	Rest	
Saturday	Rest	
Sunday	9 miles easy	

Monday	Rest	WEEK 4
Tuesday	4 miles easy	
Wednesday	Rest	
Thursday	5 miles easy	
Friday	Rest	
Saturday	Rest	
Sunday	9 miles easy	

Monday	Rest	WEEK 5
Tuesday	intervals 2 minutes x 8	
Wednesday	Rest	
Thursday	5 miles easy	
Friday	Rest	
Saturday	3 miles easy	
Sunday	12 miles easy	



Monday	Rest	WEEK 6
Tuesday	4 miles easy	
Wednesday	Rest	
Thursday	6 miles easy	
Friday	Rest	
Saturday	4 miles easy	
Sunday	7 miles easy	

Monday	Rest	WEEK 7
Tuesday	Intervals 3 minutes X 6	
Wednesday	Rest	
Thursday	6 miles steady	
Friday	Rest	
Saturday	3 miles easy	
Sunday	14 miles easy	

Monday	Rest	WEEK 8
Tuesday	3 miles pace	
Wednesday	Rest	
Thursday	7 miles easy	
Friday	Rest	
Saturday	Rest	
Sunday	16 miles easy	

Monday	Rest	WEEK 9
Tuesday	4 miles easy	
Wednesday	Rest	
Thursday	5 miles easy	
Friday	Rest	
Saturday	3 miles easy	
Sunday	18 miles easy	

Monday	Rest	WEEK 10
Tuesday	Intervals 4 minutes x 5	
Wednesday	Rest	
Thursday	6 miles easy	
Friday	Rest	
Saturday	3 miles easy	
Sunday	20 miles easy	

Monday	Rest	WEEK 11
Tuesday	4 miles easy	
Wednesday	Rest	
Thursday	6 miles steady	
Friday	Rest	
Saturday	5 miles easy	
Sunday	10 miles easy	

Monday	Rest	WEEK 12
Tuesday	3 miles easy	
Wednesday	Rest	
Thursday	2 miles easy	
Friday	Rest	
Saturday	Rest	
Sunday	Race day * GOOD LUCK *	