

# the physios

## ½ Marathon Training Plan for Beginners

### 12 weeks

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Tempo Run</b>	<b>Rest Day</b>	<b>Strength Day</b>	<b>Interval Session or Sport</b>	<b>Light CV Day</b>	<b>Long Run</b>	<b>Recovery Day</b>
1 mile steady + 5mins tempo		7 Series – Core Stability	X5 2min cruise intervals		4 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 8mins tempo		7 Series – Core Stability	X5 2min cruise intervals		5 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 10 mins tempo		7 Series – Running Strength	X5 3min cruise intervals		6 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 10mins tempo		7 Series – Running Strength	X5 3min cruise intervals		6 miles	

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<b>Tempo Run</b>	<b>Rest Day</b>	<b>Strength Day</b>	<b>Interval Session or Sport</b>	<b>Light CV Day</b>	<b>Long Run</b>	<b>Recovery Day</b>
1 mile steady + 15mins tempo		7 Series – Roller Core	X5 4min cruise intervals		7 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 15mins tempo		7 Series – Roller Core	X5 4min cruise intervals		7 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 20mins tempo		7 Series – Glut Strength	X5 5min cruise intervals		9 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 20mins tempo		7 Series – Glut Strength	X5 5min cruise intervals		9 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 30mins tempo		7 Series – Plyometrics	X5 6min cruise intervals		11 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>		<b>Recovery Day</b>
1 mile steady + 30mins tempo		7 Series – Plyometrics	X5 6min cruise intervals		11 miles	

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Tempo Run</b>	<b>Rest Day</b>	<b>Strength Day</b>	<b>Interval Session or Sport</b>	<b>Light CV Day</b>	<b>Long Run</b>	<b>Recovery Day</b>
1 mile steady + 20mins tempo		7 Series – Roller Mobility	X5 3min cruise intervals		6.5 miles	
	<b>Rest Day</b>			<b>Light CV Day</b>	<b>RACE DAY</b>	<b>Recovery Day</b>
1 mile steady + 10mins tempo		7 Series – Roller Mobility	Optional Steady 20mins			