

Starter Marathon Plan

Free one-page sample

A calm 16-week marathon build for runners who want their first proper block to feel clear, manageable, and genuinely sustainable. This sample shows the rhythm of the week, the flavour of the sessions, and the kind of runner the plan is written for.

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| Distance: Marathon | Level: Starter | Duration: 16 weeks |
| Weekly load: 180–315 minutes across three to four runs per week | | |
| Longest run: Up to 160 minutes | | |

Who it is for

- Runners with a stable base who can already manage three to four runs per week.
- Athletes preparing for a first serious marathon block and wanting more structure than vague completion plans provide.
- People who want marathon preparation to fit around real life rather than dominate the whole week.

Typical week rhythm

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| Monday / Friday | Rest, walking, or short mobility so recovery stays part of the plan. |
| Tuesday | Primary support session: steady reps, short hills, or simple aerobic work. |
| Thursday | Marathon-support or steady running that teaches rhythm without forcing the week upward. |
| Saturday | Easy support run or optional rest when recovery needs more room. |
| Sunday | Long-run progression that builds patiently toward race-day durability. |

Three real sessions from the plan

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| Week 1 Tue | 45 min, RPE 5 | 3 x 5 min steady with 2 min easy jog between reps. |
| Week 8 Sun | 105 min, RPE 4 | Comfortable long run that stays patient from start to finish. |
| Week 13 Thu | 70 min, RPE 5 | 2 x 15 min marathon effort with 5 min easy between blocks. |

Inside the full PDF

- Full 16-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, long-run progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and plan-adjustment notes.

What this plan emphasizes: Clarity, repeatability, patient long-run growth, and enough recovery to arrive at race day trained rather than worn down.

Full plan: Visit [the Starter Marathon Plan page](#)