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The Canberra Times
**CANBERRA
MARATHON**
FESTIVAL 2020

MARATHON BEGINNER TRAINING GUIDE



**DISCOVER YOUR
POWER WITHIN**

powered by  SOLE MOTIVE

4 + 5 APRIL 2020

ULTRA MARATHON • MARATHON • HALF MARATHON • 10K • 5.3K • KIDS MILE

KING GEORGE TERRACE



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**RUNNER'S
WORLD**

The Canberra Times

MARATHON BEGINNER

Sub 5:00 hours

Presented by Runner's World

Take on this guide if you're used to running comfortably for 30-60 minutes, three or four times a week.

GOAL = TO RUN A MARATHON

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	35min easy run	Rest	44min moderate run	Rest	35min moderate run including hill	Cross training/Gym	12-13K easy
2	Rest	Warm up: 1.6K easy 30min moderate run Cool down: 1.6K easy	Rest	44min moderate run	Rest	35min moderate run including hill	12-13K easy
3	Rest	Warm up: 1.6K easy 3 x 10min mod/hard run + 3min jog Cool down: 1.6K easy	Rest	60min easy run	Rest	35min moderate run including hill	16K 8K easy run + 8K moderate /race pace
4	Rest	Warm up: 1.6K easy 40min moderate run Cool down: 1.6K easy	Rest	60min easy run	Rest	35min moderate run	10-12K 3K easy run + 8K moderate /race pace
5	Rest	Warm up: 1.6K easy 6 x 2min mod/hard run + 2min easy Cool down: 1.6K easy	Rest	60min easy run	Rest	35min easy run	18-20K easy run/walk
6	Rest	Warm up: 1.6K easy 5 x 4min mod/hard run + 400m easy Cool down: 1.6K easy	Rest	70min easy run	Rest	35min easy run	20K moderate
7	Rest	Warm up: 1.6K easy 10 x 1min mod/hard run + 200m easy Cool down: 1.6K easy	Rest	Warm up: 1.6K easy 8K moderate/race pace Cool down: 1.6K easy	Rest	4-5K hill run	10K race pace
8	Rest	Warm up: 1.6K easy 4 x 10min mod/hard run + 400m easy Cool down: 1.6K easy	Rest	70min easy run	Rest	35min easy run	20-22K 11K easy run + 11K moderate /race pace
9	Rest	Warm up: 1.6K easy 5 x 6min mod/hard run + 200m easy Cool down: 1.6K easy	Rest	Warm up: 1.6K easy 6K moderate/race pace Cool down: 1.6K easy	Rest	45min easy run	25-26K easy
10	Rest	Warm up: 1.6K easy 8 x 2min mod/hard run + 200m easy Cool down: 1.6K easy	Rest	80min easy run	Rest	35min easy run	28-29K 14K easy + 14K moderate /race pace
11	Rest	Warm up: 1.6K easy 6 x 4min mod/hard run + 200m easy Cool down: 1.6K easy	Rest	Warm up: 1.6K easy 6K moderate/race pace Cool down: 1.6K easy	Rest	35min easy run	Half Marathon (21.1K)
12	Rest	35min easy run	Rest	8K in 55min	Rest	35min easy run	31-32K easy

MARATHON BEGINNER

cont...

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13	Rest	Warm up: 1.6K easy 10 x 1min hard run + 2min easy Cool down: 1.6K easy	Rest	Warm up: 1.6K easy 3K moderate/race pace Cool down: 1.6K easy	Rest	35min easy run	22-23K moderate
14	Rest	Warm up: 1.6K easy 3K moderate Cool down: 1.6K easy	Rest	80min moderate run	Rest	35min easy run	16K moderate
15	Rest	Warm up: 1.6K easy 5K moderate Cool down: 1.6K easy	Rest	44min at race pace	Rest	35min easy run	11-12K moderate
16	Rest	5K moderate run (approx. 33min)	Rest	5K easy	Rest	35min moderate run	RACE DAY

