



Half-Marathon to Full Marathon Training Plan

"One mile at a time. You've got this!"

Stepping up to the marathon distance requires patience, consistency, and belief. This plan will gradually build your stamina and strength — with paths for just completing the marathon or improving your performance!

How to Use This Plan

- **Path 1: Complete the Marathon** — Priority on gradual mileage growth and injury prevention.
 - **Path 2: Improve Marathon Time** — Adds structured speed and tempo workouts.
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Weekly Structure Key

- **Easy Run:** Comfortable effort
- **Tempo Run:** Hard but sustainable pace
- **Intervals/Hills:** Short sharp efforts
- **Long Run:** Slow building distance
- **Strength Training:** Core, glutes, hips **Strength + Easy:** Short strength session (20–30 min) followed by a relaxed easy-paced run (3–5km).
- **Rest/Recovery:** Mandatory!

Quick Tips:

- Long runs are **the key sessions** — never skip them!
- Keep strength work regular but light in final weeks.
- Taper properly (weeks 14–16) to arrive fresh on race day.
- Nutrition and hydration strategies are crucial.

16-Week Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	6km Easy	Strength	6km Easy	Flexibility	8km Long	Recovery
2	Rest	6km Intervals (4x800m)	Strength + Easy	7km Easy	Flexibility	10km Long	Rest
3	Rest	8km Tempo	Strength	7km Easy	Flexibility	12km Long	Recovery
4	Rest	8km Intervals (5x800m)	Strength + Easy	8km Easy	Flexibility	14km Long	Rest
5	Rest	8km Tempo	Strength	8km Easy	Flexibility	16km Long	Recovery
6	Rest	9km Intervals (6x800m)	Strength + Easy	8km Tempo	Flexibility	18km Long	Rest
7	Rest	9km Easy	Strength	9km Easy	Flexibility	20km Long	Recovery
8	Rest	10km Intervals (6x1km)	Strength + Easy	8km Easy	Flexibility	22km Long	Rest
9	Rest	10km Tempo	Strength	9km Easy	Flexibility	24km Long	Recovery

10	Rest	8km Intervals	Strength	7km Easy	Flexibility	16km Long	Rest
11	Rest	10km Easy	Strength	9km Easy	Flexibility	26km Long	Recovery
12	Rest	8km Tempo	Strength	8km Easy	Flexibility	28km Long	Rest
13	Rest	6km Intervals	Light Strength	6km Easy	Flexibility	30km Long	Recovery
14	Rest	6km Tempo	Flexibility	6km Easy	Flexibility	20km Long	Rest
15	Rest	4km Easy	Flexibility	4km Easy	Flexibility	10km Long	Rest
16	Rest	3km Easy	Rest	2km Easy	Rest	Marathon Race!	Celebrate!