Kick start marathon training plan

Date	Mileage
Feb 21st	3
28th	3½
March 7th	4
14th	4½
21st	5
28th	5½
April 4th	6
11th	5½
18th	6
25th	6½
May 2nd	6
9th	7
16th	6½
23rd	7½
30th	Start of Berlin.
June 6th	London/Chester/Loch Ness
13th	Manchester
27th	Newport
30th	Snowdon

Chester, London and Loch Ness (3rd Oct) - Sunday long runs

Start	Beginners	Intermediate
6/6	6	8
13/6	7	9
20/6	5	6
27/6	9	11
4/7	10	12
11/7	7	9
18/7	12	14
25/7	½ Marathon	15
1/8	10	½ Marathon
8/8	15	17
15/8	16/17	18
22/8	12	13
29/8	18	20
5/9	14	12
12/9	20	20
19/9	12	12
26/9	8	8
3/10	Marathon	Marathon

4 runs a week	5 runs a week
2 rest days	1 rest day
1 cross train day	1 cross train day

>Build up now to Sunday long runs before start date, be able to do 1st 3 Sundays with ease, as per kick-start plan.

Berlin (26th Sept) - Sunday long runs

Start	Beginners	Intermediate
30/5	6	8
6/6	7	9
13/6	5	6
20/6	9	11
27/6	10	12
4/7	7	9
11/7	12	14
18/7	½ marathon	15
25/7	10	½ marathon
1/8	15	17
8/8	16/17	18
15/8	12	13
22/8	18	20
29/8	14	12
5/9	20	20
12/9	12	12
19/9	8	8
26/9	Marathon	Marathon

	4 runs a week	5 runs a week
	2 rest days	1 rest day
	1 cross train day	1 cross train day

>Build up now to Sunday long runs before start date, be able to do 1st 3 Sundays with ease, as per kick-start plan.

Newport (24th Oct) - Sunday long runs

Start	Beginners	Intermediate
27/6	6	8
4/7	7	9
11/7	5	6
18/7	9	11
25/7	10	12
1/8	7	9
8/8	12	14
15/8	½ Marathon	15
22/8	10	½ Marathon
29/8	15	17
5/9	16/17	18
12/9	12	13
19/9	18	20
26/9	14	12
3/10	20	20
10/10	12	12
17/10	9	8
24/10	Marathon	Marathon

	4 runs a week	5 runs a week
	2 rest days	1 rest day
	1 cross train day	1 cross train day

>Build up now to Sunday long runs before start date, be able to do 1st 3 Sundays with ease per kick-start plan.

Snowdon (30th Oct) - Sunday long runs

Start	Beginners	Intermediate
9/7	6	8
10/7	7	9
17/7	5	6
24/7	9	11
31/7	10	12
7/8	7	9
14/8	12	14
21/8	½ Marathon	15
28/8	10	½ Marathon
4/9	15	17
11/9	16/17	18
18/9	12	13
25/9	18	20
2/10	14	12
9/10	20	20
16/10	12	12
23/10	8	8
30/10	Marathon	Marathon
	4 runs a week	5 runs a week
	2 rest days	1 rest day
	1 cross train day	1 cross train day

>Build up now to Sunday long runs before start date, be able to do the 1st 3 Sundays with ease, as per kick-start plan.

Manchester (10th Oct) - Sunday long runs

Start	Beginners	Intermediate
13/6	6	8
20/6	7	9
27/6	5	6
4/7	9	11
11/7	10	12
18/7	7	9
25/7	12	14
1/8	½ Marathon	15
8/8	10	½ Marathon
15/8	15	17
22/8	16/17	18
29/8	12	13
5/9	18	20
12/9	14	12
19/9	20	20
26/9	12	12
3/10	8	8
10/10	Marathon	Marathon

	4 runs a week	5 runs a week
2 rest days	1 rest days	
	1 cross train day	1 cross train day

 >Build up now to Sunday long runs before start date, be able to do 1st 3 Sundays with ease, as per kick-start plan.