



Beginner Runner Training Plan 12 weeks prior to starting Marathon Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Run 2 minutes walk 4 minutes Repeat 5 times	Rest Day	Run 2 minutes walk 4 minutes Repeat 5 times	Rest Day	Run 2 minutes walk 4 minutes Repeat 5 times	Run 2 minutes walk 4 minutes Repeat 5 times	Rest Day
Week 2	Run 3 minutes walk 3 minutes Repeat 5 times	Rest Day	Run 3 minutes walk 3 minutes Repeat 5 times	Rest Day	Run 3 minutes walk 3 minutes Repeat 5 times	Run 3 minutes walk 3 minutes Repeat 5 times	Rest Day
Week 3	Run 4 minutes walk 2 minutes Repeat 5 times	Rest Day	Run 4 minutes walk 2 minutes Repeat 5 times	Rest Day	Run 4 minutes walk 2 minutes Repeat 5 times	Run 4 minutes walk 2 minutes Repeat 5 times	Rest Day
Week 4	Run 6 minutes walk 2 minutes Repeat 4 times	Rest Day	Run 6 minutes walk 2 minutes Repeat 4 times	Rest Day	Run 6 minutes walk 2 minutes Repeat 4 times	Run 6 minutes walk 2 minutes Repeat 4 times	Rest Day
Week 5	Run 8 minutes walk 2 minutes Repeat 3 times	Rest Day	Run 8 minutes walk 2 minutes Repeat 3 times	Rest Day	Run 8 minutes walk 2 minutes Repeat 3 times	Run 8 minutes walk 2 minutes Repeat 3 times	Rest Day
Week 6	Run 9 minutes, walk 2 minutes, repeat 2 times & then run 7 minutes	Rest Day	Run 9 minutes, walk 2 minutes, repeat 2 times & then run 7 minutes	Rest Day	Run 9 minutes, walk 2 minutes, repeat 2 times & then run 7 minutes	Run 9 minutes, walk 2 minutes, repeat 2 times & then run 7 minutes	Rest Day
Week 7	Run 9 minutes walk 1 minute Repeat 3 times	Rest Day	Run 9 minutes walk 1 minute Repeat 3 times	Rest Day	Run 9 minutes walk 1 minute Repeat 3 times	Run 9 minutes walk 1 minute Repeat 3 times	Rest Day
Week 8	Run 12 minutes walk 1 minute Repeat 2 times	Cross Training	Run 12 minutes walk 1 minute Repeat 2 times	Rest Day	Run 12 minutes walk 1 minute Repeat 2 times	Run 12 minutes walk 1 minute Repeat 2 times	Rest Day



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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 9	Run 14 minutes walk 1 minute Repeat 2 times	Cross Training	Run 14 minutes walk 1 minute Repeat 2 times	Rest Day	Run 14 minutes walk 1 minute Repeat 2 times	Run 14 minutes walk 1 minute Repeat 2 times	Rest Day
Week 10	Run for 20 minutes walk 2 minutes Run 10 minutes	Cross Training	Run for 20 minutes walk 2 minutes Run 10 minutes	Rest Day	Run 25 minutes	Run 30 minutes	Rest Day
Week 11	Run 25 minutes	Cross Training	Run 30 minutes	Rest Day	Run 30 minutes	Run 35 minutes	Rest Day
Week 12	Run 30 minutes	Cross Training	Run 30 minutes	Rest Day	Run 35 minutes	Run 40 minutes	Rest Day

Notes:

- 1) Don't begin a running program without a full medical exam.
- 2) Don't attempt to train through an athletic injury. Little aches/pains may not seem like a big deal at first, but if they cause you to alter your running form, then they can lead to injuries that can sideline you for months. When in doubt, seek advice from a qualified medical professional.
- 3) Run every Monday, Wednesday, Friday & Saturday (or Sunday, whichever you prefer). Rest days can include a walk or do nothing
- 4) Don't run in worn-out shoes. Don't run in shoes that are designed for other sports.
- 5) Include a training partner or partners in your program. These partners should be someone of similar ability. If you belong to gym, the best way to find other runners is to ask if there's a running club or group of people that regularly get together to run.
- 6) Cross-Training should be at a moderate pace. Use elliptical, stationary bike or stairmaster. Something that doesn't include "pounding" on feet/joints. Complete body weight exercises. With 1-2 minutes rest between repetitions. Keep your body moving & get into a good sweat. Use the cross training section of the marathon plan for specific exercises you can complete.

Upon completion of this 12 week plan, enter and run in a 5k. If you enjoy the experience, sign up for another race that's at least another 2-3 months out. Train for your second race by adding appropriate distance & completing more cross training. If you enjoy yourself and can remain injury free, then you can consider training for a marathon. However, ensure you have significant base mileage on your legs and that you follow our beginner marathon training plan. If you need help, we offer affordable [custom training plans](#) and [personalized coaching](#).