

CANCER, YOU'RE ON.

WE WON'T GIVE UP UNTIL CANCER DOES

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YOUR MARATHON TRAINING GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Walk 5 mins warm up – jog/walk continuously for 45 mins – walk 5 mins cool down	rest	walk 5 mins warm up – jog/walk continuously for 30 mins – 5 mins cool down	rest	walk 5 mins warm up – jog/walk continuously for 30 mins – 5 mins cool down	rest	walk 10 mins warm up – jog/walk continuously for 30 mins – walk 5 mins cool down
WEEK 2	walk 5 mins warm up – jog/walk continuously for 50 mins – walk 5 mins cool down	rest	walk 5 mins warm up – jog/walk continuously 30 mins – walk 5 mins cool down	rest	walk 5 mins warm up – jog/walk continuously 30 mins – walk 5 mins cool down	rest	walk 5 mins warm up – jog/walk continuously for 20 mins – walk 5 mins cool down
WEEK 3	walk 5 mins warm up – jog/walk continuously for 50 mins – walk 5 mins cool down	rest	walk 5 mins warm – up jog/walk continuously for 40 mins – walk 5 mins cool down	rest	walk 5 mins warm – up jog/walk continuously for 40 mins – walk 5 mins cool down	rest	10 mins slow jog warm up – on grass, run alternate fast and slow 1min periods for 30 mins, jog cool down
WEEK 4	start slowly – build up to steady pace run/walk 60 mins	rest	jog 5 mins warm up – jog/walk continuously for 40 mins – walk 5 mins cool down	rest	jog 5 mins warm up – jog/walk continuously for 40 mins – walk 5 mins cool down	rest	start slowly – build up to steady pace run/walk 60 mins
WEEK 5	start slowly build up to steady pace and run/walk 70 mins	rest	start slowly build up to steady pace and run/walk 45 mins	rest	start slowly – builds up to steady pace run/walk 45 mins	rest	10 mins slow jog warm up – on grass run alternate 1 minute intervals 30 minutes – jog cool down

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	start slow and build up to steady pace and run/walk 7 mins	rest	start slowly build up to steady pace run/walk 45 mins	rest	start slowly build up to steady pace run/walk 45 mins	rest	warm up find small hill (not too steep) which takes about 2 mins run up – do kenyan hills 20 mins – cool down jog
WEEK 7	start slowly, build up to steady pace and run/walk 90 mins	rest	start slowly build up to steady pace and run/walk 45 mins	rest	start slowly build up to steady pace and run/walk 45 mins	rest	warm up find small hill (not too steep) which takes about 2 mins run up – do kenyan hills 20 mins – cool down jog
WEEK 8	start slowly, build up to steady pace and run/walk 90 mins	rest	warm – up, on clear path run hard for 10 mins take five minute recovery run back to start point in ten mins, cool down	rest	start slowly build to steady pace for 45 mins	rest	warm up find small hill (not too steep) which takes about 2 mins run up – do kenyan hills 20 mins – cool down jog
WEEK 9	start slowly, build up to steady pace and run/walk 90 mins	rest	warm – up, on clear path run hard for 10 mins take five minute recovery run back to start point in ten mins, cool down	rest	start slowly build to steady pace for 45 mins	rest	warm up, run 3 x 1 mile with 3 min recovery between each. Cool down pace should be fast but controlled
WEEK 10	start slowly, build up to steady pace and run/walk 1 hour 45 mins	rest	warm up – on grass, run 4 x 3 min with 2 min recovery pace fast but controlled, jog cool down	rest	start slowly build up to steady pace and run/walk 60 mins	rest	warm up, run 4 x 1 mile with 3 min recovery between each. Cool down pace should be fast but controlled so that you can hold it for a mile
WEEK 11	run 90 mins	rest	warm up – on grass, run 5 x 3 min with 2 min recovery pace fast but controlled, jog cool down	rest	60 mins steady	rest	warm up, run 4 x 1 mile with 3 min recovery between each. Cool down pace should be fast but controlled so that you can hold it for a mile
WEEK 12	2 hours steady	rest	45 mins steady	rest	60 mins steady	rest	warm up, 40 mins steady, start increasing pace every 5 mins, cool down
WEEK 13	2 hours steady	rest	warm up, 40 mins steady, start increasing pace every 5 mins, cool down	rest	60 mins steady	rest	warm up, 30 mins alternating fast pace and steady pace every 5 mins, cool down

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 14	2 hours steady	rest	warm up, 40 mins steady, start increasing pace every 5 mins, cool down	rest	60 mins steady	rest	45 mins speeding up to 10km pace in last 10 mins
WEEK 15	90 mins steady	rest	warm up – on flat grass run 5 x 3 min with 2 min recovery pace fast but controlled, jog cool down	rest	60 mins steady	rest	45 mins speeding up to 10km pace in last 10 mins
WEEK 16	90 mins steady	rest	warm up – on flat grass run 5 x 3 min with 2 min recovery pace fast but controlled, jog cool down	rest	60 mins steady	rest	45 mins speeding up to 10km pace in last 10 mins
WEEK 17	75 mins steady	rest	Warm up – on flat grass straight of approx. 200m, run the length of the straight fast 10 times with 2 min rest at each end, cool down	rest	45 mins steady	rest	30 mins steady
WEEK 18	45 mins steady	rest	30 min run with hard burst for 4 or 5 mins towards the end	rest	15 mins easy jog	10 mins easy jog	Race Day

THANK YOU FOR GETTING ACTIVE
AND HELPING TO BEAT CANCER
GOOD LUCK!!

TRAINING GUIDE - OUR 10 GOLDEN TIPS

TRAINING CAN BE FUN IF YOU PLAN AND FOCUS ON YOUR GOALS. REMEMBER WE ARE HERE TO HELP YOU MAKE EVERY STEP COUNT AND DON'T FORGET THE FUNDS YOU RAISE HELP THE IRISH CANCER SOCIETY SUPPORT PEOPLE AFFECTED BY CANCER.

1. **Clearly identify your personal goals:** Remember start where you are and build up your fitness gradually. Don't be afraid to walk as you become a runner, that's great training too. We all have to start somewhere.
2. **Find a training buddy or group:** training with a friend or group can make the time go faster, help you go further and make it all more fun.
3. **Get the right gear:** The right shoes and gear can make the world of difference and it's nice to look good too.
4. **Stay healthy:** Build a solid base for training with good hydration, a balanced diet and plenty of sleep.
5. **Pace yourself:** Remember Rome wasn't built in a day. Do not increase your mileage too soon or you will get injured.
6. **It's okay to rest:** You do not have to train hard every day. Easy recovery runs are just as important. Remember your body has to repair itself following a hard workout.
7. **See the forest and the trees:** Nothing is as beneficial as exercising outside.
8. **Hit the hills:** Hill training will make you strong fast.
9. **Form your pit crew:** A physical therapist or chartered physiotherapist can help prevent and rehab injuries and running aches and pains.
10. **Be true to you:** Remember train in a way that is right for your abilities. We are all different.

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