

# 24-WEEK MARATHON TRAINING PLAN

## WEEK 1

|       |                             |
|-------|-----------------------------|
| MON   | Jog 15 mins                 |
| TUES  | Jog 15 mins                 |
| WED   | Jog 10 mins, Walk 10, Jog 5 |
| THURS | Jog 15 mins                 |
| FRI   | Jog 15 mins, Walk 5, Jog 10 |
| SAT   | REST                        |
| SUN   | Jog 20 mins                 |

## WEEK 2

|       |                              |
|-------|------------------------------|
| MON   | Jog 15 mins                  |
| TUES  | Jog 20 mins                  |
| WED   | Jog 15 mins, Walk 10, Jog 10 |
| THURS | Jog 20 mins                  |
| FRI   | Jog 15 mins, Walk 5, Jog 15  |
| SAT   | REST                         |
| SUN   | Jog 30 mins                  |

## WEEK 3

|       |                            |
|-------|----------------------------|
| MON   | Jog 20 mins                |
| TUES  | Jog 25 mins                |
| WED   | Jog 10 mins, Run 5, Jog 15 |
| THURS | Jog 25 mins                |
| FRI   | Jog 15 mins, Run 8, Jog 15 |
| SAT   | REST                       |
| SUN   | Jog 40 mins                |

## WEEK 4

|       |  |
|-------|--|
| MON   | Jog 20 mins                                |
| TUES  | Jog 30 mins                                |
| WED   | Jog 10 mins, Run 10, Walk 5, Run 5, Jog 10 |
| THURS | Jog 25 mins                                |
| FRI   | Jog 15 mins, Run 10, Jog 20                |
| SAT   | REST                                       |
| SUN   | Jog 50 mins                                |

## WEEK 5

|       |   |
|-------|---|
| MON   | Jog 30 mins   |
| TUES  | Jog 35 mins   |
| WED   | Jog 5 mins, Run 10, Jog 5, Run 5, Jog 15                    |
| THURS | Jog 25 mins   |
| FRI   | Jog 15 mins, Run 10, Walk 5, Jog 15, Run 10, Walk 5, Jog 15 |
| SAT   | REST  |
| SUN   | Jog 60 mins   |

## WEEK 6

|       |  |
|-------|--|
| MON   | Jog 40 mins  |
| TUES  | Jog 40 mins  |
| WED   | Jog 5 mins, Run 10, Jog 5, Run 10, Jog 20                  |
| THURS | Jog 30 mins  |
| FRI   | Jog 10 mins, Run 10, Jog 10, Run 10, Jog 15, Run 5, Jog 20 |
| SAT   | REST   |
| SUN   | Jog 70 mins  |

**WEEK 7**

|              |  |
|--------------|--|
| <b>MON</b>   | Jog 40 mins  |
| <b>TUES</b>  | Jog 45 mins  |
| <b>WED</b>   | Jog 5 mins, Run 15 Jog 15, Run 10, Jog 20, Run 5, Jog 15 |
| <b>THURS</b> | Jog 35 mins  |
| <b>FRI</b>   | Jog 5 mins, Run 15, Jog 20, Run 5, Jog 10, Run 5, Jog 20 |
| <b>SAT</b>   | REST   |
| <b>SUN</b>   | Jog 75 mins  |

**WEEK 8**

|              |   |
|--------------|---|
| <b>MON</b>   | Jog 40 mins   |
| <b>TUES</b>  | Jog 45 mins   |
| <b>WED</b>   | Jog 10 mins, Run 15, Jog 20, Run 15, Walk 5, Jog 25 |
| <b>THURS</b> | Jog 40 mins   |
| <b>FRI</b>   | Jog 60 mins   |
| <b>SAT</b>   | REST  |
| <b>SUN</b>   | Jog 20 mins, Run 15, Jog 15, Run 10, Jog 35         |

**WEEK 9**

|              |   |
|--------------|---|
| <b>MON</b>   | Jog 25 mins   |
| <b>TUES</b>  | Jog 45 mins   |
| <b>WED</b>   | Jog 15 mins, Run 15, Jog 15, Run 15 Walk 5, Jog 10, Run 5, Jog 15 |
| <b>THURS</b> | Jog 25 mins   |
| <b>FRI</b>   | Jog 70 mins   |
| <b>SAT</b>   | REST  |
| <b>SUN</b>   | Jog 10 mins, Run 20, Walk 10, Jog 25, Run 10, Walk 3, Jog 25      |

**WEEK 10**

|              |   |
|--------------|---|
| <b>MON</b>   | Jog 30 mins   |
| <b>TUES</b>  | Jog 60 mins   |
| <b>WED</b>   | Jog 10 mins, Run 10, Jog 15, Run 10, Jog 20, Run 10, Walk 3, Jog 25 |
| <b>THURS</b> | Jog 25 mins   |
| <b>FRI</b>   | Jog 15 mins, Run 10, Jog 45   |
| <b>SAT</b>   | REST  |
| <b>SUN</b>   | Jog 5 mins, Run 15, Walk 3, Run 5, Walk 3, Jog 60                   |

**WEEK 11**

|              |  |
|--------------|--|
| <b>MON</b>   | Jog 25 mins  |
| <b>TUES</b>  | Jog 60 mins  |
| <b>WED</b>   | Jog 20 mins, Run 20, Walk 3, Run 10, Walk 3, Jog 40                              |
| <b>THURS</b> | Jog 25 mins  |
| <b>FRI</b>   | Jog 10 mins, Run 10, Jog 20, Run 5, Jog 20                                       |
| <b>SAT</b>   | REST   |
| <b>SUN</b>   | Jog 25 mins, Run 10, Jog 25, Run 5, Jog 35, Run 10, Jog 30, Run 5, Walk 3 Jog 20 |

