

16 Week Marathon Training Plan

Every individual runner is different, so your training plan needs to work for you. This plan provides guidance, but feel free to adapt it to your training needs.

You should be running 3 – 4 days per week. Build your long run slowly, and keep almost everything at an easy, conversational pace.

Weekly Structure

Warm-up and cool down – essential for each session

Dynamic stretching for the warm-up and static stretching for the cool down

Easy runs – slow, comfortable, build aerobic base

Long run – the key workout, increases endurance

Rest days – no running, give your body time to recover

Active recovery days – optional cross-training, e.g. cycling, swimming, yoga, light walk

Strength training – twice weekly, builds a core base, injury prevention

5 Training Phases



Key Tips

- Run slowly – most beginners run too fast
- Fuel your long runs from 12 km onward
- Hydration before and after, not just during 😊
- Listen to your body, **don't overtrain!**
- Enjoy the journey ❤️

Recovery Tips

- Ice baths
- Foam rolling or band work
- Regular stretching
- Light active recovery
- Sea or pool swims
- Physio and massages

Weeks 1 to 4 – Build the Habit

Focus: consistency, not speed

Week	Mon	Tues	Wed	Thurs	Fri	Sat-Sun	Weekly Total
1	Rest	3 km easy	Rest	3 km easy	Rest	3 km	9 km
2	Rest	3 km	Rest	4 km	Rest	6 km	13 km
3	Rest	4 km	Rest	6 km	Rest	8 km	18 km
4	Rest	6km	Rest	6 km	Rest	10 km	22 km

Weeks 5 to 8 – Build Endurance

Focus: longer long runs, steady weekly rhythm

Week	Mon	Tues	Wed	Thurs	Fri	Sat-Sun	Weekly Total
5	Rest	8 km	Rest	8 km	Rest	12 km	28 km
6	Rest	8 km	Rest	10km	Rest	12 km	30 km
7	Rest	10 km	Rest	10 km	Rest	14 km	34 km
8	Rest	12 km	Rest	10 km	Rest	14 km	36 km

Weeks 9 to 13 – Peak Training

Focus: confidence, keep building the long runs

Week	Mon	Tues	Wed	Thurs	Fri	Sat-Sun	Weekly Total
9	Rest	10 km	Rest	10 km	Rest	18 km	38 km
10	Rest	10 km	Rest	10km	Rest	20 km	40 km
11	Rest	8 km	Rest	12 km	Rest	22 – 24 km	42 – 44 km
12	Rest	8 km	Rest	8km	Rest	28 – 32 km	44 – 48 km
13	Rest	8 km	Rest	6 km	Rest	30 – 32 km	44 – 46 km

Weeks 14 to 15 – Final Push

Focus: one big long run, then reduce the mileage

Week	Mon	Tues	Wed	Thurs	Fri	Sat-Sun	Weekly Total
14	Rest	5 km	Rest	5 km	Rest	18 km	28 km
15	Rest	5 km	Rest	5 km	Rest	12 km	22 km

Week 16 – Race Week! 🎉

Focus: preparation and enjoyment

Week	Mon	Tues	Wed	Thurs	Fri – Sat	Sun
16	Rest	3 km easy	Rest	2 km easy	Rest	Marathon Day!

