

**STRIDE**

Beginner Marathon Training Plan

16 Weeks

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 Base	Easy Run 4 miles easy pace	Cross Train or Rest	Easy Run 4 miles easy pace	Cross Train or Rest	Easy Run 4 miles easy pace	Cross Train or Rest	Long Run 8 miles slow and steady
Week 2 Base	Easy Run 4 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 4 miles easy pace	Cross Train or Rest	Long Run 9 miles slow and steady
Week 3 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Long Run 10 miles slow and steady
Week 4 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Long Run 11 miles ■ Fuel every 40 mins
Week 5 Build	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 6 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Long Run 12 miles ■ Fuel every 40 mins
Week 6 Parkrun	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Rest Day	Parkrun 5K race enjoy the race!	
Week 7 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Easy Run 6 miles easy pace	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Long Run 13 miles ■ Fuel every 40 mins
Week 8 Track	Easy Run 5 miles easy pace	Cross Train or Rest	Track 8x400m comfortable effort, no watch!	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 9 Peak	Easy Run 6 miles easy pace	Cross Train or Rest	Easy Run 6 miles easy pace	Cross Train or Rest	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 16 miles ■ Fuel every 40 mins

Week 10 Peak	Easy Run 6 miles easy pace	Cross Train or Rest	Easy Run 7 miles easy pace	Cross Train or Rest	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 18 miles ■ Fuel every 40 mins
Week 11 Track	Easy Run 6 miles easy pace	Cross Train or Rest	Track 6x800m easy effort, legs not lungs!	Cross Train or Rest	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 20 miles ■ longest run — you're nearly there!
Week 12 Peak	Easy Run 6 miles easy pace	Cross Train or Rest	Easy Run 7 miles easy pace	Cross Train or Rest	Easy Run 6 miles easy pace	Cross Train or Rest	Long Run 20 miles ■ Fuel every 40 mins
Week 13 Yasso	Easy Run 5 miles easy pace	Cross Train or Rest	Yasso 800s 6x800m rep time = marathon time!	Cross Train or Rest	Rest Day	Parkrun 5K race final confidence check!	
Week 14 Taper	Easy Run 5 miles easy, stay fresh	Cross Train or Rest	Easy Run 5 miles easy pace	Cross Train or Rest	Easy Run 4 miles easy with strides	Cross Train or Rest	Long Run 12 miles easy — protect the legs
Week 15 Taper	Easy Run 4 miles easy, stay fresh	Cross Train or Rest	Easy Run 4 miles easy pace	Cross Train or Rest	Easy Run 3 miles very easy	Cross Train or Rest	Long Run 8 miles easy — save the legs
Week 16 Race Week	Easy Run 3 miles light activation	Rest Day	Easy Run 2 miles easy strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your Marathon! You've trained for this!

Easy Run

Track

Long Run

Long + Fuel

Yasso 800s

Parkrun

Easy pace = conversational throughout · Track = effort based, no watch needed · ■ Fuel every 40 mins on all long runs · Yasso 800s week 13 = fitness predictor

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Beginner Marathon — Pace Guide & Coaching Notes

16 Weeks

Marathon Pace Guide — Find your goal time and run to these splits

Target	Per Mile	Per KM	10K Split	Half Split	30K Split	Finish	Yasso 800 target
Sub 4:00	9:09	5:41	56:44	2:00:00	3:01:32	4:00:00	4:00 per rep
Sub 4:30	10:18	6:24	1:04:04	2:15:00	3:24:43	4:30:00	4:30 per rep
Sub 5:00	11:27	7:07	1:11:24	2:30:00	3:48:00	5:00:00	5:00 per rep
Sub 5:30	12:35	7:49	1:18:44	2:45:00	4:09:00	5:30:00	5:30 per rep
Sub 6:00	13:44	8:32	1:26:04	3:00:00	4:32:00	6:00:00	6:00 per rep

Track Session Pace Guide — Effort based, no watch needed for beginners!

Target	400m reps	800m reps	Yasso 800 target	Easy pace	Long run pace
Sub 4:00	2:10-2:15	4:20-4:30	4:00	5:41/km	6:30/km
Sub 4:30	2:27-2:32	4:54-5:04	4:30	6:24/km	7:20/km
Sub 5:00	2:43-2:48	5:26-5:36	5:00	7:07/km	8:05/km
Sub 5:30	2:59-3:04	5:58-6:08	5:30	7:49/km	8:50/km
Sub 6:00	3:16-3:21	6:32-6:42	6:00	8:32/km	9:40/km

■ **Fuelling Strategy** — Take a gel or energy source every 40 minutes on ALL long runs over 10 miles. This is non negotiable for marathon training. Your body cannot store enough energy for 26.2 miles without fuelling. Practice on every long run so your gut adapts. **Never try anything new on race day!** Test gels, chews and drinks in training to find what works for you.

■ **Easy Pace Rule** — Every easy run should be at conversational pace. If you cannot hold a full conversation you are running too fast. Most beginner marathon runners make the mistake of running their easy runs too hard. Slow down — the long run is where the magic happens, not the easy days.

■ ■ **Track Sessions** — The track sessions in this plan are effort based not time based. No need to look at your watch for splits. Run at a comfortable hard effort — 7/10. The goal is to get your legs used to turning over faster, not to hit specific times. Enjoy the experience of the track!

■ **Yasso 800s Week 13** — Run 6x800m where your rep time in minutes:seconds gives you a prediction of your marathon finish time in hours:minutes. Sub 4 hour marathon = aim for 4:00 per rep. Recovery jog between reps = same time as your rep. This is a fitness check not a race — stay controlled and see where your fitness is 3 weeks out from race day!

■ **The Long Run** — This is the most important session of the week. Every week. Run it slow — 60 to 90 seconds per mile slower than your goal marathon pace. The long run builds your aerobic engine, strengthens your legs and teaches your body to burn fat as fuel. Never skip the long run. Everything else is secondary.