### WEEK 1
The goal for this week is to set a good routine! Ring fence the training time in your diary and decide when is best to train.

**Download our Fit in 5 workout plan and Stretching Guide from raceforlife.org/training to help you over the next 16 weeks.**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
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</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Easy run/walk 30 min total as 5 sets of: • 3 min easy run • 3 min easy walk</td>
<td>Rest</td>
<td>Recovery run/walk 30 min total as 5 sets of: • 3 min easy run • 3 min easy walk</td>
<td>Rest</td>
<td>Long run/walk Aim for 60 min of 5 min run/5 min brisk walk and keep repeating.</td>
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<tr>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Long run/walk Aim for 80 min of 5 min run/5 min brisk walk and keep repeating.</td>
<td>Rest</td>
<td>Long run/walk Aim for 105 min as 10 min easy run/5 min walk and keep repeating.</td>
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</table>

### WEEK 2
Share your goal with family and friends and see if you can find others who may want to train with you.

**Consider trying some body conditioning at home using our Fit in 5 workout**

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<tbody>
<tr>
<td>Rest</td>
<td>Easy run/walk 30 min total as 5 sets of: • 3 min easy run • 3 min easy walk</td>
<td>Rest</td>
<td>Hilly Route: Run/walk 30 min total as 5 sets of: • 3 min easy run • 3 min easy walk</td>
<td>Rest</td>
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### WEEK 3
You might start to notice your Season Pass for a Race for Life event! This can really reinvigorate your motivation!

**Consider treating yourself to a break.**

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<tbody>
<tr>
<td>Rest</td>
<td>Run/walk 45 min total as: • 15 min brisk walk • 15 min easy run • 15 min brisk walk</td>
<td>Rest</td>
<td>Hilly Route: Run/walk 45 min total as 4 sets of: • 5 min run • 5 min brisk walk</td>
<td>Rest</td>
<td>Rest</td>
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<tr>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Long run/walk Go for 120 min with 5 min brisk walk/5 min easy run and keep repeating.</td>
<td>Rest</td>
<td>Long run/walk 90 min total as 10 min easy run/5 min walk and keep repeating.</td>
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</table>

### WEEK 4
If you’re demotivated, use your Season Pass for a Race for Life event! This can really reinvigorate your motivation!

**Consider a Pilates or Yoga class.**

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<th>SUN</th>
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<tbody>
<tr>
<td>Rest</td>
<td>Run/walk 45 min total as: • 15 min brisk walk • 15 min easy run • 15 min brisk walk</td>
<td>Rest</td>
<td>Hilly Route: Run/walk 40 min total as 4 sets of: • 5 min run • 5 min brisk walk</td>
<td>Rest</td>
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### WEEK 5
Make this week about healthy eating! Enjoy a balanced diet full of fruit, vegetables and fibre.

**Make sure you are getting a good range of vitamins and minerals to support your body to get stronger.**

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<tbody>
<tr>
<td>Rest</td>
<td>Body conditioning is really important. Doing Fit in 5 now, will keep you strong at the end on marathon day.</td>
<td>Rest</td>
<td>Hilly Route: Run/walk 40 min total as: • 8 min run • 2 min walk • Fit in 5</td>
<td>Rest</td>
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### WEEK 6
At the end of this week, look back at how far you’ve come and reassess – are you still pushing yourself?

**You might start to notice a change from your pack and use raceforlife.org/fundraise.**

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<tbody>
<tr>
<td>Rest</td>
<td>Run/walk 1 hr total as: • 15 min brisk walk • 30 min easy run • 15 min brisk walk</td>
<td>Rest</td>
<td>Hilly Route: Run/walk 40 min total as 3 sets of: • 5 min brisk walk • 5 min easy run • 5 min uncomfortable run • Fit in 5</td>
<td>Rest</td>
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<td>Rest</td>
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### WEEK 7
Your body is a temple. Run in weather appropriate clothing and eat within 20 min after each run taking in plenty of vitamin c, b12, zinc and iron.

