

# PREPARING FOR YOUR FIRST MARATHON

Your 14-week run-walk plan

In partnership with



[runningwithus.com](http://runningwithus.com)



**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# 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 can run 75 to 90 minutes and want to run your first marathon this is a good plan for you. You can also use it to improve on a recent marathon or step up from a 10k or half marathon.

The plan is also suitable for runners who want to complete a marathon in three and a half to four hours. Of course your goal could be much longer. 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](http://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](http://www.diabetes.org.uk/sport-type-2)

### How much training will I have to do?

You'll be running six days a week and have one rest day. On one of the days you'll be training twice a day but can swap one of the running sessions for a different kind of exercise. Your training will include a half a marathon and a couple of Parkruns.

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.

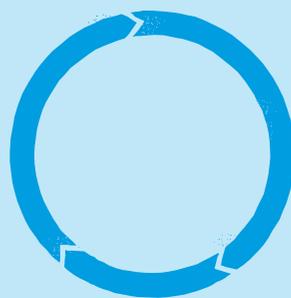
### Getting the balance right

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



Rest

Nutrition

### Training

Your running and other exercise sessions will get more demanding as you get closer to half marathon day.

### Rest

Having enough rest between sessions and lots of sleep gives your body the time to recover, adapt and heal.

### Nutrition

Eat sensibly so you have the energy to train keep your immune system strong and help heal muscles between training sessions. Find information on healthy eating tips suitable for people with or without diabetes.

[www.diabetes.org.uk/healthy-eating](http://www.diabetes.org.uk/healthy-eating)

# 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. You can hold a conversation and runs – you can share a sentence or two.

## Quick guide to terms used:

- Easy run: can hold a conversation.
- Steady run: can exchange a sentence or two.
- Threshold run: can only say a word or two.
- Cross training: exercise that's different to your normal running such as yoga, swimming, cycling or Pilates.

## Plan ahead

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

Good luck - be amazed at what your body can do!

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

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

# Training plan for marathon beginners

Prep week 3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest</b>	<b>45 min run and walk session</b> 10 min easy run, 5 min brisk walk x3.	<b>Rest</b>	<b>45 min run and walk session</b> 10 min easy run, 5 min brisk walk x3. Include hills if you can.	<b>Rest</b>	<b>Optional class</b> Yoga, pilates or other gentle non-running activity.	<b>90 min easy run, 5 min walk.</b>

Prep week 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest</b>	<b>50 min run and walk session</b> 5 min brisk walk, 5 min run x10. Include hills if you can.	<b>Rest</b>	<b>50 min run and walk session</b> 5 min brisk walk, 5 min run x10. Include hills if you can.	<b>Rest</b>	<b>Optional class</b> Yoga, pilates or other gentle non-running activity.	<b>105 min run and walk session</b> 10 min easy run, 5 min walk x7.

Prep week 5						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest</b>	<b>40 min run and walk session</b> 20 min brisk walk, 20 min easy run	<b>Rest</b>	<b>40 min run and walk session</b> 8 min run, 2 min walk x4. Include hills if you can.	<b>Rest</b>	<b>Optional class</b> Yoga, pilates or other gentle non-running activity.	<b>120 min run and walk session</b> 5 min brisk walk, 5 min easy run x12.

Write down how you feel before and after a run.

# Training plan for marathon beginners



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

Prep week 7						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest</b>	<b>30 min run and walk session</b> 10 min brisk walk, 10 min easy run, 10 min run.	<b>Rest</b>	<b>30 min run and walk session</b> 15 min run, 15 min brisk walk Include hills if you can.	<b>Rest</b>	<b>Optional class</b> Yoga, pilates or other gentle non-running activity.	<b>120 min run and walk session</b> 15 min easy run, 5 min brisk walk x6.

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

# Training plan for marathon beginners

Prep week 9						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest</b>	<b>60 min run and walk session</b> 20 min brisk walk, 20 min easy run, 20 min run.	<b>Rest</b>	<b>30 min easy run.</b>	<b>Rest</b>	<b>Optional class</b> Yoga, pilates or other gentle non-running activity.	<b>Enter half marathon event – 13.1 miles</b> 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.

Prep week 10						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Rest</b>	<b>30 min easy run.</b>	<b>Rest</b>	<b>60 min run and walk session</b> 5 min brisk walk, 5 min easy run, 5 min run x4.	<b>Rest</b>	<b>Optional class</b> Yoga, pilates or other gentle non-running activity.	<b>175 min run and walk session</b> 15 min easy run, 5 min brisk walk Repeat.

# Training plan for marathon beginners



Prep week 11						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 min easy run	Rest	<b>60 min run and walk session</b> Include: 10 min run, 5 min brisk walk x3.	Rest	<b>Optional class</b> Yoga, pilates or other gentle non-running activity.	<b>195 min run and walk session</b> 15 min easy run, 5 min brisk walk, Repeat to the end.

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



“ 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. ”

Ian Anderson, who has type 1 diabetes

# Training plan for marathon beginners

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

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

