

Beginner's Marathon Training Guide

Welcome to Leggit's Marathon Training Programme for Beginners.

If you've been contemplating a marathon – maybe there's a competition in your local area, a charity event which you're keen to be involved in, or perhaps you're just keen to up the ante and take your running to the next level; the Leggit.co.uk training programme could be just what you need to help you reach your goal.

Our training programme gives you a basic structure to help build up your running ability and confidence to a marathon standard. The training programme is step by step guide covering a 16 week period. We have broken the distance down in to small, manageable chunks to help improve at a steady and safe pace.

Now all that's left for you to do... is to get started!!

The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at training@leggit.co.uk and mark your email as high importance.

*This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850
<http://www.summit-fitness.net/>*

Beginner's Marathon Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	20mins Medium	Rest	20mins Hard	Rest	Cross Train	Rest	4miles Easy
2	20mins Medium	Rest	30mins Medium	Rest	Cross Train	Rest	4miles Easy
3	20mins Medium	Rest	30mins Medium	Rest	Cross Train	Rest	5miles Easy

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
4	25mins Medium	Rest	40mins Medium	Rest	Cross Train	Rest	6-8miles Easy
5	30mins Medium	Rest	40mins Medium	Rest	Cross Train	Rest	7-9miles Easy
6	30mins Medium	Rest	50mins Medium	Rest	Cross Train	Rest	10miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7	30mins Medium	Rest	60mins Medium	Rest	Cross Train	Rest	11-13miles Easy
8	40mins Easy	Rest	70mins Easy	Rest	Cross Train	Rest	13-15miles Easy
9	45mins Easy	Rest	80mins Easy	Rest	Cross Train	Rest	15miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10	45mins Easy	Rest	90mins Easy	Rest	Cross Train	Rest	17miles Easy
11	45mins Easy	Rest	90mins Easy	Rest	Cross Train	Rest	18miles Easy
12	30mins Easy	Rest	60mins Medium	Rest	Cross Train	Rest	18-20miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
13	30mins Easy	Rest	60mins Medium	Rest	Cross Train	Rest	14miles Easy
14	40mins Easy	Rest	Rest	Rest	Cross Train	Rest	12miles Easy
15	40mins Easy	Rest	Rest	Rest	Cross Train	Rest	10miles Easy

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
16	30mins Medium	Rest	Rest	Cross Train	Rest	Rest	RACE!

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.