**Flexibility is a key part of feeling you can run well. Consider treating yourself to a sports massage to help your muscles recover.**

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<tbody>
<tr>
<td>Rest</td>
<td>Run/walk 50 min total as: • 10 min brisk walk • 10 min easy run • 15 min uncomfortable run</td>
<td>Rest</td>
<td>Hilly Route: Run/walk 45 min total as: • 5 min brisk walk • 15 min brisk walk</td>
<td>Rest</td>
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### WEEK 8
As your training builds it’s vital to give your body a bit of extra rest every now and again to allow it to absorb training and adapt.

**You’re almost there! Take a proper break this week and look at how far you’ve come.**

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<tbody>
<tr>
<td>Rest</td>
<td>Run/walk 45 min total as: • 15 min brisk walk • 15 min easy run • 15 min uncomfortable pace run</td>
<td>Rest</td>
<td>Hilly Route: Run/walk 45 min total as: • 30 min run • 15 min brisk walk</td>
<td>Rest</td>
<td>Rest</td>
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<td>Rest</td>
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Registered charity in England and Wales (1089464), Scotland (SC041666) and Isle of Man (1103)
### YOUR 16-WEEK RACE FOR LIFE MARATHON BEGINNER TRAINING PLAN

**Week 9**  
This is the perfect week to get in a half marathon race. It will give you confidence and experience of running around other people.

- **MON**: Rest  
  - If you’re feeling up to it, get fit!  
  - Or for a change consider a Pilates or Yoga class.
- **TUE**: Run/walk  
  - 60 min total as:  
    - 20 min brisk walk  
    - 40 min easy pace run.
- **WED**: Rest  
  - Visit cruk.org to find out more about the amazing work we do and the money you raise.
- **THUR**: Easy run  
  - 30 min easy pace run. Get this out the way early morning and you’ll feel amazing the rest of the day!
- **FRI**: Rest  
  - Start working out your pre-race routine and give it a practice this weekend. If it’s not right, you still have time to try other options.
- **SAT**: Rest
- **SUN**: Half Marathon  
  - Enter and aim to complete by running 10–15 min easy run/5 min brisk walk repeated to the end. You can do it!

**Week 10**  
Get a feel for the pace you plan on running on race day and push yourself to pick it up at the end of your long run.

- **MON**: Rest  
  - Plan your race day logistics and book any travel or accommodation well in advance.
- **TUE**: Easy run  
  - 30 min easy pace run.
- **WED**: Rest  
  - If you plan to use energy gels at your event, start practising with them.
- **THUR**: Run/walk  
  - 60 min total as 4 sets of:  
    - 5 min brisk walk  
    - 5 min easy run  
    - 5 min uncomfortable run  
    - Fit in 5
- **FRI**: Rest  
  - Consider a Pilates or Yoga class.
- **SAT**: Long run/walk  
  - 160 min with 15 min easy run/5 min brisk walk repeated.
- **SUN**: Rest

**Week 11**  
This week we have another cut back week. Make sure you focus more on rest and recovery but keep up with Fit in 5.

- **MON**: Rest  
  - Fit in 5  
  - You can do this! This week give some of the ‘progressions’ for each exercise a try.
- **TUE**: Easy run  
  - 30 min easy pace run.
- **WED**: Rest  
  - Focus on the cause. Stress can build quickly if you do not feel you are on top of your fundraising.
- **THUR**: Run/walk  
  - 60 min total as 4 sets of:  
    - 10 min uncomfortable run  
    - 5 min brisk walk/jog recovery  
    - Fit in 5
- **FRI**: Rest  
  - Consider a Pilates or Yoga class.
- **SAT**: Long run/walk  
  - 180 min with 15 min easy run/5 min brisk walk repeated.
- **SUN**: Rest

**Week 12**  
Remember to stretch well after each run to help improve your flexibility and reduce stiffness the next day.

