

TRAINING SCHEDULE - Getting Started							
ABSOLUTE BEGINNERS - Stage 1							
If you have a basic level of fitness e.g. short walks, with no previous / recent running experience - Complete this stage first							
TIME SPAN - It may take 3 - 6 weeks, depending on a number of factors such as general fitness, health, weight, age etc							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	2 Mile walk	rest	2 Mile walk	rest	2 Mile walk	rest	2 Mile walk
Take an extra week if you are feeling lethargic, discomfort or slow recovery							
Week 2	3 Mile walk	rest	3 Mile walk	rest	3 Mile walk	rest	2 Mile walk
Take an extra week if you are feeling lethargic, discomfort or slow recovery							
Week 3	4 Mile walk	rest	4 Mile walk	rest	4 Mile walk	rest	3 Mile walk
Take an extra week if you are feeling lethargic, discomfort or slow recovery							

TRAINING SCHEDULE							
RELATIVE BEGINNERS WITH A LITTLE WALK / RUN EXPERIENCE - Stage 2							
If you have been walking on a reasonably regular basis - Check the schedule and see if your up for it							
Gradually increase the run distance. Tip; Run as slow as you can for as far as you can rather than fast and short							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	3 Mile walk/run	rest	3 Mile walk/run	rest	3 Mile walk/run	rest	2 Mile walk/run
Week 2	4 Mile walk/run	rest	4 Mile walk/run	rest	4 Mile walk/run	rest	3 Mile walk/run
Week 3	5 Mile walk/run	rest	5 Mile walk/run	rest	5 Mile walk/run	rest	4 Mile walk/run
Take an extra 1-2 weeks if you are feeling lethargic, discomfort or slow recovery							
Now move up to a weekly Training Schedule for Half / Full Marathon training							