



Beginner Marathon

Completing The Plan

This plan is aimed at runners who can run 10km or 6 miles and now wish to progress to complete their first marathon. The plan is designed to develop an endurance base for your marathon.

Each run is written in km's, miles, and time. The time element is based on an average running pace of 10-minute miles. You will need to adjust the time out running for differing running speeds.

The schedule is based on three endurance runs per week. Where possible try to include a rest day between runs to aid recovery.

The training plan is generic and not bespoke for individual runners. To make it specific to your needs consider factors such as current training and training history. Ensure that you are suitably warmed up before starting the session and undertake a cool down post session.

Take ownership of the plan and adapt it to suit your situation, background, and needs. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert before resuming training.

Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check-up with a professional before undertaking any running training plan.

Guiding your effort

This beginner plan does not relate to specific running speeds. Instead, it uses rate of perceived exertion where the person is running as they feel as opposed to pacing by time.

As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

RPE scale

What it might feel like....

0

Sat at home in your armchair.

1-2

Brisk walking for some, very easy jogging for others. Able to fully converse with no effort.

3-4

Easy running. Able to hold a full conversation, you might have to consciously slow down. Gentle & relaxed.

4-5

Steady running. Able to speak but in shorter sentences. Could keep going for between 75 minutes – 2 hours.

6-7

Controlled discomfort. A pace you could hold for 60 mins. You should be able to speak 2-3 words at a time.

8-9

Working hard. Have to work to maintain pace. Breathing strongly & will need recovery between efforts.

10

Working very hard. An effort you can sustain for only short periods before it feels unsustainable.

Week	Session 1	Session 2	Session 3
1	5 miles 8km 50 mins Effort: 3-4 out of 10	3 miles 5km 30 mins Effort: 3-4 out of 10	7 miles 11km 70 mins Effort: 3-4 out of 10
2	5 miles 8km 50 mins Effort: 3-4 out of 10	3 miles 5km 30 mins Effort: 3-4 out of 10	8 miles 12.8km 80 mins Effort: 3-4 out of 10
3	6 miles 10km 60 mins Effort: 3-4 out of 10	3 miles 5km 30 mins Effort: 3-4 out of 10	9 miles 14.4km 90 mins Effort: 3-4 out of 10
4	6 miles 10km 60 mins Effort: 3-4 out of 10	4 miles 6.4km 40 mins Effort: 3-4 out of 10	10 miles 16km 100 mins Effort: 3-4 out of 10
5 - Recovery	3 miles 5km 30 mins Effort: 3-4 out of 10	Rest	3 miles 5km 30 mins Effort: 3-4 out of 10

Week	Session 1	Session 2	Session 3
6	7 miles 11km 70 mins Effort: 3-4 out of 10	4 miles 6.4km 40 mins Effort: 3-4 out of 10	11 miles 17.7km 110 mins Effort: 3-4 out of 10
7	7 miles 11km 70 mins Effort: 3-4 out of 10	4 miles 6.4km 40 mins Effort: 3-4 out of 10	12 miles 19.3km 120 mins Effort: 3-4 out of 10
8	8 miles 12.8km 80 mins Effort: 3-4 out of 10	4 miles 6.4km 40 mins Effort: 3-4 out of 10	13 miles 21km 130 mins Effort: 3-4 out of 10
9	8 miles 12.8km 80 mins Effort: 3-4 out of 10	5 miles 8km 50 mins Effort: 3-4 out of 10	14 miles 22.5km 140 mins Effort: 3-4 out of 10
10 - Recovery	3 miles 5km 30 mins Effort: 3-4 out of 10	Rest	3 miles 5km 30 mins Effort: 3-4 out of 10

Week	Session 1	Session 2	Session 3
11	8 miles 12.8km 80 mins Effort: 3-4 out of 10	5 miles 8km 50 mins Effort: 3-4 out of 10	15 miles 24.1km 150 mins Effort: 3-4 out of 10
12	9 miles 14.4km 90 mins Effort: 3-4 out of 10	5 miles 8km 50 mins Effort: 3-4 out of 10	16 miles 25.7km 160 mins Effort: 3-4 out of 10
13	9 miles 14.4km 90 mins Effort: 3-4 out of 10	5 miles 8km 50 mins Effort: 3-4 out of 10	16 miles 25.7km 160 mins Effort: 3-4 out of 10
14	8 miles 12.8km 80 mins Effort: 3-4 out of 10	Rest	9 miles 14.4km 90 mins Effort: 3-4 out of 10
15	7 miles 11km 70 mins Effort: 3-4 out of 10	Rest	6 miles 10km 60 mins Effort: 3-4 out of 10

16 - RACE WEEK

3 miles | 5km | 30 mins
Effort: 3-4 out of 10

Rest

Race Day

Wishing you boundless energy, unwavering determination, and the strength to conquer every mile.

Trust in your preparation, embrace the challenge, and remember: every step forward is a victory.
Go out there and make yourself proud!

Good luck, and may the road rise to meet you every step of the way! **#YouGotThis**



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Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland