



## Beginner marathon programme

This programme is for beginner runners who would like to train for a marathon. The programme is for you if it's the first time you've run a marathon, or it's been a while since you ran any longer distances. To get the most out of it, you should already be able to run at least 5km, and ideally 10km, comfortably.

One mile is equivalent to 1.6km. For this training programme, distances in km have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins jog/easy	Rest	Rest	20 mins jog/easy	Rest	30 mins long run
Week 2	Rest	25 mins easy	20 mins easy	Rest	20 mins easy	Rest	40 mins long run
Week 3	Rest	30 mins easy	25 mins easy	Rest	30 mins easy	Rest	50 mins long run
Week 4	Rest	40 mins easy	30 mins easy	Rest	50 mins interval or cross training	Rest	60 mins long run
Week 5	Rest	40 mins easy	40 mins steady	Rest	40 mins interval	Rest	70 mins long run
Week 6	Rest	30 mins easy	30 mins constant/tempo (including 5 mins warm up and cool down)	Rest	40 mins interval or cross training	Rest	80 mins long run
Week 7	Rest	40 mins easy	60 mins steady	Rest	50 mins interval	Rest	10 miles (16km) long run
Week 8	Rest	40 mins easy	50 mins constant/tempo (including 5 mins warm up and cool down)	Rest	50 mins interval or cross training	Rest	11 miles (18km) long run

Continued on next page

# Bupa Marathon Training Guide

**David Chalfen**



## **Bupa Marathon Training Guide:**

**Trail and Mountain Running** Sarah Rowell, Wendy Dodds, 2013-04-22 Trail and Mountain Running is a practical guide for runners designed to help those who are already running off road and wanting to improve their performance to try longer or rougher terrain with confidence and those who simply want to venture from roads onto trails and mountain paths for the first time Divided into three sections the book covers Training fundamentals giving you all the knowledge you need to run off road in terms of training programme looking after your body kit and equipment and staying safe in the environment Racing providing more detailed advice about what to do pre during and post race to maximize performance Optimizing performance more advanced information on training and racing and supplementary areas such as altitude training which can help performance Throughout the book advice is given relative to four typical races of different lengths and terrain all of which is interspersed by real life anecdotes and stories from the authors A practical guide that provides information tailored to all levels of runners who want to both enjoy running off road as well as get better at it Superbly illustrated with 70 colour photographs Both Sarah Rowell and Wendy Dodds are highly experienced and successful athletes **Improve Your Marathon and Half Marathon Running** David Chalfen, 2014-11-30 Improve Your Marathon and Half Marathon Running is an accessible jargon free guide for athletes committed to improving their running at either distance It provides valuable advice in increasing competition experience and structuring more advanced training programmes and covers training plans and principles evolving training programmes as a runner s experience increases methods for cross training in other disciplines principles for athletes to examine the biomechanics of their running to improve performance benefits of coaching training case histories of successful athletes David has a huge passion and knowledge of endurance running His dynamism and expertise come across brilliantly in this extremely well written useful and entertaining book Dan Robinson four times Olympic and World Championship marathoner and 2006 Commonwealth Games marathon medallist Fully illustrated this practical guide is for all marathon and half marathon runners wanting to improve their performance Call the Midlife Chris Evans, 2015-10-22 During his run into turning FIFTY CHRIS EVANS is on a MISSION To take stock of WHERE HE IS and WHERE HE S AT in order to figure out how BEST to get the MOST out of what he BELIEVES are the BEST YEARS yet to come His typically positive and upbeat journey involves ONE HUNDRED DAYS of contemplation research focus frustration and DECISION MAKING while SECRETLY Training for The London MARATHON Bringing back his cult Nineties TV show TFI FRIDAY And the small matter of suddenly being asked to take over TOP GEAR HEALTH LOVE MARRIAGE SEX DEATH and even RELIGION all come under his witty microscope as he poses the conundrum MIDLIFE CRISIS vs OPPORTUNITY There can only be one winner Running 5K and 10K David Chalfen, 2014-09-30 Today s runners are bombarded with expert opinion on how to run faster and often spend more and more money on trying to do so Running 5K and 10K A Training Guide is an accessible jargon free guide for all distance runners committed to improving their times It doesn t offer any quick and

easy answers just tried and tested practical advice on how to train more effectively and shave a few seconds or even minutes off your personal best Aimed at all levels of runner from the complete beginner through to more experienced wanting to improve their times and illustrated with 32 colour photographs and 16 diagrams      **Nell McAndrew's Guide to Running** Nell McAndrew, Lucy Waterlow, 2015-04-09 Through her bestselling exercise DVDs and incredible running achievements including running a sub three hour marathon Nell McAndrew has built a reputation as a fitness expert Running continues to rise in popularity but many of us don't know where to start This book shares Nell's love of running and will inspire you to take up the sport as well as helping anyone already running to improve their performance Nell and co author Lucy Waterlow also an experienced runner will equip you whatever your age or ability with the know how to make running part of your life and help you learn to love training and competing as much as they do Find out how to get started with running and how to improve with specific sections on nutrition marathon running and women's running including exercising during and after pregnancy This is a visual practical and insightful guide offering informative and fun coverage with tips accurate up to date information and the experiences of real runners you can identify with      *Marathon Manual* Cathy Shipton, Liz McColgan, 2000 This manual for beginners covers all aspects of the training required to train for a marathon      **The Times Index** ,2010 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement      **The Guardian Index** ,1995      Focus on Africa ,1999      **Jak Cartoons from the London Evening Standard** Jak, 1983      **Runner's World** ,1999      **Annual Index to the Financial Times** ,1982      **Accountancy** ,1987      **Caterer & Hotelkeeper** ,1990-10      *Marketing* ,1985      **New Society** ,1972      *Northern Ireland Yearbook ...* ,2008      The Medical Directory ... ,1981      **Medical Directory** ,1914 A listing of medical practitioners registered with the General Medical Council Includes England Scotland Wales and Northern Ireland Data includes name address degrees colleges appointment memberships and publications Also contains information on United Kingdom hospitals NHS trusts and boards of health      **Who's Who in Science and Engineering 2008-2009** Who's Who Marquis, Marquis Who's Who, 2007-12

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