



MARATHON FIRST TIMERS PROGRAM 2009

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

Week 1

- **Sunday, May 3:** 10 km Run/Walk.
- **Monday, May 4:** Rest or Walk.
- **Tuesday, May 5:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, May 6:** 30 - 40 minutes Run/Walk (9 minutes run and 1 minute walk).
- **Thursday, May 7:** Walk or other aerobic exercise.
- **Friday, May 8:** 30 minutes Run/Walk.
- **Saturday, May 9:** 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 10:** 12 km Run/Walk.
- **Monday, May 11:** Rest or Walk.
- **Tuesday, May 12:** 30 minutes or other aerobic exercise.
- **Wednesday, May 13:** 30 - 40 minutes Run/Walk.
- **Thursday, May 14:** Walk or other aerobic exercise.
- **Friday, May 15:** 30 minutes Run/Walk.
- **Saturday, May 16:** Rest.

Week 3

- **Sunday, May 17:** 14 km Run/Walk.
- **Monday, May 18:** Rest or Walk.
- **Tuesday, May 19:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, May 20:** 30 - 40 minutes Run/Walk.
- **Thursday, May 21:** Walk or other aerobic exercise.
- **Friday, May 22:** 40 minutes Run/Walk.
- **Saturday, May 23:** Rest.

Week 4

- **Sunday, May 24:** 16 km Run/Walk.
- **Monday, May 25:** Rest or Walk.
- **Tuesday, May 26:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, May 27:** 40 - 50 minutes Run/Walk.
- **Thursday, May 28:** Walk or other aerobic exercise.
- **Friday, May 29:** 45 minutes Run/Walk.
- **Saturday, May 30:** Rest.

Week 5

- **Sunday, May 31:** 14 km Run/Walk (9 run and 1 walk).
- **Monday, June 1:** Rest or Walk.
- **Tuesday, June 2:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, June 3:** 40 - 50 minutes Run/Walk.
- **Thursday, June 4:** Walk or other aerobic exercise.
- **Friday, June 5:** 50 minutes Run/Walk.
- **Saturday, June 6:** 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 7:** 18 km Run/Walk (9 run and 1 walk).
- **Monday, June 8:** Rest or Walk.
- **Tuesday, June 9:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, June 10:** 30 - 40 minutes Run/Walk.
- **Thursday, June 11:** Walk or other aerobic exercise.
- **Friday, June 12:** 30 minutes Run/Walk.
- **Saturday, June 13:** Rest.

Week 7

- **Sunday, June 14:** 14 km Run/Walk (9 run and 1 walk).
- **Monday, June 15:** Rest or Walk.
- **Tuesday, June 16:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, June 17:** 50 - 60 minutes Run/Walk.
- **Thursday, June 18:** Walk or other aerobic exercise.
- **Friday, June 19:** 50 minutes Run/Walk.
- **Saturday, June 20:** Rest.

Week 8

- **Sunday, June 21:** 20 km Run/Walk (9 run and 1 walk).
- **Monday, June 22:** Rest or Walk.
- **Tuesday, June 23:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, June 24:** 50 - 60 minutes Run/Walk.
- **Thursday, June 25:** Walk or other aerobic exercise.
- **Friday, June 26:** 60 minutes Run/Walk.
- **Saturday, June 27:** Rest.

Week 9

- **Sunday, June 28:** 14 km Run/Walk (9 run and 1 walk).
- **Monday, June 29:** Rest or Walk.
- **Tuesday, June 30:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, July 1:** 30 - 40 minutes Run/Walk.
- **Thursday, July 2:** Walk or other aerobic exercise.
- **Friday, June 3:** 30 minutes Run/Walk.
- **Saturday, June 4:** Rest.

Week 10

- **Sunday, July 5:** 22 km Run/Walk (9 run and 1 walk).
- **Monday, July 6:** Rest or Walk.
- **Tuesday, July 7:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, July 8:** 10 minutes Run/Walk, 4 circuits of hill session (see below), 10 minutes Run/Walk Total 40 minutes.
- **Thursday, July 9:** Walk or other aerobic exercise.
- **Friday, July 10:** 50 minutes Run/Walk.

- **Saturday, July 11:** 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. 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 - R uphill 1 min, R downhill and flat 2 min, W 1 min, R 1 min.

Week 11

- **Sunday, July 12:** 24 km Run/Walk (9 run and 1 walk).
- **Monday, July 13:** Rest or Walk.
- **Tuesday, July 14:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, July 15:** 10 minutes Run/Walk, 4 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 40 minutes.
- **Thursday, July 16:** Walk or other aerobic exercise.
- **Friday, July 17:** 60 minute Run/Walk.
- **Saturday, July 18:** Rest.

Week 12

- **Sunday, July 19:** 15 km Run/Walk (9 run and 1 walk).
- **Monday, July 20:** Rest or Walk.
- **Tuesday, July 21:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, July 22:** 10 minutes Run/Walk, 5 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, July 23:** Walk or other aerobic exercise.
- **Friday, July 24:** 60 minutes Run/Walk.
- **Saturday, July 25:** Rest.

