



# Marathon Plan: 12 Weeks

## True Beginner Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	DCR Skills Session	REST	<b>6km</b> 2km W/U 2km 2km W/D	REST	ParkRun	<b>10km Long Run</b>
Week 2	REST	DCR Skills Session	Cross Training	<b>6km</b> 2km W/U 2km 2km W/D	REST	ParkRun	<b>14km Long Run</b>
Week 3	REST	DCR Skills Session	REST	<b>6km</b> 2km W/U 2km 2km W/D	REST	ParkRun	<b>18km Long Run</b>
Week 4 RECOVERY WEEK	REST	DCR Skills Session	REST	<b>8km</b> Run	REST	ParkRun	<b>22km Long Run</b>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	REST	DCR Skills Session	Cross Training	<b>45 Minutes</b> including: 5 min W/U and 5 min W/D	REST	ParkRun	<b>26km Long Run</b>
Week 6	REST	DCR Skills Session	REST	<b>35 Minutes</b> including: 5 min W/U and 5 min W/D	REST	ParkRun	<b>28km Long Run</b>
Week 7	REST	DCR Skills Session	<b>5km</b>	<b>45 Minutes</b> including: 5 min W/U and 5 min W/D	REST	ParkRun	<b>32km Long Run</b>
Week 8 RECOVERY WEEK	REST	DCR Skills Session	REST	<b>8km</b> Run	REST	ParkRun	<b>25km Long Run</b>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	REST	DCR Skills Session	<b>6km</b>	REST	<b>6km</b>	ParkRun	<b>35km Long Run</b>
Week 10	REST	DCR Skills Session	REST	<b>9km</b> 2km W/U 5km 2km W/D	REST	ParkRun	<b>28km Long Run</b>
Week 11	REST	DCR Skills Session	Cross Training	<b>35 Minutes</b> including: 5 min W/U and 5 min W/D	REST	ParkRun	<b>18km Long Run</b>
Week 12	REST	DCR Skills Session	REST	<b>6km</b>	REST	Stretch and 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.



## Notes

- 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](mailto:dcrcoaching@gmail.com)