



GULF BANK 642 MARATHON

KEY WORDS	
ER	Easy Run
SR	Steady Run
TR	Threshold Run (Slightly faster than your steady pace)
HR	Hill Run (Level 5 incline on treadmill)
FR	Fartlek Run (Fast pace)
IR	Interval Run (Full speed)
LR	Long Run
MP	Marathon Pace (Average time you want to finish the marathon in)
2/1MP	Half Marathon Pace (Average time you want to finish the half marathon in)
H&N	Hydration & Nutrition Strategies

Beginners Training Plan

WEEK 1		WEEK 2	
Saturday	Rest	Saturday	Rest
Sunday	5min walk, 30min LR, 5min walk, 10min ER, 5 min walk	Sunday	5min walk, 45min LR, 10min walk
Monday	Rest	Monday	Rest
Tuesday	10min walk, 20min ER, 5min walk	Tuesday	35min ER
Wednesday	Rest	Wednesday	Rest
Thursday	10min walk, 30min ER, 5min walk	Thursday	5min walk, 35min ER, 5min walk
Friday	Core & Stretching	Friday	Core & Stretching



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WEEK 3		WEEK 4	
Saturday	Rest	Saturday	Rest
Sunday	5min walk, 55min LR, 5min walk	Sunday	5min walk, 65min LR, 5min walk
Monday	Rest	Monday	Rest
Tuesday	40min ER	Tuesday	40min ER
Wednesday	Rest	Wednesday	Rest
Thursday	15min ER, 10min SR, 15min ER	Thursday	45min FR as 5min ER, 10min SR, 5min ER, 5min TR, 10min ER, 5min SR, 5 min ER
Friday	Core & Stretching	Friday	Core & Stretching

WEEK 5	
Saturday	Rest
Sunday	5min walk, 75min LR, 5min walk
Monday	Rest
Tuesday	45min ER
Wednesday	Rest
Thursday	45min FR as 5min ER, 15min SR, 5min ER, 5min TR, 5min ER, 5min SR, 5 min ER
Friday	Core & Stretching



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WEEK 6

Saturday	Rest
Sunday	10miles LR
Monday	Rest
Tuesday	10min ER, 5 x (3min IR, 2min ER), 15min ER
Wednesday	Rest
Thursday	45min FR as 10min ER, 15min SR, 5min ER, 10min TR, 5min ER
Friday	Core & Stretching

WEEK 7

Saturday	Rest
Sunday	50min ER
Monday	Rest
Tuesday	20min ER
Wednesday	Rest
Thursday	40min ER
Friday	Core & Stretching

WEEK 8

Saturday	Rest
Sunday	12 miles LR. Practise H&N
Monday	Rest
Tuesday	10min ER, 8 x (2min IR, 2min ER), 10min SR
Wednesday	Rest
Thursday	10min ER, 3 x (7min TR, 2min ER), 10min ER
Friday	Core & Stretching



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WEEK 9

Saturday	Rest
Sunday	14 miles LR. Practise H&N
Monday	Rest
Tuesday	40min ER
Wednesday	Rest
Thursday	50min SR
Friday	Core & Stretching

WEEK 10

Saturday	Rest
Sunday	16 miles LR. Practise H&N
Monday	Rest
Tuesday	50min ER
Wednesday	Rest
Thursday	10min ER, 20min HR, 5min ER, 10min SR
Friday	Core & Stretching

WEEK 11

Saturday	Rest
Sunday	Run a Half Marathon
Monday	Rest
Tuesday	10min ER, 5 x (5min IR, 2.5min ER), 10min ER
Wednesday	Rest
Thursday	40min ER
Friday	Core & Stretching



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WEEK 12

Saturday	Rest
Sunday	18 miles LR 3 x 4 miles MP at start, middle and end. Practise H&N
Monday	Rest
Tuesday	50min ER
Wednesday	Rest
Thursday	10min ER, 3 x (8min TR, 2min ER), 5 x 30sec fast, 5min ER
Friday	Core & Stretching

WEEK 13

Saturday	Rest
Sunday	20 miles LR. Practise H&N
Monday	Rest
Tuesday	35min ER
Wednesday	Rest
Thursday	5min ER, 40min SR, 5min ER
Friday	Core & Stretching

WEEK 14

Saturday	Rest
Sunday	22 miles LR. This will be your final long training run. Practise MP and H&N
Monday	Rest
Tuesday	30 mins ER
Wednesday	Rest
Thursday	1 mile ER , 4 miles HMP, 1 mile ER
Friday	Core & Stretching



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WEEK 15		WEEK 16	
Saturday	Rest	Saturday	Rest
Sunday	13 miles LR. Practise MP and H&N	Sunday	8 miles ER
Monday	Rest	Monday	Rest
Tuesday	30 mins ER	Tuesday	30 mins ER
Wednesday	Rest	Wednesday	Rest
Thursday	2 miles ER, 4 miles HMP, 2 miles ER	Thursday	1 mile ER, 5 x (2 mins IR, 2 mins ER), 1 mile ER
Friday	Core & stretching	Friday	Core & Stretching

WEEK 17	
Saturday	Gentle stretching
Sunday	Race day! Remember to stretch & warm down with a 15 min walk. Eat & drink well.
Monday	10 mins MP, 20 mins HMP, 10 mins MP
Tuesday	Rest
Wednesday	20min ER
Thursday	Rest
Friday	20min ER