- **MON**: Rest  
  - Listen to your body. If you need a break then take a rest. Don’t let the stress of work or family life take away from the training.
- **TUE**: Easy run  
  - 30 min easy pace run.  
  - Don’t push too hard – you’ve got a long run at the weekend you need to be ready for!
- **WED**: Rest  
  - If you really are resting. Hours of walking round shops or climbing to the top of city landmarks is not resting!
- **THUR**: Run/walk  
  - 60 min total as 4 sets of:  
    - 10 min uncomfortable run  
    - 5 min brisk walk/jog recovery  
    - conditioning
- **FRI**: Rest  
  - Consider a Pilates or Yoga class to help with your flexibility and reduce your chance of injury.
- **SAT**: Rest  
  - Finalise your choice of kit for the day and practice in it... new locks on race morning are never a good idea!
- **SUN**: Rest

**Week 13**  
This week sees your longest run before race day, so make sure you’re well fueled with your pre-race breakfast.

- **MON**: Rest  
  - Yesterday was a really long run well done! Take time to recover, have a bath and stretch out those muscles.
- **TUE**: Easy run  
  - 40 min easy pace run.
- **WED**: Rest  
  - Run/walk  
    - 45 min total as 3 sets of:  
      - 8 min uncomfortable run  
      - 5 min brisk walk/jog recovery  
      - Fit in 5
- **THUR**: Run/walk  
  - 60 min total as 4 sets of:  
    - 10 min uncomfortable run  
    - 5 min brisk walk/jog recovery  
    - Fit in 5
- **FRI**: Rest  
  - You’ve been working hard! Finalise yourself to a special ‘Well Done’ dinner (or get someone else to cook for you!)
- **SAT**: Rest  
  - Consider a Pilates or Yoga class.
- **SUN**: Long run/walk  
  - 120 min total as 4 sets of 25 min run/5 min brisk walk.

**Week 14**  
This is the ‘taper’ phase – where the volume of training is reduced – it’s important to focus on recovery from the intense sessions.

- **MON**: Rest  
  - It’s only 3 weeks until your marathon. Get back to the Fit in 5 workout and keep that core strong.
- **TUE**: Easy run  
  - 40 min easy pace run. When we say easy, we mean EASY.
- **WED**: Rest  
  - Make sure you read all of the essential information for the marathon and are prepared for event day.
- **THUR**: Run/walk  
  - 60 min total as 4 sets of:  
    - 10 min uncomfortable run  
    - 5 min brisk walk/jog recovery  
    - Fit in 5
- **FRI**: Rest  
  - You’ve been working hard! Finalise yourself to a special ‘Well Done’ dinner (or get someone else to cook for you!)
- **SAT**: Rest  
  - Consider a Pilates or Yoga class.
- **SUN**: Long run/walk  
  - 60 min total as 2 sets of 25 min run/5 min brisk walk.

**Week 15**  
You are really close now, so look after your body. Eat healthily and always change into dry clothes after training.

- **MON**: Rest  
  - Take a deep breath. Yes you have done enough training. You are prepared.
- **TUE**: Run/walk  
  - 20 min easy run  
  - 20 min brisk walk.
- **WED**: Rest  
  - You’ve been amazing the last 16 weeks! It’s gone so quickly and now you’re ready to take on a Race for Life Marathon.
- **THUR**: Recovery run  
  - 15 min easy run  
  - 15 min brisk walk.
- **FRI**: Rest  
  - Hold a coffee morning with some healthy snacks to boost your fundraising and tell everyone that by sponsoring you, they are helping to beat cancer.
- **SAT**: Rest  
  - Consider a Pilates or Yoga class.
- **SUN**: Long run/walk  
  - 60 min total as 2 sets of 25 min run/5 min brisk walk.

**Week 16**  
This week less is more. Your focus should be on feeling fresh for the marathon.

- **MON**: Rest  
  - Run/walk  
  - 20 min easy run  
  - 20 min brisk walk.
- **TUE**: Rest
- **WED**: Rest
- **THUR**: Rest
- **FRI**: Rest
- **SAT**: Rest
- **SUN**: Relax  
  - Shake off nerves with a 5 min brisk walk/5 min easy run. You’re taking on a Marathon tomorrow!