

Marathon Training Schedule - Beginner I

For runners who are brand new to running and plan to run a 10:30 pace or slower



Definitions:

Easy Run - 1:00 minute slower than marathon pace; should be very relaxed

Over Distance - Tempo run (fartlek) - with bursts of speed during run (Marathon Pace to 30 second per mile faster)

Long Run - 1:00 to 1:30 minute per mile slower than your marathon pace

Week of	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Total	Comments
5/20	3		3		3		4	13	Sun and Thurs - Easy Run; Tues - Over Distance; Sat - Long Run
5/27	3		3		3		5	14	Sun and Thurs - Easy Run; Tues - Over Distance; Sat - Long Run
6/3	3		3		3		6	15	Sun and Thurs - Easy Run; Tues - Over Distance; Sat - Long Run
6/10	3		4		4		6	17	Sun and Thurs - Easy Run; Tues - Over Distance; Sat - Long Run
6/17	4		3		4		7	18	Sun and Thurs - Easy Run; Tues - Over Distance; Sat - Long Run
6/24	3		5		4		8	20	Sun and Thurs - Easy Run; Tues - Over Distance; Sat - Long Run
7/1	4		4		3		9	20	Sun and Thurs - Easy Run; Tues - Over Distance; Sat - Long Run
7/8	3		4	4	4		10	25	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
7/15			4	4	4		11	23	Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
7/22	3		4	4	4		12	27	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
7/29	3		3	4	4		10	24	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
8/5	3		5	5	5		13	31	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
8/12	3		4	4	4		15	30	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
8/19	4		5	6	5		16	36	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
8/26	3		4	4	4		18	33	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
9/2	4		5	6	5		12	32	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
9/9	3		4	4	4		20	35	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
9/16	3		4	4	4		15	30	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
9/23	3		4	4	4		6	21	Sun, Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
9/30			4	4	3		2	13	Wed and Thurs - Easy Run; Tues - Over Distance; Thur - Over Distance; Sat - Long Run
Total	58	0	79	57	78	0	205	477	

For more information about training and Team World Vision, visit www.worldvision.org/chicagoteam