Week 13

- **Sunday, July 26:** 26 km Run/Walk (9 run and 1 walk).
- **Monday, July 27:** Rest or Walk.
- **Tuesday, July 28:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, July 29:** 10 minutes Run/Walk, 5 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, July 30:** Walk or other aerobic exercise.
- **Friday, July 31:** 60 minutes Run/Walk.
- **Saturday, August 1:** Rest.

Week 14

- **Sunday, August 2:** 28 km Run/Walk (9 run and 1 walk).
- **Monday, August 3:** Rest or Walk.
- **Tuesday, August 4:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, August 5:** 4 circuits of hill session (see below). Total 40 minutes.

- **Thursday, August 6:** Walk or other aerobic exercise.
- **Friday, August 7:** 30 - 40 minutes Run/Walk.
- **Saturday, August 8:** Rest.

Week 15

- **Sunday, August 9:** 16 km Run/Walk (9 run and 1 walk).
- **Monday, August 10:** Rest or Walk.
- **Tuesday, August 11:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, August 12:** 10 minutes Run/Walk, 4 circuits of hill session (see week 10), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, August 13:** Walk or other aerobic exercise.
- **Friday, August 14:** 40 minutes Run/Walk.
- **Saturday, August 15:** Rest.

Week 16

- **Sunday, August 16:** 30 km Run/Walk (9 run and 1 walk).
- **Monday, August 17:** Rest or Walk.
- **Tuesday, August 18:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, August 19:** 10 minutes Run/Walk, 3 x pace session (see outline below), 10 minutes Run/Walk. Total 35 minutes.
- **Thursday, August 20:** Walk or other aerobic exercise.
- **Friday, August 21:** 65 minutes Run/Walk.
- **Saturday, August 22:** Rest.

Pace Session

For weeks 16-21 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 23:** 32 km Run/Walk (9 run and 1 walk).
- **Monday, August 24:** Rest or Walk.
- **Tuesday, August 25:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, August 26:** 10 minutes Run/Walk, 4 x pace session (see week 16), 10 minutes Run/Walk. Total 40 minutes.
- **Thursday, August 27:** Walk or other aerobic exercise.
- **Friday, August 28:** 65 minutes Run/Walk.
- **Saturday, August 29:** Rest.

Week 18

- **Sunday, August 30:** 15 km Run/Walk (9 run and 1 walk).
- **Monday, August 31:** Rest or Walk.
- **Tuesday, September 1:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, September 2:** 10 minutes Run/Walk, 5 x pace session (see week 16), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, September 3:** Walk or other aerobic exercise.
- **Friday, September 4:** 40 minutes Run/Walk
- **Saturday, September 5:** Rest

Week 19

- **Sunday, September 6:** 35 km Run/Walk (9 run and 1 walk)
- **Monday, September 7:** Rest or Walk
- **Tuesday, September 8:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, September 9:** 10 minutes Run/Walk, 5 x pace session (see week 16), 10 minutes Run/Walk. Total 45 minutes.
- **Thursday, September 10:** Walk or other aerobic exercise
- **Friday, September 11:** 65 minutes Run/Walk
- **Saturday, September 12:** Rest

On Sunday, September 6th 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 Gatorade on your long runs as Gatorade will be available at the aid stations along with water.

Finding a group to complete your long runs with is also a great benefit. Having someone to chat with as you run along helps the time fly by.

Week 20

- **Sunday, September 13:** 30 km Run/Walk (9 run and 1 walk) or half marathon race
- **Monday, September 14:** Rest or Walk
- **Tuesday, September 15:** 30 minutes Run/Walk or other aerobic exercise
- **Wednesday, September 16:** 10 minutes Run/Walk, 4 x pace session (see week 16), 10 minutes Run/Walk. Total 40 minutes.
- **Thursday, September 17:** Walk or other aerobic exercise.
- **Friday, September 18:** 55 minutes Run/Walk.
- **Saturday, September 19:** Rest.

Week 21

- **Sunday, September 20:** 22 km Run/Walk (9 run and 1 walk).
- **Monday, September 21:** Rest or Walk.
- **Tuesday, September 22:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, September 23:** 10 minutes Run/Walk, 3 x pace session (see week 16), 10 minutes Run/Walk. Total 35 minutes.
- **Thursday, September 24:** Walk or other aerobic exercise.
- **Friday, September 25:** 50 minutes Run/Walk.
- **Saturday, September 26:** Rest.

Week 22

- **Sunday, September 27:** 28 km Run/Walk (9 run and 1 walk).
- **Monday, September 28:** Rest or Walk.
- **Tuesday, September 29:** 30 minutes Run/Walk or other aerobic exercise.
- **Wednesday, September 30:** Rest or Walk.
- **Thursday, October 1:** 30 minutes Run/Walk or other aerobic exercise.
- **Friday, October 2:** 40 minutes Run/Walk.
- **Saturday, October 3:** 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, October 4:** 12 km Run/Walk (9 run and 1 walk).
- **Monday, October 5:** Rest.
- **Tuesday, October 6:** 30 minutes Run/Walk.
- **Wednesday, October 7:** Rest or Walk.
- **Thursday, October 8:** 20 minutes Run/Walk.
- **Friday, October 9:** Rest day; day off.
- **Saturday, October 10:** 10 minutes of running
- **Sunday, October 11:** 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!