



## ASRWC MARATHON BEGINNERS TRAINING PROGRAM

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>DAY 1</b>	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
<b>DAY 2</b>	40MIN EASY JOGGING	40MIN EASY JOGGING	40MIN EASY JOGGING	40MIN EASY JOGGING	40MIN EASY JOGGING	50MIN EASY JOGGING	50MIN EASY JOGGING	50MIN EASY JOGGING	50MIN EASY JOGGING	50MIN EASY JOGGING	40MIN EASY JOGGING	40MIN EASY JOGGING
<b>DAY 3</b>	30MIN EASY JOGGING	30MIN TEMPO (FASTER PACE RUNNING)	40MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	40MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	55MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	40MIN TEMPO (FASTER PACE RUNNING)	1MIN ON/OFF x 8
<b>DAY 4</b>	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
<b>DAY 5</b>	30MIN Fartlek	30MIN Fartlek	30MIN Fartlek	35MIN Fartlek	2*3km @ 10km Race pace	2*3km @ 10km Race pace	3*3km @ 10km Race pace	3*3km @ 10km Race pace	3*3km @ 10km Race pace	45MIN FAST	40MIN FAST	30MIN EASY RUNNING
<b>DAY 6</b>	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
<b>DAY 7</b>	RUN 8km CONTINUOUS	RUN 10km CONTINUOUS	RUN 10KM CONTINUOUS	RUN 12km CONTINUOUS	RUN 14KM CONTINUOUS	10-21km Race	RUN 25km CONTINUOUS	RUN 30km CONTINUOUS	RUN 32km CONTINUOUS	RUN 25km CONTINUOUS	RUN 20km CONTINUOUS	<b>RACE MARATHON. ENJOY</b>

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