# First-Time Finisher 16-Week Marathon Schedule

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<th>Week 1</th>
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**Week 1**
- **REST DAY**
  - This week is all about increasing time on your feet and building a strong foundation and routine.

**Week 2**
- **REST DAY**
  - The first few weeks are important. Find the time to fit in your workouts.

**Week 3**
- **REST DAY**
  - You’re doing a great job. The more you do the easier it feels!

**Week 4**
- **REST DAY**
  - The first block of four weeks is almost done. Stick to your plan this week and build up your longest time on your feet at the weekend.

**Week 5**
- **REST DAY**
  - A lighter week to allow for adaptation to the training loads.

**Week 6**
- **REST DAY**
  - This week is when the marathon training kicks in, building more time on your feet, and introducing some mixed paced running to give you that added fitness boost.

**Week 7**
- **REST DAY**
  - A solid week in the bank allowing training to settle and routine to continue.

### Workouts
- **WALK 30 MINUTES**
  - 30 minutes steady walk

- **RUN/WALK 40 MINUTES**
  - 10 minute brisk walk, 20 minute easy run, 10 minute brisk walk = 40 minutes

- **RUN/WALK 50 MINUTES**
  - 10 minute brisk walk, 30 minute easy run, 10 minute brisk walk = 50 minutes

- **RUN/WALK 55 MINUTES**
  - 5 minute brisk walk, 45 minute easy run, 5 minute brisk walk = 55 minutes

- **RUN/WALK 65 MINUTES**
  - 10 minute walk, 20 minute easy run, 10 minute walk, 15 minute easy run, 10 minute walk = 65 minutes

- **RUN/WALK 90 MINUTES**
  - 10 minute walk, 30 minute jog, 10 minute walk, 30 minute jog, 10 minute walk = 90 minutes, or distance goal of 6 to 8 miles

- **RUN 20 MINUTES**
  - 20 minute easy run

- **RUN 30 MINUTES**
  - 10 minute easy run, (45 sec tempo running, 1 minute 45 sec walk/run) x 8, 10 minute easy run = 40 minutes

- **RUN 40 MINUTES**
  - 10 minute easy run, (30 sec tempo running, 2 minute walk) x 8, 10 minute easy run = 40 minutes

- **RUN 52 MINUTES**
  - 25 minute easy run, 2 minute walk, 25 minute easy run = 52 minutes

- **RUN 1HR 40 MINUTES**
  - (20 minute easy run, 5 minute brisk walk) x 4 = 1 hour 40 minutes, or distance goal of 6 to 8 miles

- **RUN 1HR 45 MINUTES**
  - (30 minute jog, 5 minute brisk walk) x 3 = 1 hour 45 minutes, or distance goal of 8 miles
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<tr>
<td><strong>REST DAY</strong></td>
<td><strong>RUN 40 MINUTES</strong> 40 minute easy run</td>
<td><strong>RUN 50 MINUTES</strong> 10 minute easy jog, (60 sec tempo running, 2 minute walk/jog) x 10, 10 minute easy jog = 50 minutes</td>
<td><strong>REST DAY</strong></td>
<td><strong>RUN 1HR 40 MINUTES</strong> (25 minute jog, 5 minute brisk walk) x 4 = 2 hours, or distance goal of 8 to 10 miles</td>
<td><strong>REST DAY</strong></td>
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<td><strong>REST DAY</strong></td>
<td><strong>RUN 40 MINUTES</strong> 40 minute easy run</td>
<td><strong>RUN 30 MINUTES</strong> 10 minute easy run, (4 minute tempo run, 3 minute easy jog/walk recovery) x 4, 10 minute easy = 48 minutes</td>
<td><strong>REST DAY</strong></td>
<td><strong>RUN 2 HOURS</strong> (28 minute run, 2 minute walk) x 4 = 2 hours, or distance goal of 10 to 12 miles</td>
<td><strong>REST DAY</strong></td>
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<td><strong>REST DAY</strong></td>
<td><strong>RUN 35 MINUTES</strong> 10 minute easy run, (3 x 3 minutes at a tempo pace with 2 minute jog recovery), 10 minute easy run = 35 minutes</td>
<td><strong>RUN 30 MINUTES</strong> 30 minute easy run</td>
<td><strong>REST DAY</strong></td>
<td><strong>RACE</strong> Race a half marathon, such as the adidas Silverstone Half on Sunday 12 March, or run for 2 hours 15 minutes, or distance goal of 12 miles</td>
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<td><strong>REST DAY</strong></td>
<td><strong>RUN 45 MINUTES</strong> 45 minute easy run</td>
<td><strong>RUN 60 MINUTES</strong> 10 minute easy run, (5 minute tempo run, 3 minute easy run/walk recovery) x 5, 10 minute easy run = 60 minutes</td>
<td><strong>REST DAY</strong></td>
<td><strong>RUN 2HRS 30 MINUTES</strong> (28 minute easy run, 2 minute walk) x 5 = 2.5 hours, or distance goal of 14 to 16 miles. Include a few (4 to 6) miles at target marathon pace</td>
<td><strong>REST DAY</strong></td>
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<td><strong>REST DAY</strong></td>
<td><strong>RUN 50 MINUTES</strong> 50 minute easy run</td>
<td><strong>RUN 52 MINUTES</strong> 10 minute easy run, (6 minute tempo run, 2 minute easy run/walk recovery) x 4, 10 minute easy run = 52 minutes</td>
<td><strong>REST DAY</strong></td>
<td><strong>RUN 3HRS</strong> (28 minute easy run, 2 minute walk) x 6 = 3 hours, or distance goal of 16 to 18 miles. Include a few (4 to 6) miles at target marathon pace</td>
<td><strong>REST DAY</strong></td>
<td><strong>REST DAY</strong></td>
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This week, feel your heart pounding and your breathing quicken with the tempo running. Build endurance: the next few weeks are all about the long run, building your capacity to cover the marathon distance. Do not worry about covering the race distance before the event, just trust the training and you will be ready to tackle 26.2 miles on Race Day. Practise your hydration and fuel strategies on your long runs.

