

# Marathon Pre-Training for New Runners



Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Apr 12 to Apr 18	<b>20 min</b> Run 2 / Walk 1	30 min Easy Walk	<b>20 min</b> Run 2 / Walk 1	30 min Easy Walk	<b>20 min</b> Run 2 / Walk 1	<b>30 min</b> Run 2 / Walk 1	Rest
2	Apr 19 to Apr 25	<b>25 min</b> Run 2 / Walk 1	30 min Easy Walk	<b>25 min</b> Run 2 / Walk 1	30 min Easy Walk	<b>25 min</b> Run 2 / Walk 1	<b>35 min</b> Run 2 / Walk 1	Rest
3	Apr 26 to May 2	<b>30 min</b> Run 3 / Walk 1	30 min Easy Walk	<b>30 min</b> Run 3 / Walk 1	30 min Easy Walk	<b>30 min</b> Run 3 / Walk 1	<b>40 min</b> Run 3 / Walk 1	Rest
4	May 3 to May 9	<b>35 min</b> Run 3 / Walk 1	30 min Easy Walk	<b>35 min</b> Run 3 / Walk 1	30 min Easy Walk	<b>35 min</b> Run 3 / Walk 1	<b>45 min</b> Run 3 / Walk 1	Rest
5	May 10 to May 16	<b>35 min</b> Run 4 / Walk 1	30 min Easy Walk	<b>35 min</b> Run 4 / Walk 1	30 min Easy Walk	<b>35 min</b> Run 4 / Walk 1	<b>50 min</b> Run 4 / Walk 1	Rest
6	May 17 to May 23	<b>40 min</b> Run 4 / Walk 1	30 min Easy Walk	<b>40 min</b> Run 4 / Walk 1	30 min Easy Walk	<b>40 min</b> Run 4 / Walk 1	<b>55 min</b> Run 4 / Walk 1	Rest
7	May 24 to May 30	<b>40 min</b> Run 5 / Walk 1	30 min Easy Walk	<b>40 min</b> Run 5 / Walk 1	30 min Easy Walk	<b>40 min</b> Run 5 / Walk 1	<b>60 min</b> Run 5 / Walk 1	Rest
8	May 31 to Jun 6	<b>45 min</b> Run 5 / Walk 1	30 min Easy Walk	<b>45 min</b> Run 5 / Walk 1	30 min Easy Walk	Rest	<b>Run a 5K!</b> 3.1 miles	Rest

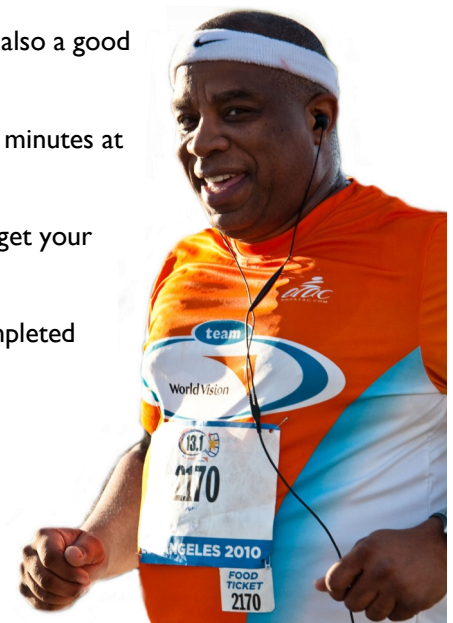
If you are seeing this page, there is a really good chance you're a new runner. There's also a good chance you are nervous! But calm down. You CAN do this!

This plan is designed just for you. It will take you from only being able to run a couple minutes at a time and get you ready to start the official training plan in eight weeks.

Remember to warm up before each run. We suggest briskly walking for 5 minutes to get your heart rate up and then begin running.

Each day you will run and walk the minutes listed. Then repeat this until you have completed the total minutes of time shown for that day.

When you finish your workout, be sure to stretch and let your heart rate come down. Once again, you CAN do this!



Chicago Marathon 2010

For more information, check out [www.teamworldvision.org/training](http://www.teamworldvision.org/training)