



# Cork City Marathon 1/2 Marathon Plan for Beginners

(Must be able to run 5KM before beginning Plan)

| Week | Monday      | Tuesday     | Wednesday  | Thursday    | Friday     | Saturday  | Sunday      | Weekly Mileage |
|------|-------------|-------------|--|-------------|------------|---|-------------|----------------|
| 1    | 2 mile jog  | rest        | 2 mile run   | 2 mile jog  | rest       | 5k Park Run or 3 Mile run   | Rest        | 9              |
| 2    | 2 mile jog  | rest        | 3 mile run   | 2 mile jog  | rest       | 4 miles jog   | rest        | 11             |
| 3    | 3 miles jog | rest        | 3 mile run   | 2 mile jog  | rest       | 5 miles jog   | Rest        | 13             |
| 4    | 3 miles jog | rest        | 4 miles jog  | 3 miles jog | rest       | 6miles jog  | rest        | 16             |
| 5    | rest        | 4 mile jog  | 3 miles (approx 3 or 4 short random sprints 50 meter each during 3 mile jog) | 3 miles jog | rest       | 7 miles jog   | 3 miles jog | 20             |
| 6    | rest        | 4 mile jog  | 1/2 mile jog, 1/2 mile at 75% sprint (repeat three time) ie 3 miles in total | 4 miles jog | rest       | 8 miles jog   | Rest        | 19             |
| 7    | 5 mile jog  | rest        | sprint session. Full pace 200 meters X 3 2 minute break inbetween            | 3 miles jog | rest       | 9 miles jog   | 3 miles jog | 20.5           |
| 8    | rest        | 4 mile jog  | sprint session. Full pace 100 meters X 4. 60 seconds break inbetween         | 3 miles jog | rest       | 10 miles jog  | 3 miles jog | 20.5           |
| 9    | rest        | 5 mile jog  | 3 miles (approx 3 or 4 short 75 meter random sprints during 3 mile jog)      | 3 miles jog | rest       | 11 miles jog  | 2 mile jog  | 24             |
| 10   | rest        | 4 mile jog  | 4 miles run  | 3 miles jog | rest       | 5 miles run and 5 miles jog together 1 session (10 mile total)        | 4 miles jog | 25             |
| 11   | rest        | 5 mile jog  | 3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)      | 3 miles jog | rest       | 5 miles jog followed by 5 miles run together 1 session(10 mile total) | 4 miles jog | 25             |
| 12   | rest        | 3 mile jog  | 4 miles (approx 4 or 5 short random 75 meter sprints during 4 mile jog)      | 3 miles jog | rest       | 6 miles run followed by 6 mile jog together 1 session (12 mile total) | rest        | 22             |
| 13   | 3 miles jog | rest        | 3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)      | 3 miles jog | rest       | 6 miles run   | Rest        | 15             |
| 14   | rest        | 2 miles jog | rest   | 3 miles jog | 3 mile jog | Rest  | Raceday     | 21             |