Race practice – enter a half marathon race this week to familiarise yourself with Race Day routines, such as pre-race meal, race clothing and hydration strategies.

The next four weeks are about getting to know your race pace. Have a target time in minutes and work out your pace per mile. Learn what your race pace feels like.

There are just three more weeks of hard training left before the taper and you start to run less and sharpen up.

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There are just three more weeks of hard training left before the taper and you start to run less and sharpen up.

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<td>WEEK 13</td>
<td>REST DAY</td>
<td>RUN 50 MINUTES</td>
<td>RUN 50 MINUTES</td>
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<td>REST DAY</td>
<td>RUN 3HRS 30 MINUTES</td>
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<td>Dial in to your long run this week. It’s your longest. Focus, plan and prepare. Relax, tune in, tick off the miles</td>
<td>50 minute easy run</td>
<td>10 minute easy run, 10 minute steady run, 10 minutes at target marathon pace, 10 minute tempo run, 10 minute easy run = 50 minutes</td>
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<td>(28 minute easy run, 2 minute walk) x 7 = 3.5 hours, or distance goal of 18 to 20 miles. Include a few (6 to 8) miles at target marathon pace. Remember, people run at different paces so the distances covered will reflect this</td>
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<td>WEEK 14</td>
<td>REST DAY</td>
<td>RUN 40 MINUTES</td>
<td>RUN 50 MINUTES</td>
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<td>RUN 1HR 34 MINUTES</td>
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<td>The long run is reducing in volume. Don’t be tempted to do more or you will risk being tired on the Start Line</td>
<td>40 minute easy run</td>
<td>10 min easy run, (3 minutes at target marathon pace, 3 mins faster) x 5, 10 min easy run = 50 minutes</td>
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<td>(45 minute easy run, 2 minute walk) x 2 = 1 hour 34 minutes</td>
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<td>WEEK 15</td>
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<td>RUN 30 MINUTES</td>
<td>RUN 50 MINUTES</td>
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<td>RUN 70 MINUTES</td>
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<td>The taper is here. Doing less is all about recovering from the hard training so you can stand on the Start Line fresh-legged ready to do your best</td>
<td>30 minute easy run</td>
<td>10 minute easy run, 20 minutes at target marathon pace, 10 minutes faster, 10 minute easy run = 50 minutes</td>
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<td>70 minute easy run</td>
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<td>WEEK 16</td>
<td>REST DAY</td>
<td>RUN 30 MINUTES</td>
<td>RUN 22 MINUTES</td>
<td>REST DAY</td>
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<td>REST DAY</td>
<td>RACE DAY</td>
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<td>You can only do too much this week. Spend your spare time relaxing and leave any household jobs until after the marathon. Look back at your training and see how far you have come. You are ready!</td>
<td>30 minute easy run</td>
<td>5 minute easy run, 12 minutes at target marathon pace, 5 minute easy run = 22 minutes</td>
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<td>The key is to start sensibly at your race pace, and stick to your race plan. Trust the training you have done and believe you are ready to go the distance. Smile and enjoy yourself. You can do it! 😊</td>
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