Cork City Marathon 1/2 Marathon Plan for Beginners

(Must be able to run 5KM before beginning Plan)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	2 mile jog	rest	2 mile run	2 mile jog	rest	5k Park Run or 3 Mile run	Rest	9
2	2 mile jog	rest	3 mile run	2 mile jog	rest	4 miles jog	rest	11
3	3 miles jog	rest	3 mile run	2 mile jog	rest	5 miles jog	Rest	13
4	3 miles jog	rest	4 miles jog	3 miles jog	rest	6miles jog	rest	16
5	rest	4 mile jog	3 miles (approx 3 or 4 short random sprints 50 meter each during 3 mile jog)	3 miles jog	rest	7 miles jog	3 miles jog	20
6	rest	4 mile jog	1/2 mile jog, 1/2 mile at 75% sprint (repeat three time) ie 3 miles in total	4 miles jog	rest	8 miles jog	Rest	19
7	5 mile jog	rest	sprint session. Full pace 200 meters X 3 2 minute break inbetween	3 miles jog	rest	9 miles jog	3 miles jog	20.5
8	rest	4 mile jog	sprint session. Full pace 100 meters X 4. 60 seconds break inbetween	3 miles jog	rest	10 miles jog	3 miles jog	20.5
9	rest	5 mile jog	3 miles (approx 3 or 4 short 75 meter random sprints during 3 mile jog)	3 miles jog	rest	11 miles jog	2 mile jog	24
10	rest	4 mile jog	4 miles run	3 miles jog	rest	5 miles run and 5 miles jog together 1 session (10 mile total)	4 miles jog	25
11	rest	5 mile jog	3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)	3 miles jog	rest	5 miles jog followed by 5 miles run together 1 session(10 mile total)	4 miles jog	25
12	rest	3 mile jog	4 miles (approx 4 or 5 short random 75 meter sprints during 4 mile jog)	3 miles jog	rest	6 miles run followed by 6 mile jog together 1 session (12 mile total)	rest	22
13	3 miles jog	rest	3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)	3 miles jog	rest	6 miles run	Rest	15
14	rest	2 miles jog	rest	3 miles jog	3 mile jog	Rest	Raceday	21