

15 Week Training Plan

The following training program takes runners right up until race day, 5th May for the ABP Newport Wales Marathon. Following this guide, you'll feel as ready as you can be when the day comes.

Make changes where you need to, take rests when you please and beginners, make sure you don't overdo it if your legs are feeling it. Swap days around to work with your schedule and lifestyle – it has to fit you!

Those more experienced runners, feel free to do more than we suggest or up the effort depending on your target finish time. It's all up to you and how you're coping with the program.

Remember to take your 'long runs' at an easy, comfortable pace. It will feel too slow at first, but feel tougher as you clock up the miles. These are not about running fast or at target pace but instead, for building up your endurance and for spending time on your feet.

For intense runs, consider running some fast 'reps' (short distances ran at a fast/uncomfortable place) with rest in between. Although you won't run a long distance, these will help improve your fitness and stamina.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 mins light run	Rest	Body conditioning 30 mins	Rest	30 mins light recovery run	Rest	60 min light run
WEEK 2	REST	5k light run	Body conditioning 30 mins	Rest	40 mins tempo run	20 mins light run	10K long run
WEEK 3	REST	45 mins steady run	Body conditioning 45 mins	10K long run	30 mins light run	REST (with yoga or pilates)	9 miles long run
WEEK 4	REST	45 mins tempo run	Body conditioning 60 mins	45 mins light run	10K long run	30 mins light run	11 miles long run
WEEK 5	REST	30 mins intense run	Body conditioning 60 mins	40 mins light run	12K long run	60 mins light run	13 miles long run

WEEK 6	REST	50 mins steady run	Body conditioning 60 mins	10K long run	30 mins effort run	60 mins light run	14 miles long run
WEEK 7	REST	45 mins intense run	Body conditioning 60 mins	60 mins steady run	8 miles long run	30 mins light run	15 miles long run
WEEK 8	REST, yoga or pilates	10K long run	Body conditioning 60 mins	45 mins steady run	40 mins intense run	30 mins light run	16 miles long run
WEEK 9	REST, yoga or pilates	45 mins steady run	Body conditioning 60 mins	5 miles light run	30 mins intense run	50 mins light run	18 miles long run
WEEK 10	REST, yoga or pilates	45 mins tempo run	Body conditioning 60 mins	10 miles light run	45 mins steady run	60 mins light run	CARDIFF BAY RUN Practice of race day routine
WEEK 11	REST, yoga or pilates	40 mins intense run	Body conditioning 60 mins	8 miles light run	50 mins steady run	30 mins light run	Between 13 – 18 miles
WEEK 12	Rest, yoga or pilates	60 mins light run	Body conditioning 60 mins	30 mins intense run	5 miles light run	20 mins light run	20/22 miles long run. Maximum 22 miles.
WEEK 13	Rest, yoga or pilates	60 mins light run	Body conditioning 60 mins	45 mins intense run	7 miles steady long run	45 mins light run	10/12 miles long run
WEEK 14	Rest, yoga or pilates	60 mins light run	Body conditioning 60 mins	40 mins tempo run	10K long run	30 mins easy run	10 miles long run
WEEK 15	Rest, yoga or pilates	30 mins light run	REST	20 mins light run	REST	Short light jog	RACE DAY