



Training Plans



BASIC MARATHON

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	Rest	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	Rest	Rest	20 minutes jogging. You're allowed to stop and walk, but this doesn't count as part of the training	1-hr ramble. No pressure
Week 2	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	90-min ramble
Week 3	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	90-min ramble
Week 4	20-25 mins jogging	Rest	20-25 mins jogging	Rest	Rest	20-25 mins jogging	1 hr jogging and walking. Try not to walk more than necessary
Week 5	20-min run	Rest	30-min run	Rest	Rest	Timed run over a 2M course	90-min ramble, or run in a 10K road race (but you're allowed to walk!)
Week 6	25-30-min run	Rest	25-30-min run, inc 8 x 30 secs uphill	Rest	Rest	25-30-min run	1 hr jog-walk, with more jogging than walking
Week 7	30-min run	Rest	30-min run	Rest	30-min run	30-min run	8M run, walking when you have to
Week 8	30-min run	Rest	30-min run	Rest	30-min run	30-min run	2-hr jog-walk or half-marathon race
Week 9	30-min run	Rest	3 x 1M session, timed, with 5 mins rest after each	Rest	30-min run	30-min run	8M run, walking when you have to
Week 10	25-30-min run	Rest	3M run, timed	Rest	25-30-min run	25-30-min run	Long, slow 10M run
Week 11	25-30-min run	Rest	3 x 1M session timed, with 5 mins rest after each	Rest	25-30-min run	25-30-min run	Long, slow 12M run (or 10M race)
Week 12	25-30-min run	Rest	3M run, timed, at a faster pace	Rest	25-30-min run	25-30-min run	Half-marathon race – take it slowly!
Week 13	20-min run	Rest	3 x 1M, timed, with 5 mins rest after each, aiming at a faster average speed than Wk 11	Rest	20-min run	35-min run at marathon pace	16-18M endurance run, taking drinks, walking 5 mins in every hour
Week 14	20-min run	Rest	3M run, timed	Rest	40-min run at marathon pace	20-min run	10K or 10M race, or 10M run inc 5M at a brisk pace
Week 15	20-min run	Rest	35-min run at marathon pace	Rest	2 x 1M session, timed	20-min run	Practice your marathon preparation, and run 50 mins at marathon pace
Week 16	20 mins easy	Rest	30 mins easy, inc a few strides	Rest	Rest	20 mins jogging, in racing kit	RACE DAY

BASIC HALF MARATHON

In this schedule, you can arrange the days as you like, though try to have a rest after a hard day. A typical pattern would be Tuesday, Thursday, Saturday and Sunday, with the longest run on the Sunday.

	Day 1	Day 2	Day 3	Day 4
WEEK 1	4M slow	3M slow	4M	3M, timed
WEEK 2	3M easy	3M, with a few 50m bursts	3M easy	5-6M slow
WEEK 3	4M easy	4M, with a few 100m bursts	3M, timed, plus 1M jog	7-8M slow (or 1 hour)
WEEK 4	4M easy	4M, inc several 30-sec bursts	4M	8M slow (or 1 hr)
WEEK 5	4M or 35 mins easy, off-road if possible	4-5M of fast-and-slow, with bursts up the hills (but not down them)	4M or 35 mins easy, off-road if possible	9-10M steady, or 10K race
WEEK 6	3-4M easy on soft ground	1M jog, then 2 x 5 mins fast, with 5-min slow jog recovery	4M easy on grass	9-10M slow
WEEK 7	3-4M easy, off-road if possible	3M, inc a few short bursts	3M on grass	Warm up, then 10K race, then 10 mins walking or jogging
WEEK 8	4-5M easy, off-road	1M jog, then 2 x 7-8 mins fast, with 5-min jog recovery	4M on grass, inc several short bursts	11-12M, as slow as you like
WEEK 9	3-4M easy, on soft ground	1M jog, then 2 x 5 mins fast, with 5-min slow jog recovery between	4M easy on grass	9-10M slow
WEEK 10	3M easy, off-road	1M jog, then 1M at race speed, then 1M jog	2M jog	RACE DAY

BASIC 5KM

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	REST	Run 1 min, walk 1 min X 10	REST	Run 2 mins, walk 4 mins X 5	REST	REST	Run 2 mins, walk 4 mins X 5
Week 2	REST	Run 3 mins, walk 3 mins X 4	REST	Run 3 mins, walk 3 mins X 4	REST	REST	Run 5 mins, walk 3 mins X 3
Week 3	REST	Run 7 mins, walk 2 mins X 3	REST	Run 8 mins, walk 2 mins X 3	REST	REST	Run 8 mins, walk 2 mins X 3
Week 4	REST	Run 8 mins, walk 2 X 3	REST	Run 10 mins, walk 2 mins X 2 then run 5 mins	REST	REST	Run 8 mins, walk 2 mins X 3
Week 5	REST	Run 9 mins, walk 1 min X 3	REST	Run 12 mins, walk 2 mins X 2 then run 5 mins	REST	REST	Run 8 mins, walk 2 mins X 3
Week 6	REST	Run 15 mins, walk 1 min X 2	REST	Run 8 mins, walk 2 mins X 3	REST	REST	RACE DAY

For more information about WellChild or details of other training plans:

Call: **0845 458 8171**

E-mail: challenge@wellchild.org.uk

Training plans provided by www.realbuzz.com and www.runnersworld.co.uk. Please see your GP before undertaking any physical activity.

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