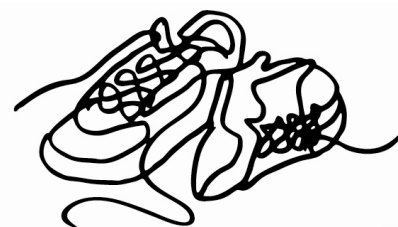# Your marathon Suggested training plan

Running feels great, running for Mind feels even better. As part of our running team you'll get to know first-hand just how positive it feels to train and exercise in the great outdoors, while feeling great in the knowledge that your efforts will be helping people with mental health problems get the support they need.

The training plan below is designed for novice runners aiming to finish the marathon with no time goal. It is important to follow a plan as it will keep your training on track and you'll enjoy your marathon even more. It's best to stick to a training plan that's suitable for your ability, so if this plan is not challenging enough, you can find more plans to download free of charge on the Runners World website: runnersworld.co.uk.
We wish you the best of luck with your training and hope you feel great in the process!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	15 min jog	Rest	20 min jog	Rest	Rest	25 min jog	1 hr ramble. No pressure
Week 2	25 min jog	Rest	35 min jog	Rest	Rest	30 min jog	75 min ramble
Week 3	30 min jog	Rest	40 min jog	Rest	Rest	35 min jog	90 min ramble
Week 4	35 min jog	Rest	45 min jog	Rest	Rest	35 min jog	1 hr jog/walk
Week 5	20 min run	Rest	50 min jog	Rest	Rest	Timed run over a 2 mile course	90 min ramble, or run in a 10K road race
Week 6	25 min run	Rest	55 min run	Rest	Rest	25 min run	1 hr 45 jog/walk
Week 7	30 min run	Rest	30 min run	Rest	30 min run	30 min run	8 mile run
Week 8	35 min run	Rest	60 min jog	Rest	30 min run	35 min run	2 hr jog/walk or half marathon race
Week 9	40 min run	Rest	3 x 1 mile session, timed, with 5 min rest after each mile	Rest	30 min run	40 min run	8 mile run, walking when you have to
Week 10	45 min run	Rest	3 mile run, timed	Rest	30 min run	35 min run	Long, slow 12 mile run
Week 11	40 min run	Rest	3 x 1 mile session timed, with 5 min rest after each mile	Rest	30 min run	30 min run	Long, slow 14 mile run
Week 12	35 min run	Rest	3 mile run, timed, at a faster pace	Rest	30 min run	25 min run	Half marathon race
Week 13	30 min run	Rest	3 x 1 mile, timed, with 5 min rest after each, aiming at a faster av. speed than Wk 11	Rest	30 min run	20 min run	16 mile endurance run, taking drinks, walking 5 min in every hour
Week 14	25 min run	Rest	3 mile run, timed	Rest	25 min at marathon pace	15min run	10K or 10 mile race, or 10 mile run including 5 miles at a brisk pace
Week 15	20 min run	Rest	30 min run at marathon pace	Rest	2 x 1 mile session, timed	15 min run	1 hour 30 min at marathon pace
Week 16	20 min easy	Rest	30 min easy, inc a few strides	Rest	Rest	20 min jog in race kit	Marathon day!

mind
for better mental health