

24-Week Running Plan



FULL MARATHON - 24 Week Running Plan

Weeks to go	Affirmation of the week	Run Day 1	Run Day 2	Run Day 3	Run Day 4	REST!
	REST DAY! Your Positive Affirmation for the week...	Medium - Fast Pace	CHALLENGE DAY! (or substitute for medium pace run).	Easy-Medium Pace	Long Run	Alternative Training/Rest
24	I am energised	1-2 miles	How far does 20 minutes take you?	30 mins	3-4 miles	Use these first few weeks to build a running habit. Explore your local routes and how far you can get in a fix period of time. The times and distances provided are a guide only!
23	I choose to be kind to myself	2-3 miles	Run for 3 minutes walk for 1, dedicate 45 minutes	20-30 mins	3-4 miles	
22	I cherish my body	2-3 miles	How far does 30 minutes take you?	30 mins	4-5 miles	
21	I wake each day rested and full of energy	3-4 miles	Run for 3 minutes, walk for 30 seconds, dedicate 45 minutes	40 mins	5-6 miles	
20	I am capable of great things	3 miles	3 miles standard run	20-30 mins	5 miles	Aim to fully rest at least 1 day a week. Today could be a good day to do some yoga or some extra stretching. Why not use today to have a think about who you are going to dedicate your next long run It may be the same person next week or it may be a different person for each of your runs. If you start to struggle, remember your dedication and let it push you forward
19	I celebrate life	5 miles	3 miles Interval 1 mile slow, 1 mile speedier, 1 mile slow	30 mins	6 miles	
18	I am unique	4 miles	3 miles - Hill training At least 5 sprint bursts uphill, recovery down	30 mins	6 miles	
17	I treat my body with love and respect	6 miles	2 miles - Fartlek intervals at least 6 varied bursts speedy	20-30mins	8 miles	

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16	My stamina increases every day	4 miles	3 miles Interval 1 slow, 1 speed, 1 slow	45 mins	9 miles	<p>Aim to fully rest at least 1 day a week.</p> <p>Today could be a good day to do some yoga or some extra stretching.</p> <p>Why not use today to have a think about who you are going to dedicate your next long run</p> <p>It may be the same person next week or it may be a different person for each of your runs.</p> <p>If you start to struggle, remember your dedication and let it push you forward</p>
15	I am proud of my accomplishments	4 miles	4 miles - Hill training At least 6 sprint bursts uphill, recovery down	30 mins	8 miles	
14	I am stronger than I realise	6 miles	3 miles - Fartlek intervals at least 8 varied bursts speedy"	45 mins	10 miles	
13	Challenges are good for me	5 miles	4 miles Interval 1 slow, 2 speed, 1 slow	30 mins	12 miles	
12	I create the life I deserve	6 miles	6 miles - Hill training At least 6 sprint bursts uphill, recovery down	45 mins	11 miles	
11	I choose to be happy and love myself today	6 miles	4 miles - Fartlek intervals at least 8 bursts speedy	45 mins	14 miles	
10	I am powerful and unstoppable	8 miles	5 miles Interval 1 slow, 3 speed, 1 slow	30 mins	13 miles	
9	My mind and body are strong and powerful	6 miles	6 miles - Hill training At least 8 sprint bursts uphill, recovery down	30 mins	17 miles	

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8	I take my goals seriously	8-9 miles	7 miles - Fartlek intervals at least 10 bursts speedy	60 mins	15 miles	<p>Aim to fully rest at least 1 day a week.</p> <p>Today could be a good day to do some yoga or some extra stretching.</p> <p>Why not use today to have a think about who you are going to dedicate your next long run</p> <p>It may be the same person next week or it may be a different person for each of your runs.</p> <p>If you start to struggle, remember your dedication and let it push you forward</p>
7	I am proud to be me	6 miles	6 miles Interval 1 slow, 2 speed x 2	30 mins	20 miles	
6	My body is getting stronger and stronger each day	8 miles	7 miles - Hill training At least 8 sprint bursts uphill, recovery down	45 mins	18 miles	
5	I am happy with who I am	9-10 miles	6 miles - Fartlek intervals at least 8 bursts speedy	60 mins	15 miles	
4	Everything I do leads me closer to a healthier body and mind	5 miles	6 miles Interval 1 slow, 2 speed x 2	45 mins	22 miles	
3	I have complete power over my wellbeing	7-8 miles	6 miles - Hill training At least 6 sprint bursts uphill, recovery down	30 mins	17 miles	
2	Everything is possible	5 miles	4 miles - Fartlek intervals at least 8 bursts speed	45 mins	10 miles	
1	I've got this	20 mins easy	3 miles Interval 1 slow, 1 speedy, 1 slow	30 mins	MARATHON DAY	

Interval training	Consists of a series of repeated rounds of exercise, lasting varied amounts of time.
Fartlek training	Involves varying the intensity or speed of your run to improve your fitness and endurance.
Hill training	Improves leg-muscle strength, quickens your stride and can even protect your leg muscles against soreness.

Any training regime carries with it potential risks as well as the many health benefits and we would like to make sure you are as safe as possible.

If you do have any injuries or illnesses, or if you are pregnant, we would always recommend speaking with your GP before increasing your training load.

