Marathon Plan: 12 Weeks
Beginner Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	DCR Skills Session	REST	**6km** 2km W/U 2km @ 5kmp 2km W/D	Cross Training	1km W/U ParkRun 1km W/D	**10km Long Run**
Week 2	REST	DCR Skills Session	Cross Training	**8km** 5min W/U 2min @ 5kmp 1min rec, 4min @ 5kmp 1min rec 6min @ 5kmp 5min W/D	REST	2km W/U ParkRun 2km W/D	**14km Long Run** 8km @ comfortable pace 2km @ 1/2mp 2km rec 2km @ 1/2mp
Week 3	REST	DCR Skills Session	REST	**10km** 5min W/U 5min @ 10kmp 1min rec, 5min @ 5kmp 1min rec 5min @ 1/2mp 5min W/D	REST	3km W/U ParkRun 3km W/D	**18km Long Run** 2km W/U 3km @ 10kmp 3km jog 3km @ 10kmp 3km jog 4km @ 10kmp
Week 4 RECOVERY WEEK	REST	DCR Skills Session	REST	**6km** Recovery Run	REST	ParkRun: @ comfortable pace	**22km Long Run** 8km comfortable, 1km @ 10kmp 8km comfortable 2km @ 10kmp 3km C/D

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Week 5	REST	DCR Skills Session	Cross Training	**10km** 2km W/U 3km @ 5kmp 1km rec 3km @ 5kmp 1km W/D	REST	2km W/U ParkRun 2km W/D	**26km Long Run** 8km comfortable 2km @ 10kmp 8km comfortable 4km @ 10kmp 4km C/D
Week 6	REST	DCR Skills Session	REST	**8km** comfortable pace with 6x300m 7/10 efforts	REST	3km W/U ParkRun 2km W/D	**28km Long Run** 5km W/U 10km @ mp 5km jog 8km @ mp
Week 7	REST	DCR Skills Session	Cross Training	**8km** 2km W/U 4km@5kmp 2km W/D	REST	2km W/U ParkRun 2km W/D	**30km Long Run** 10km comfortable 5km at a increased pace, 10km comfortable 5km staying strong and comfortable
Week 8 RECOVERY WEEK	REST	DCR Skills Session	REST	**10km** comfortable pace	REST	ParkRun Time Trial	**25km Long Run** 5km W/U 7km @ 1/2mp 5km @ comfortable pace 8km jog

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Week 9	REST	DCR Skills Session	**5km** Recovery Run	**8km** 2km W/U 4km @10kmp 2km W/D	REST	3km W/U ParkRun 2km W/D	**35km Long Run** @ Marathon Pace
Week 10	REST	DCR Skills Session	**6km** comfortable pace	**8km** 2km W/D 4km @ 5kmp 2km W/D	REST	2km W/U ParkRun 2km W/D	**28km Long Run** Comfortable Pace
Week 11	REST	DCR Skills Session	REST	**10km** Comfortable pace	REST	2km W/U ParkRun 2km W/D	**18km Long Run** @ 1/2mp
Week 12	REST	DCR Skills Session	**6km** with 4x200m 7/10 efforts	REST	**4km** Final shake out	REST	RACE DAY

Legend

Long Run
Run between 45 - 60 seconds slower than anticipated race pace. You should be able to hold a conversation comfortably. Key is time on feet not speed!

Recovery Run
An easy 'conversational' pace run to allow your body to actively recover.

DCR Skills Session
Please check Team App for weekly Skills Session info.

HMP (Half Marathon Pace)
To find your half marathon race pace - look at the time you completed your last half marathon race (or PB half marathon) within the last 6 months and what pace you ran to achieve this. Eg; 2 hours 15 minutes = 6.24 pace

10KMP (10km Pace)
To find your 10km race pace - look at the time you completed your last 10km race (or PB 10km) within the last 6 months, and what pace you did to achieve this. Eg; a 60 minutes.

5KMP (5km Pace)
To find your 5km race pace - look at the time you completed your last 5km PB within the last 6 months, and what pace you did to achieve this. Eg; a 30 minutes.

Cross Training
As part of this plan we recommend incorporating rest days and non-impact cross/strength training, on the days you are not running. Pilates, Yoga, bike riding or weights sessions are ideal.

- These plans are to be treated as weekly not daily. There is no set day each week that we recommend doing these sessions. Training for a half marathon needs to be flexible to accommodate weather conditions (below zero anyone?), how you are feeling and the day-to-day demands of life!
- A key point to remember when training for a half marathon is that you are predominantly training for distance (not speed). This is why long slow runs are so important.
- The DCR Coaching Team are always happy to help. If you have any questions about training for a half marathon, please email dcrcoaching@gmail.com