

**Beginner's plan
Marathon**

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Distance in Km's						Long Run			
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total	Milestones/ Mini Targets
1	5	Rest	8	6	Rest	11	Rest	30	
2	5	Rest	8	6	Rest	15	Rest	34	
3	6	Rest	10	7	Rest	19	Rest	42	Distance covered in week 3
4	6	Rest	10	7	Rest	22	Rest	45	Half the distance covered
5	6	Rest	10	8	Rest	26	Rest	50	
6	6	Rest	12	Rest	Rest	30	Rest	48	Recovery week (3 days run)
7	8	Rest	10	8	Rest	32	Rest	58	
8	8	Rest	10	8	Rest	34	Rest	60	Longest distance week
9	6	Rest	8	6	Rest	36	Rest	56	Longest long run
10	6	Rest	10	6	Rest	25	Rest	47	
11	5	Rest	6	10	Rest	20	Rest	41	
12	Rest	5	3	Rest	Rest	Rest	42.2	50.2	Finished. Congratulations

- This plan is designed for someone who can comfortably complete a 5 mile/ 10km at present
- This plan is designed for someone who has a goal to complete their first marathon (the finish time is not the primary goal)
- This plan is designed to gradually build up the km's and hopefully keep you injury free
- **Note:** Training for a marathon is a commitment. The training is the journey - finishing is the reward! Enjoy

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