

## Survive the Cork Marathon Plan (BEGINNERS)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30mins JOG	REST	45mins JOG	REST	30min JOG	REST	60min RUN/WALK
2	40mins JOG	REST	50mins JOG	REST	12 x 2mins SPRINT	Rest/JOG	75mins JOG
3	30mins JOG	REST	60mins JOG	REST	6 x 3mins SPRINT	REST/JOG	90mins JOG
4	30mins JOG	REST	60mins JOG	20mins JOG	45mins JOG	REST	10km race or 60mins JOG
5	30mins JOG	60mins JOG	REST	20mins SPRINT	REST	30mins JOG	90mins JOG or 5-mile race
6	40mins JOG	REST	70mins RUN	REST	6 x 3mins SPRINT	REST	2 hours JOG or 10-mile race
7	20mins JOG	15 x 90secs SPRINT	REST	80mins JOG or 4-mile race	REST	30mins SPRINT	2hrs 30mins JOG
8	30mins JOG	40mins JOG	60mins RUN	REST	30mins JOG	REST	2hrs 30mins RUN
9	REST	4 x 5mins SPRINT	75mins JOG	REST	30mins JOG	REST/JOG	13.1 miles (half-marathon distance)
10	REST	45mins RUN	90mins WALK/JOG	REST	60mins RUN	REST	2hrs JOG
11	REST	30mins JOG	REST	60mins RUN or 5-mile race	REST	30mins JOG	6 miles SPRINT
12	REST	REST	30mins at marathon pace	REST	30mins brisk	REST	20mins jog or walk
<b>MONDAY 1<sup>st</sup> JUNE 2009: BORD GÁIS ENERGY CORK CITY MARATHON</b>							

**JOG** = easy running; **RUN** = begin to sweat, still able to talk; **SPRINT** = unable to talk; **do longest** = means do which ever takes you longer; **REST** means exactly that! ALWAYS warm up before a run and warm down after. Please note you should use a reasonable recovery time between your repetitions.

**This is a sample training programme and will not suit everyone. For advice on training to suit you, you should consult a Coach or go to a local running, fitness or leisure club.** Consider light shoulder weights or swimming throughout plan.

**Only undertake the training and the marathon after medical advice.**