



MARATHON FIRST TIMERS PROGRAM - 2012

If you have questions regarding any of the training programs feel free to contact Bruce Deacon by email at CoachBruce@runvictoriamarathon.com.

Note: This schedule is expressed mostly as run/walk. This is a good way for beginners to start running, but it is always better if you can work towards completing the distances without having to walk. I encourage you to stretch yourself as the schedule progresses and work towards omitting the walking segments. If you are already at the point where you don't need to walk, then do the run/walk sessions as straight runs.

Week 1

- **Sunday, April 29:** 10 km Run/Walk
- **Monday, April 30:** Rest or Walk
- **Tuesday, May 1:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, May 2:** 30 - 40 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Thursday, May 3:** Walk or other aerobic exercise
- **Friday, May 4:** 30 minutes Run/Walk
- **Saturday, May 5:** Rest

As noted in the introduction, all the running in this program is done using the 9 minutes of running followed by 1 minute of walking except where other formats are described.

Other aerobic exercise may include: cycling, aerobics, cross country skiing or Nordic track, swimming, water running, etc.

Week 2

- **Sunday, May 6:** 12 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, May 7:** Rest or Walk
- **Tuesday, May 8:** 30 minutes or other aerobic exercise
- **Wednesday, May 9:** 30 - 40 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Thursday, May 10:** Walk or other aerobic exercise
- **Friday, May 11:** 30 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, May 12:** Rest

Week 3

- **Sunday, May 13:** 14 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, May 14:** Rest or Walk
- **Tuesday, May 15:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, May 16:** 30 - 40 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Thursday, May 17:** Walk or other aerobic exercise
- **Friday, May 18:** 40 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, May 19:** Rest



Week 4

- **Sunday, May 20:** 16 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, May 21:** Rest or Walk
- **Tuesday, May 22:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, May 23:** 40 - 50 minutes Run/Walk
- **Thursday, May 24:** Walk or other aerobic exercise
- **Friday, May 25:** 45 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, May 26:** Rest

Week 5

- **Sunday, May 27:** 12 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, May 28:** Rest or Walk
- **Tuesday, May 29:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, May 30:** 40 - 50 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Thursday, May 31:** Walk or other aerobic exercise
- **Friday, June 1:** 50 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, June 2:** Rest

Note: We are now moving into a period of hard and easy weeks. Every second week, the long run is shorter, allowing your body to recover, before moving on to the next level.

Week 6

- **Sunday, June 3:** 18 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, June 4:** Rest or Walk
- **Tuesday, June 5:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, June 6:** 30 - 40 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Thursday, June 7:** Walk or other aerobic exercise
- **Friday, June 8:** 30 minutes Run/Walk
- **Saturday, June 9:** Rest

Week 7

- **Sunday, June 10:** 14 km Run/Walk (9 run and 1 walk)
- **Monday, June 11:** Rest or Walk
- **Tuesday, June 12:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, June 13:** 50 - 60 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Thursday, June 14:** Walk or other aerobic exercise
- **Friday, June 15:** 50 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, June 16:** Rest

Week 8

- **Sunday, June 17:** 20 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, June 18:** Rest or Walk
- **Tuesday, June 19:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, June 20:** 50 - 60 minutes Run/Walk (9 minutes run and 1 minute walk)



- **Thursday, June 21:** Walk or other aerobic exercise
- **Friday, June 22:** 60 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, June 23:** Rest

Week 9

- **Sunday, June 24:** 14 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, June 25:** Rest or Walk
- **Tuesday, June 26:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, June 27:** 30 - 40 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Thursday, June 28:** Walk or other aerobic exercise
- **Friday, June 29:** 30 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, June 30:** Rest

Week 10

- **Sunday, July 1:** 22 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, July 2:** Rest or Walk
- **Tuesday, July 3:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, July 4:** 10 minutes Run/Walk, 4 circuits of hill session (see below), 10 minutes Run/Walk. Total 40 minutes.
- **Thursday, July 5:** Walk or other aerobic exercise
- **Friday, July 6:** 50 minutes Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, July 7:** Rest

Hill Session

I have chosen to insert a session into this program that has you do some specific running uphill in the course of a Run/Walk session. The reason for including a hill session is that doing some running uphill will help increase your strength and provides a work out with a little more intensity without any increased pounding.

This session begins with a standard run 9 minutes and walk 1 minute, or 10 minute jog. Complete the walk at the bottom of a hill (not too steep) that you can run up for 1 minute continuously.