**WEEK 12**

|              |                             |
|--------------|-----------------------------|
| <b>MON</b>   | Jog 15 mins, Walk 5, Jog 10 |
| <b>TUES</b>  | Jog 60 mins                 |
| <b>WED</b>   | Jog 10 mins, Run 10, Jog 30 |
| <b>THURS</b> | Jog 30 mins                 |
| <b>FRI</b>   | Jog 15 mins                 |
| <b>SAT</b>   | REST                        |
| <b>SUN</b>   | RACE - Half Marathon.       |

**WEEK 13**

|            |                                      |
|------------|--------------------------------------|
| <b>MON</b> | If raced - Rest If not - Jog 30 mins |
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|       |             |
|-------|-------------|
| TUES  | Jog 30 mins |
| WED   | Jog 45 mins |
| THURS | Jog 30 mins |
| FRI   | Jog 60 mins |
| SAT   | REST        |
| SUN   | Jog 90 mins |

#### WEEK 14

|       |   |
|-------|---|
| MON   | Jog 30 mins, Walk 5, Run 10, Jog 10         |
| TUES  | Jog 45 mins                                 |
| WED   | Jog 10 mins, Run 15, Jog 20, Run 10, Jog 20 |
| THURS | Jog 30 mins                                 |
| FRI   | Jog 10 mins, Run 10, Jog 30, Run 15, Jog 45 |
| SAT   | Walk 15 mins                                |
| SUN   | Jog 90 mins                                 |

#### WEEK 15

|       |   |
|-------|---|
| MON   | Jog 15 mins   |
| TUES  | Jog 35 mins, Run 30, Jog 30, Walk 10                      |
| WED   | Jog 15 mins   |
| THURS | Jog 10 mins, Run 10, Jog 40, Walk 10, Jog 5 Run 5, Jog 10 |
| FRI   | Jog 20 mins   |
| SAT   | Jog 10 mins, Walk 10                                      |
| SUN   | Jog 10 mins, Run 10, Walk 3 Repeat x 5 - Total 115 mins   |

#### WEEK 16

|       |  |
|-------|--|
| MON   | Jog 20 mins  |
| TUES  | Jog 40 mins  |
| WED   | Jog 20 mins, Run 15, Walk 10, Run 20, Jog 15, Run 15, Walk 5, Jog 10 |
| THURS | Jog 20 mins Walk 10  |
| FRI   | Jog 45 mins  |
| SAT   | REST   |
| SUN   | Jog 20 mins, Run 10, Walk 5 Repeat x 3                               |

#### WEEK 17

|       |                              |
|-------|------------------------------|
| MON   | Jog 20 mins, Walk 10         |
| TUES  | Jog 40 mins                  |
| WED   | Jog 5 mins, Run 15, Jog 60   |
| THURS | Jog 30 mins                  |
| FRI   | Jog 60 mins                  |
| SAT   | REST                         |
| SUN   | Jog 15 mins, Run 10, Jog 100 |

#### WEEK 18

|       |             |
|-------|-------------|
| MON   | REST        |
| TUES  | Jog 15 mins |
| WED   | Jog 45 mins |
| THURS | Jog 60 mins |
| FRI   | Jog 30 mins |
| SAT   | REST        |
| SUN   | Jog 90 mins |

#### WEEK 19

|       |   |
|-------|---|
| MON   | Jog 30 mins                                 |
| TUES  | Jog 10 mins, Run 10, Jog 20, Run 10, Jog 60 |
| WED   | Jog 45 mins                                 |
| THURS | Jog 20 mins, Run 5, Jog 35                  |

FRI Jog 60 mins  
SAT REST  
SUN Jog 150 mins

**WEEK 20**

MON REST  
TUES Jog 15 mins, Walk 10, Jog 10  
WED Jog 60 mins  
THURS Jog 10 mins, Run 10, Jog 10 Repeat x 3  
FRI Jog 30 mins, Walk 10  
SAT REST  
SUN Jog 60 mins

**WEEK 21**

MON Jog 45 mins  
TUES Jog 10 mins, Run 10, Jog 25  
WED Jog 10 mins, Run 10, Jog 60  
THURS Jog 5 mins, Run 5, Sprint 30 sec, Walk 3 mins, Repeat x 4  
FRI Jog 45 mins  
SAT REST  
SUN Jog 60 mins, Walk 15, Jog 60, Walk 15, Jog 30

**WEEK 22**

MON REST  
TUES Jog 30 mins  
WED Jog 30 mins  
THURS Jog 60 mins  
FRI Jog 30 mins  
SAT REST  
SUN Jog 10 mins, Run 10, Jog 15, Run 15, Walk 3 Repeat x 3

**WEEK 23**

MON Walk 15 mins  
TUES Jog 30 mins  
WED Jog 90 mins, Run 10  
THURS Jog 60 mins  
FRI Jog 30 mins  
SAT REST  
SUN Jog 120 mins

**WEEK 24**

MON Jog 15 mins, Walk 5, Jog 10  
TUES Jog 45 mins  
WED Jog 70 mins  
THURS Jog 15 mins, Walk 10  
FRI Walk 15 mins  
SAT REST  
SUN RACE

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Disclaimer

AMREF can not accept any responsibility for death or injuries caused by any information contained within. All information is provided in good faith. You should consult your doctor before embarking on any programme of physical activity. By using this information you agree to indemnify, defend, and hold us harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us is based on or arises in connection with your use of the pack, any breach by you of these terms and conditions or a claim that your use of the pack infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.