

YOUR 16-WEEK RACE FOR LIFE MARATHON BEGINNER TRAINING PLAN

Training plan created by  runningwithus



CANCER RESEARCH UK RACE FOR LIFE

	MON	TUE	WED	THUR	FRI	SAT	SUN
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.	Easy run/walk 30 min total as 5 sets of: <ul style="list-style-type: none"> • 3 min easy run • 3 min easy walk 	Rest Over the next 16 weeks you need to remember that resting is just as important as putting the miles in.	Recovery run/walk 30 min total as 5 sets of: <ul style="list-style-type: none"> • 3 min easy run • 3 min easy walk 	Rest If you haven't already, set up your online fundraising page. It's the easiest way to get sponsorship.	Rest Consider a Pilates or Yoga class.	Long run/walk Aim for 60 min of 5 min run/ 5 min brisk walk and keep repeating.
WEEK 2 Share your goal with family and friends and see if you can find others who may want to train with you.	Rest Consider trying some body conditioning at home using our Fit in 5 workout .	Easy run/walk 30 min total as 5 sets of: <ul style="list-style-type: none"> • 3 min easy run • 3 min easy walk 	Rest	Hilly Route: Run/walk 30 min total as 5 sets of: <ul style="list-style-type: none"> • 3 min easy run • 3 min easy walk • Fit in 5 	Rest Share your training photos using the selfie stickers from your pack and use #RaceforLife	Rest Consider a Pilates or Yoga class.	Long run/walk Aim for 80 min of 5 min run/ 5 min brisk walk and keep repeating.
WEEK 3 You might start to notice fatigue building. Make sure you stretch after each run and focus as hard on your recovery as you do training.	Rest We've scheduled our Fit in 5 each week. If you have extra time today then go for it a second time!	Run/walk 45 min total as 3 sets of: <ul style="list-style-type: none"> • 10 min easy run • 5 min brisk walk 	Rest Aim for 8 hours sleep. Not possible? Try to get an extra 15-30 min more than normal every night this week.	Hilly Route: Run/walk 45 min total as 3 sets of: <ul style="list-style-type: none"> • 10 min easy run • 5 min brisk walk • Fit in 5 	Rest Ban smart phones and tablets from the bedroom and avoid caffeine or alcohol late at night.	Rest Consider a Pilates or Yoga class. Either of these will help with your core strength and muscle endurance and they make a change from Fit in 5 .	Long run/walk Aim for 90 min of 10 min easy run/5 min walk and keep repeating.
WEEK 4 If you're demotivated, use your Season Pass for a Race for Life event! This can really reinvigorate your motivation!	Rest	Run/walk 45 min total as: <ul style="list-style-type: none"> • 15 min brisk walk • 15 min easy run • 15 min brisk walk 	Rest Have you planned your first bake sale or quiz? You'll find everything you need in our fundraising packs at raceforlife.org/fundraise .	Hilly Route: Run/walk 40 min total as 4 sets of: <ul style="list-style-type: none"> • 5 min run • 5 min brisk walk • Fit in 5 	Rest Set a time in your mind you want to complete your marathon in. Get people to sponsor you for every minute you go faster.	Rest Consider a Pilates or Yoga class.	Long run/walk Aim for 105 min as 10 min easy run/5 min walk and keep repeating.
WEEK 5 Make this week about healthy eating! Enjoy a balanced diet full of fruit, vegetables and fibre.	Rest Body conditioning is really important. Doing Fit in 5 now, will keep you strong at the end on marathon day.	Run/walk 40 min total as: <ul style="list-style-type: none"> • 20 min brisk walk • 20 min easy run 	Rest Make sure you are getting a good range of vitamins and minerals to support your body to get stronger.	Hilly Route: Run/walk 40 min total as 4 sets of: <ul style="list-style-type: none"> • 8 min run • 2 min walk • Fit in 5 	Rest Find a local half marathon taking place next month and sign up. It's time to take on your first race!	Rest Consider a Pilates or Yoga class.	Long run/walk Go for 120 min with 5 min brisk walk/5 min easy run and keep repeating.
WEEK 6 At the end of this week, look back at how far you've come and reassess – are you still pushing yourself?	Rest	Run/walk 1 hr total as: <ul style="list-style-type: none"> • 15 min brisk walk • 30 min easy run • 15 min brisk walk 	Rest Take some photos of your kit or fundraising and share them on social media then remind people to donate to your online fundraising page!	Run/walk 45 min total as 3 sets of: <ul style="list-style-type: none"> • 5 min brisk walk • 5 min easy run • 5 min uncomfortable run • Fit in 5 	Rest Remember to keep checking your emails. We'll be sending important event information and fundraising tips.	Rest Consider a Pilates or Yoga class.	Long run/walk 90 min total as 10 min easy run/5 min walk and keep repeating.
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.	Rest Try increasing how long you spend on each Fit in 5 exercise e.g. spend 45 sec rather than 30 before taking a break.	Run/walk 30 min total as: <ul style="list-style-type: none"> • 10 min brisk walk • 10 min easy run • 10 min uncomfortable run 	Rest Flexibility is a key part of feeling you can run well. Consider treating yourself to a sports massage to help your muscles recover.	Hilly Route: Run/walk 45 min total as: <ul style="list-style-type: none"> • 30 min run • 15 min brisk • Fit in 5 	Rest	Rest Consider a Pilates or Yoga class.	Long run/walk 120 min with 15 min easy run/ 5 min brisk walk repeated.
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.	Rest You're almost there! Take a proper break this week and look at how far you've come.	Run/walk 45 min total as: <ul style="list-style-type: none"> • 15 min brisk walk • 15 min easy run • 15 min uncomfortable pace run. 	Rest	Hilly Route: Run/walk 45 min total as: <ul style="list-style-type: none"> • 30 min run • 15 min brisk walk • Fit in 5 	Rest For sponsorship give your girl friends a massage and manicure or make your colleagues tea at work for a week.	Rest You've been doing really well. Go treat yourself and have some fun today to forget about training!	Long run/walk Aim for 140 min alternating between 15 easy run/5 brisk walk.

