

BEGINNER 42KM RUN PROGRAM

We are now heading for the big time. Once you have completed 42km, the sky is the limit. You should have at least 6-8 months of training (if not more) before you attempt the marathon. The important part is to follow the programs accordingly.

Week 1

- Monday Rest day
- Tuesday 2km warm-up easy/8km club time trial tempo/2km easy recover
- Wednesday Rest day
- Thursday 10km easy run
- Friday 1km easy/4 x 500m hard uphill/easy down
- Saturday Rest day
- Sunday 15km run easy

Weekly mileage is 42km

Week 2

- Monday Rest day
- Tuesday 2km warm-up/6 x 1km intervals tempo rest 60 secs between
- Wednesday 5km easy
- Thursday Rest day
- Friday 12km tempo run
- Saturday rest day
- Sunday 22km easy run/stop half way, eat/drink and stretch well

Weekly mileage at 47km

Week 3

- Monday Rest day
- Tuesday 8km time trial hard
- Wednesday Rest day
- Thursday 15km easy run – slow
- Friday 1km easy/2 x 1km uphill tempo/down easy
- Saturday Rest day
- Sunday 28km easy slow run

Weekly mileage of 56km

Week 4

- Monday Rest day
- Tuesday Rest day
- Wednesday 8km easy run
- Thursday Rest day
- Friday 4km easy run slow pace
- Saturday Rest day
- Sunday 42km road race

Weekly mileage is 54km