The workout begins by running up the hill for 1 minute (you are not sprinting or anything like that - simply running up the hill). After a minute, turn around and jog back down the hill and around an area at the bottom of the hill for 2 minutes. Then take a walking break of 1 minute. Finally run for 1 minute back to the bottom of the hill to start the next circuit. Each circuit takes a total of 5 minutes.

Complete the required number of circuits, then complete the session with a 9 minute run 1 minute walk warm down.

Thus the circuit looks like this - Run uphill 1 min, Run downhill and flat 2 min, Walk 1 min, Run 1 min and go directly into the next set.



Week 11

- **Sunday, July 8:** 24 km Run/Walk (9 minutes run and 1 minute walk)
- **Monday, July 9:** Rest or Walk
- **Tuesday, July 10:** 30 minutes Run/Walk (if you are doing the run/walk, try to run without walking)
- **Wednesday, July 11:** 10 minutes Run/Walk, 4 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 40 minutes.
- **Thursday, July 12:** Walk or other aerobic exercise
- **Friday, July 13:** 60 minute Run/Walk (9 minutes run and 1 minute walk)
- **Saturday, July 14:** Rest

Week 12

- **Sunday, July 15:** 15 km Run/Walk (if doing the 9/1 pattern, try to alter it by running a few minutes longer before taking your walk break)
- **Monday, July 16:** Rest or Walk
- **Tuesday, July 17:** 30 minutes Run
- **Wednesday, July 18:** 10 minutes Run/Walk, 5 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, July 19:** Walk or other aerobic exercise
- **Friday, July 20:** 60 minutes Run/Walk (if doing the 9/1 pattern, try to alter it by running a few minutes longer before taking your walk break)
- **Saturday, July 21:** Rest

Week 13

- **Sunday, July 22:** 26 km Run/Walk (if doing the 9/1 pattern, try to alter it by running a few minutes longer before taking your walk break)
- **Monday, July 23:** Rest or Walk
- **Tuesday, July 24:** 30 minutes Run
- **Wednesday, July 25:** 10 minutes Run/Walk, 5 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, July 26:** Walk or other aerobic exercise
- **Friday, July 27:** 60 minutes Run/Walk (if doing the 9/1 pattern, try to alter it by running a few minutes longer before taking your walk break)
- **Saturday, July 28:** Rest

Week 14

- **Sunday, July 29:** 28 km Run/Walk (take walking breaks as needed)
- **Monday, July 30:** Rest or Walk
- **Tuesday, July 31:** 30 minutes Run
- **Wednesday, August 1:** 4 circuits of hill session (see below). Total 40 minutes.
- **Thursday, August 2:** Walk or other aerobic exercise
- **Friday, August 3:** 30 - 40 minutes Run
- **Saturday, August 4:** Rest



Week 15

- **Sunday, August 5:** 16 km Run/Walk (take walking breaks only as needed)
- **Monday, August 6:** Rest or Walk
- **Tuesday, August 7:** 30 minutes Run
- **Wednesday, August 8:** 10 minutes Run/Walk, 4 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, August 9:** Walk or other aerobic exercise

- **Friday, August 10:** 40 minutes Run
- **Saturday, August 11:** Rest

Week 16

- **Sunday, August 12:** 30 km Run/Walk (take walking breaks only as needed)
- **Monday, August 13:** Rest or Walk
- **Tuesday, August 14:** 30 minutes Run
- **Wednesday, August 15:** 10 minutes Run/Walk, 3 x pace session (see outline below), 10 minutes Run/Walk. Total 35 minutes.
- **Thursday, August 16:** Walk or other aerobic exercise
- **Friday, August 17:** 65 minutes Run/Walk (take walking breaks only as needed)
- **Saturday, August 18:** Rest

Pace Session

For weeks 17-21 I have included one session that I have called the pace session. The aim of this session is to do some running that is a little faster than your normal training pace. I am not talking high speed sprinting here. The aim is to run a little faster than your marathon pace to increase your ability to run comfortably at your marathon pace when you run your marathon.

Begin the session with a 9 minute R and 1 minute W. Then run your normal training pace for 1 minute. Next, run for two minutes at a faster pace that has you breathing more heavily (not gasping). You should still feel in control of your running throughout the effort. Then slow your pace again for 1 minute. Finally take a 1 minute walking break. Repeat this progression as many times as outlined in the program. Conclude the session with a 9 minute R and 1 minute W to warm down.

