



Cork City Marathon Marathon Plan 1st Time Marathon

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	5 mile jog	rest	3 miles (1 mile jog, followed by one mile run, followed by 1 mile jog)	rest	4 miles jog	8 miles jog	Rest	20
2	6 mile jog	rest	5 mile run (3 jog, 2 run, jog/run/jog/run/jog)	rest	4 miles jog	9 miles jog	rest	24
3	6 mile jog	rest	3 mile run	rest	4 miles jog	10 miles jog	Rest	23
4	6 mile jog	rest	4 miles jog	rest	4 miles jog	11 miles jog	rest	25
5	7 mile jog	4 mile jog	3 miles (approx 3 or 4 short 75 meter random sprints during 3 mile jog)	rest	4 miles jog	13 miles jog	Rest	32
6	8 mile jog	rest	1/2 mile jog, 1/2 mile at 75% sprint (repeat three time) ie 3 miles in total	rest	4 miles jog	15 miles jog	Rest	30
7	8 mile jog	rest	1/2 mile jog, 1/2 mile at 75% sprint (repeat three time) ie 3 miles in total	rest	4 miles jog	15 miles jog	Rest	30
8	8 mile jog	rest	sprint session. Full pace 200 meters X 3 2 minute break inbetween	rest	4 miles jog	17 miles jog	rest	29
9	7 mile jog	4 mile jog	sprint session. Full pace 100 meters X 4. 60 seconds break inbetween	rest	4 miles jog	20 miles jog	rest	35
10	4 mile jog	6 mile jog	3 miles (approx 3 or 4 short 75 meter random sprints during 3 mile jog)	rest	4 miles jog	17 miles jog	rest	34
11	5 mile jog	4 mile jog	4 miles run	rest	4 miles jog	20 miles jog	Rest	37
12	3 miles jog	5 mile jog	3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)	rest	6 mile jog	15 miles jog	Rest	32
13	3 miles jog	3 mile jog	4 miles (approx 4 or 5 short random 75 meter sprints during 4 mile jog)	rest	4 miles jog	13 miles jog	rest	27
14	3 miles jog	rest	3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)	rest	4 miles jog	10 miles jog	Rest	20
15	rest	2 miles jog	4 mile jog	rest	3 mile jog	Rest	Raceday	35