



# YOU-CAN-RUN the Reggae Marathon

## MARATHON TRAINING PROGRAM - BEGINNER

	WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	TOTAL MILES
	BASE	2	4	2	4	Rest / XT	6	Rest	18
	BUILDING	2	4	2	4	Rest / XT	7	Rest	21
TRAINING PROGRAMME	1	2	5	2	4	Rest / XT	8	Rest	21
	2	2	5	2	5	Rest / XT	9	Rest	23
	3	3	5	3	5	Rest / XT	10	Rest	26
	4	3	6	3	5	Rest / XT	11	Rest	28
	5	3	6	3	6	Rest / XT	12	Rest	30
	6	3	6	3	6	Rest / XT	13	Rest	31
	7	3	6	3	6	Rest / XT	14	Rest	32
	8	4	6	4	6	Rest / XT	12	Rest	32
	9	4	7	4	7	Rest / XT	16	Rest	38
	10	4	8	4	8	Rest / XT	12	Rest	36
	11	4	8	4	8	Rest / XT	18	Rest	42
	12	4	8	4	8	Rest / XT	12	Rest	36
TAPERING SHARP	13	4	8	4	8	Rest / XT	20	Rest	44
	14	4	4P	4	8	Rest / XT	14	Rest	34
	15	4	4P	4	6	Rest / XT	8	Rest	26
	16	4	2	2+	2+	Rest / XT	<b>Marathon</b>	Rest	36.2

**Notes:**

1. Assumes 3 months running experience with a base of 15 miles per week.
2. P = Pace Runs consist of: 1 mile warm-up; 4 intervals of 100M run and 100M walk; 4 intervals of 200M run and 200M jog; a pace run of 1.5 at marathon goal pace; 1 mile cool-down.