

Preparing for your first marathon

Your 14-week run-walk plan

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



In partnership with

**running
withus** 

[runningwithus.com](https://www.runningwithus.com)

Well done for deciding to take part in a marathon

We're here to encourage and support you every step of the way to the finish line.

Who is this plan for?

If you're new to running or starting to run longer distances this plan is ideal for you. It takes you through 14 weeks of training based on a mix of running and walking sessions. And it will get you to the starting line for a fantastic experience on marathon day.

Our training plans are suitable for people with and without diabetes.

If you have diabetes there are things you need to know to get the most from your training and help you manage your diabetes.

If you have Type 1 diabetes, please read our web page about exercising and managing your condition.

www.diabetes.org.uk/sport-type-1

If you have Type 2 diabetes, please read our web page about exercising and managing your condition.

www.diabetes.org.uk/sport-type-2

How much training will I have to do?

You'll be training 3 days a week (every other day). On one of your four rest days, you can opt to take a gentle exercise class like Pilates. Ideally, you'll do a half marathon half way through the training.

The training plan isn't set in stone: it's just one approach to get you in great shape. Feel free to adapt it and shift sessions to different days that may work better for you.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient.

Getting the balance right

To make real gains in getting fitter, faster and stronger, you'll need to put as much focus on eating well and resting as you do the training.



Training tips

- Eat within 20 to 30 minutes of finishing a session.
- Stretch well after each session.

Training plan for marathon beginners

This 14-week training plan will get you to the start line.

Ideal if this is your first running journey. Mixes walks, easy runs and runs. With an easy run you can chat, with a run you can share a sentence or two.



Book yourself a place on a half marathon for two months' from now – week 9.

Prep week 1		Here we go, let's get started.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min run and walk session 3 min easy run, 3 min easy walk x5.	Rest	30 min run and walk session 3 min easy run, 3 min easy walk x5.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	60 min run and walk session 5 min run/5 min brisk walk x6.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 2		Blister plasters are on, and we're off.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min run and walk session 3 min easy run, 3 min easy walk x5.	Rest	30 min run and walk session 3 min easy run, 3 min easy walk x5. Include a hill if you can.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	80 min run and walk session Include: 5 min run/5 min brisk walk x8.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 3		Getting into the swing of things.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min run and walk session 10 min easy run, 5 min brisk walk x3.	Rest	45 min run and walk session 10 min easy run, 5 min brisk walk x3. Include hills if you can.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	90 min easy run, 5 min walk Include: x4.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 4		You know you can do it.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min run and walk session 15 min brisk walk 15 min easy run 15 min brisk walk/run.	Rest	50 min run and walk session 5 min brisk walk, 5 min run x10. Include hills if you can.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	105 min run and walk session 10 min easy run, 5 min walk x7.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Prep week 5		You're going strong. Keep it up.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	40 min run and walk session 20 min brisk walk, 20 min easy run.	Rest	40 min run and walk session 8 min run, 2 min walk x4. Include hills if you can.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	120 min run and walk session 5 min brisk walk, 5 min easy run x12.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	60 min run and walk session 15 min brisk walk, 30 min easy run, 15 min brisk walk.	Rest	45 min run and walk session 5 min brisk walk, 5 min easy run, 5 min run x3. Include hills if you can.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	90 min run and walk session 10 min easy run, 5 min walk x6.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 7		You're halfway there. High fives all round.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min run and walk session 10 min brisk walk, 10 min easy run, 10 min run.	Rest	30 min run and walk session 15 min run, 15 min brisk walk Include hills if you can.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	120 min run and walk session 15 min easy run, 5 min brisk walk x6.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>













Prep week 8						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	45 min run and walk session 15 min brisk walk, 15 min easy run, 15 min run.	Rest	45 min run and walk session 30 min run, 15 min brisk walk Include hills if you can.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	140 min run and walk session Include: 15 min easy run, 5 min brisk walk x7.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Prep week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	60 min run and walk session 20 min brisk walk, 20 min easy run, 20 min run.	Rest	30 min easy run	Rest	Optional class Yoga, pilates or other gentle non-running activity.	Enter half marathon event – 13.1 miles Put what you've learned into practise and in preparation for the big one. Pace yourself: 10 to 15 min easy run, 5 min brisk walk. Repeat to the end. Well done.
<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>   

Prep week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min easy run	Rest	60 min run and walk session 5 min brisk walk, 5 min easy run, 5 min run x4.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	175 min run and walk session 15 min easy run, 5 min brisk walk Repeat.
<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>   


Prep week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min easy run	Rest	60 min run and walk session Include: 10 min run, 5 min brisk walk x3.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	195 min run and walk session 15 min easy run, 5 min brisk walk Repeat to the end.
<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>	<input type="checkbox"/>   	<input type="checkbox"/>   

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Prep week 12						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	40 min easy run	Rest	60 min run and walk session Include: 10 min run, 5 min brisk walk x3.	Rest	Optional class Yoga, pilates or other gentle non-running activity.	120 min run and walk session 25 min run, 5 min brisk walk x4.
<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Prep week 13						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min easy run	Rest	45 min easy run	Rest	Optional class Yoga, pilates or other gentle non-running activity.	60 min run and walk session Include: 25 min run, 5 min brisk walk x2.
<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Prep week 14						
You've come a long way.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min easy run 10 min brisk walk, 20 min easy run.	Rest	30 min run and walk session 15 min run, brisk walk 15 min.	Rest	10 min run and walk session 5 min brisk walk, 5 min run We're proud of you.	Marathon day You deserve a medal for all your hard work. Good luck.
<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 



“Listen to your body and practise what you plan to do with nutrition and insulin on the day whilst you're out doing your long training sessions. Also remember we're all individuals, especially when it comes to diabetes. What works for one person may not necessarily work for others.”

Ian Anderson, who has Type 1 diabetes