

12 Week Full Marathon Training

Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 mins easy/cross- train	45 mins easy off- road/hilly	Rest	30 mins 5 mins steady 20 mins tempo 5 mins steady	Rest	30 mins steady	60 mins easy
Week 2	30 mins easy/cross- train	45 mins easy off- road/hilly	Rest	35 mins 2 mins easy 5 mins fast x5	Rest	30 mins steady	75 mins easy
Week 3	30 mins easy/cross- train	60 mins easy off- road/hilly	Rest	40 mins 10 mins steady 20 mins tempo 10 mins steady	Rest	35 mins steady	90 mins easy
Week 4	35 mins easy/cross- train	60 mins easy off- road/hilly	Rest	40 mins 2 mins easy 6 mins fast x5	Rest	35 mins steady	90 mins 20 mins easy 10 mins steady x 3
Week 5	35 mins easy/cross- train	60 mins including 6 x 1 min hill climbs, jog down to recover	Rest	50 mins 10 mins steady 15 mins tempo x 2	Rest	40 mins steady	100 mins easy
Week 6	35 mins easy/cross- train	60 mins including 6 x 1 min hill climbs, jog down to recover	Rest	40 mins 2 mins easy 6 mins fast x5	40 mins easy	Rest	10 mile or half marathon race
Week 7	45 mins cross-train	60 mins including 8 x 1 min hill climbs, jog down to recover	Rest	50 mins 10 mins steady 25 mins tempo 15 mins steady	Rest	45 mins steady	120 mins 20 mins easy 20 mins steady x 3
Week 8	45 mins easy/cross- train	60 mins including 8 x 1 min hill climbs, jog down to recover	Rest	40 mins 2 mins easy 8 mins fast x 4	Rest	45 mins steady	140 mins easy

Week 9	45 mins easy/cross- train	60 mins fartlek	Rest	50 mins 10 mins steady 30 mins tempo 10 mins steady	Rest	45 mins steady	150 mins easy
Week 10	45 mins easy/cross- train	60 mins fartlek	Rest	40 mins 2 mins easy 8 mins fast x 4	45 mins easy	Rest	160 mins 20 mins easy 20 mins steady x 4
Week 11	30 mins easy/cross- train	60 mins steady	Rest	50 mins 10 mins steady 30 mins tempo 10 mins steady	Rest	45 mins steady	165 mins easy
Week 12	30 mins easy/cross- train	60 mins steady	Rest	50 mins 2 mins easy 10 mins fast x 4	45 mins easy	Rest	180 mins easy