



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 |
|--------------|--------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------|
| DAY 1 | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY |
| DAY 2 | 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 |
| DAY 3 | 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 |
| DAY 4 | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY |
| DAY 5 | 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 |
| DAY 6 | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY |
| DAY 7 | 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 | RACE MARATHON. ENJOY |

CREATED BY Brad White. ENDORSED BY LEVEL 2 ATHLETIC COACH EMMA KRAFT (emmakraft@hotmail.com)