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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.	Rest If you're feeling up to it, get Fit in 5 . Or for a change consider a Pilates or Yoga class.	Run/walk 60 min total as: • 20 min brisk walk • 20 min easy run • 20 min uncomfortable pace run	Rest Visit cruk.org to find out more about the amazing work we can do with the money you raise.	Easy run 30 min easy pace run. Get this out the way early morning and you'll feel amazing the rest of the day!	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.	Rest Consider a Pilates or Yoga class.	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.	Rest Plan your race day logistics and book any travel or accommodation well in advance.	Easy run 30 min easy pace run	Rest If you plan to use energy gels at your event, start practising with them.	Run/walk 60 min total as 4 sets of: • 5 min brisk walk • 5 min easy run • 5 min uncomfortable run • Fit in 5	Rest	Rest Consider a Pilates or Yoga class.	Long run/walk 160 min with 15 min easy run/ 5 min brisk walk repeated.
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 .	Rest Fit in 5 You can do this! This week give some of the 'progressions' for each exercise a try.	Easy run 30 min easy pace run	Rest Focus on the cause. Stress can build quickly if you do not feel you are on top of your fundraising.	Run/walk 60 min total as 4 sets of: • 10 min uncomfortable run • 5 min brisk walk/jog recovery • Fit in 5	Rest Boost your fundraising by hosting a girls' night with manicures, a classic film or dinner. Download a pack at raceforlife.org/fundraise .	Rest Running a marathon. This is beating cancer. Remind people that in just 5 weeks you will be taking on a marathon and your sponsorship money will help save lives.	Long run/walk 180 min with 15 min easy run/ 5 min brisk walk repeated.
WEEK 12 Remember to stretch well after each run to help improve your flexibility and reduce stiffness the next day.	Rest Listen to your body. If you need a break then take a rest. Don't let the stress of work or family life alongside training get too much.	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!	Rest Make sure you really are resting. Hours of walking round shops or climbing to the top of city landmarks is not resting!	Run/walk 60 min total as 4 sets of: • 10 min uncomfortable run • 5 min brisk walk/jog recovery • conditioning	Rest	Rest Consider a Pilates or Yoga class to help with your flexibility and reduce your chance of injury.	Long run/walk 3 hr 30 min long run 20 min run/3–5 min walk and keep repeating. Take some energy gels and practice you race day refueling.
WEEK 13 This week sees your longest run before race day, so make sure you're well fueled with your pre-race breakfast.	Rest Yesterday was a really long run well done! Take time to recover, have a bath and stretch out those muscles.	Easy run 40 min easy pace run	Rest	Run/walk 45 min total as 3 sets of • 8 min uncomfortable run • 5 min brisk walk/jog recovery • Fit in 5	Rest Finalise your choice of kit for the day and practice in it...new socks on race morning are never a good idea!	Rest Why not get Fit in 5 in a second time this week! It's only 20min out of your day then you can chill and go do something fun.	Long run/walk 180 min with 20–25 min easy run/5 min brisk walk repeated.
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.	Rest It's only 3 weeks until your marathon. Get back to the Fit in 5 workout and keep that core strong.	Easy run 40 min easy pace run. When we say easy, we mean EASY.	Rest Make sure you read all of the essential information for the marathon and are prepared for event day.	Run/walk 60 min total as 4 sets of: • 10 min uncomfortable run • 5 min brisk walk/jog recovery • Fit in 5	Rest You've been working hard! Treat yourself to a special 'Well Done' dinner (or get someone else to cook for you!)	Rest Consider a Pilates or Yoga class.	Long run/walk 120 min total as 4 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.	Rest	Easy run 30 min easy pace run. It's time to start believing your body can do a marathon. You need to take it easy and avoid injury.	Rest Make sure you've shared your online fundraising page!	Easy run • 45 min easy run • Fit in 5	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.	Rest Consider a Pilates or Yoga class.	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.	Rest Take a deep breath. Yes you have done enough training. Yes you are prepared.	Run/walk • 20 min easy run • 20 min brisk walk	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.	Recovery run • 15 min easy run • 15 min brisk walk	Rest	Relax Shake off nerves with a 5 min brisk walk/5 min easy run. You're taking on a Marathon tomorrow!	