

TRAINING SCHEDULE FOR YOUR FIRST LONDON MARATHON

WK No/ DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 19/12/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	3 mi	0 mi	3 mi	1 hr	6 mi
2 26/12/11							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	3 mi	0 mi	3 mi	1 hr	7 mi
3 02/01/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	4 mi	0 mi	3 mi	1 hr	5 mi
4 09/01/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	4 mi	0 mi	3 mi	1 hr	9 mi
5 16/01/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	5 mi	0 mi	3 mi	1 hr	10 mi
6 23/01/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	5 mi	0 mi	3 mi	1 hr	9 mi
7 30/01/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	6 mi	0 mi	3 mi	1 hr	12 mi
8 06/02/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	6 mi	0 mi	4 mi	1 hr	13 mi
9 13/02/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	3 mi	7 mi	0 mi	4 mi	1 hr	10 mi
10 20/02/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long

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Distance or time	0 mi	3 mi	7 mi	0 mi	4 mi	1 hr	15 mi
WK No/ DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 27/02/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	8 mi	0 mi	4 mi	1 hr	16 mi
12 05/03/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	8 mi	0 mi	5 mi	1 hr	13 mi
13 12/03/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	9 mi	0 mi	5 mi	1 hr	18 mi
14 19/03/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	5 mi	9 mi	0 mi	5 mi	1 hr	14 mi
15 26/03/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	5 mi	10 mi	0 mi	5 mi	1 hr	20 mi
16 02/04/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	5 mi	8 mi	0 mi	5 mi	45 min	13 mi
17 09/04/12							
Type of Work	Rest	Easy	Medium	Rest	Easy	X-train	Long
Distance or time	0 mi	4 mi	6 mi	0 mi	4 mi	30 min	8 mi
18 16/04/12							
Type of Work	Rest	Easy	Easy	Rest	Rest	Easy	Marathon
Distance or time	0 mi	3 mi	4 mi	0 mi	0 mi	1-3 mi	26.2 mi