Week 17

- **Sunday, August 19:** 30 km Run/Walk (take walking breaks as needed)
- **Monday, August 20:** Rest or Walk
- **Tuesday, August 21:** 30 minutes Run
- **Wednesday, August 22:** 10 minutes Run/Walk, 4 x pace session (see week 16), 10 minutes Run/Walk. Total 40 minutes.
- **Thursday, August 23:** Walk or other aerobic exercise
- **Friday, August 24:** 65 minutes Run/Walk
- **Saturday, August 25:** Rest



Week 18

- **Sunday, August 26:** 15 km Run/Walk (9 run and 1 walk)
- **Monday, August 27:** Rest or Walk
- **Tuesday, August 28:** 40 minutes Run
- **Wednesday, August 29:** 10 minutes Run/Walk, 5 x pace session (see week 16), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, August 30:** Walk or other aerobic exercise
- **Friday, August 31:** 40 minutes Run
- **Saturday, September 1:** Rest

Week 19

- **Sunday, September 2:** 32 km Run/Walk (take walking breaks only as needed)
- **Monday, September 3:** Rest or Walk
- **Tuesday, September 4:** 30 minutes Run
- **Wednesday, September 5:** 10 minutes Run/Walk, 5 x pace session (see week 16), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, September 6:** Walk or other aerobic exercise
- **Friday, September 7:** 65 minutes Run/Walk (take walking breaks as needed)
- **Saturday, September 8:** Rest

On Sunday, September 5th you complete the longest session in the entire program (except completing your marathon in October of course). It is a good idea for you to wear clothing that you might expect to wear in the marathon during this run (weather conditions permitting). Also, eat and drink the foods that you expect to have with you during the event. If you are expecting to use the aid stations to replenish your fluids (fill your water bottle) you may wish to use electrolyte drink on your long runs as an electrolyte drink will be available at the aid stations along with water. Finding a group to complete your long runs with is also a great benefit. Time flies by when you have someone to chat with as you run.

Week 20

- **Sunday, September 9:** 28 km Run/Walk or half marathon race
- **Monday, September 10:** Rest or Walk
- **Tuesday, September 11:** 30 minutes Run
- **Wednesday, September 12:** 10 minutes Run/Walk, 4 x pace session (see week 16), 10 minutes Run/Walk. Total 40 minutes.
- **Thursday, September 13:** Walk or other aerobic exercise
- **Friday, September 14:** 55 minutes Run/Walk (take walking breaks as needed)
- **Saturday, September 15:** Rest

Week 21

- **Sunday, September 16:** 34 km Run/Walk (take walking breaks as needed). TAKE THIS RUN EASY! Don't run this hard or you risk doing your best running three weeks from the marathon.
- **Monday, September 17:** Rest or Walk
- **Tuesday, September 18:** 30 minutes Run
- **Wednesday, September 19:** 10 minutes Run/Walk, 3 x pace session (see week 16), 10 minutes Run/Walk. Total 35 minutes.



- **Thursday, September 20:** Walk or other aerobic exercise
- **Friday, September 21:** 50 minutes Run
- **Saturday, September 22:** Rest

Week 22

- **Sunday, September 23:** 28 km Run/Walk (take walking breaks as needed)
- **Monday, September 24:** Rest or Walk
- **Tuesday, September 25:** 30 minutes Run
- **Wednesday, September 26:** Rest or Walk
- **Thursday, September 27:** 30 minutes Run
- **Friday, September 28:** 40 minutes Run
- **Saturday, September 29:** Rest

All the running during this last two weeks should be very relaxed. The objective is simply to keep your body moving smoothly and fluidly. Spend time during each run visualizing yourself successfully completing those final miles of the marathon and happily and triumphantly crossing the finish line.

All your preparation is now complete...now it is time to reap the rewards.

Week 23

- **Sunday, September 30:** 12 km Run/Walk (take walking breaks as needed)
- **Monday, October 1:** Rest
- **Tuesday, October 2:** 30 minutes Run
- **Wednesday, October 3:** Rest or Walk
- **Thursday, October 4:** 20 minutes Run
- **Friday, October 5:** Rest day; day off
- **Saturday, October 6:** 10 minutes of running
- **Sunday, October 7:** RACE DAY

This last week of the program is the most difficult to create as runners are very specific about what they do in the final week before the big event. The main objective during this week is to combine gentle running with lots of relaxation.

Knock 'em dead - you've done the work! Your medal is waiting for you!