



## AIMing to Complete Your First Marathon—Beginner’s Schedule (2016)

Suggested training guide for first-time marathon runners. This training program is an 18-week marathon-training schedule for runners who can run about five to six miles at the commencement of training.

Adapted from Hal Hidgon’s Marathon Training Guide, <http://www.halhidgon.com/training/51137/Marathon-Novice-1-Training-Program>

**Set July ‘16 goals & FOCUS to achieve them:** \_\_\_\_\_

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	27 Jun Rest	28 Jun 3-mile run	29 Jun 3-mile run	30 Jun 3-mile run	1 Jul Rest	2 Jul 6-mile run	3 Jul Cross training
2	4 Jul Rest	5 Jul 3-mile run	6 Jul 3-mile run	7 Jul 3-mile run	8 Jul Rest	9 Jul 7-mile run	10 Jul Cross training
3	11 Jul Rest	12 Jul 3-mile run	13 Jul 4-mile run	14 Jul 3-mile run	15 Jul Rest	16 Jul 5-mile run	17 Jul Cross training
4	18 Jul Rest	19 Jul 3-mile run	20 Jul 4-mile run	21 Jul 3-mile run	22 Jul Rest	23 Jul 9-mile run	24 Jul Cross training
5	25 Jul Rest	26 Jul 3-mile run	27 Jul 5-mile run	28 Jul 3-mile run	29 Jul Rest	30 Jul 10-mile run	31 Jul Cross training

**Self assessment-July ‘16** \_\_\_\_\_

**Set August ‘16 goals & FOCUS to achieve them:** \_\_\_\_\_

6	1 Aug Rest	2 Aug 3-mile run	3 Aug 5-mile run	4 Aug 3-mile run	5 Aug Rest	6 Aug 7-mile run	7 Aug Cross training
7	8 Aug Rest	9 Aug 3-mile run	10 Aug 6-mile run	11 Aug 3-mile run	12 Aug Rest	13 Aug 12-mile run	14 Aug Cross training
8	15 Aug Rest	16 Aug 3-mile run	17 Aug 6-mile run	18 Aug 3-mile run	19 Aug Rest	20 Aug Rest	21 Aug Half Mara
9	22 Aug Rest	23 Aug 3-mile run	24 Aug 7-mile run	25 Aug 4-mile run	26 Aug Rest	27 Aug 10-mile run	28 Aug Cross training

**Self assessment-August ‘16** \_\_\_\_\_

**Set September ‘16 goals & FOCUS to achieve them:** \_\_\_\_\_

10	29 Aug Rest	30 Aug 3-mile run	31 Aug 7-mile run	1 Sep 4-mile run	2 Sep Rest	3 Sep 15-mile run	4 Sep Cross training
11	5 Sep Rest	6 Sep 4-mile run	7 Sep 8-mile run	8 Sep 4-mile run	9 Sep Rest	10 Sep 16-mile run	11 Sep Cross training
12	12 Sep Rest	13 Sep 4-mile run	14 Sep 8-mile run	15 Sep 5-mile run	16 Sep Rest	17 Sep 12-mile run	18 Sep Cross training
13	19 Sep Rest	20 Sep 4-mile run	21 Sep 9-mile run	22 Sep 5-mile run	23 Sep Rest	24 Sep 18-mile run	25 Sep Cross training
14	26 Sep Rest	27 Sep 5-mile run	28 Sep 9-mile run	29 Sep 5-mile run	30 Sep Rest	1 Oct 14-mile run	2 Oct Cross training

**Self assessment-September ‘16** \_\_\_\_\_

**Set October ‘16 goals & FOCUS to achieve them:** \_\_\_\_\_

15	3 Oct Rest	4 Oct 5-mile run	5 Oct 10-mile run	6 Oct 5-mile run	7 Oct Rest	8 Oct 20-mile run	9 Oct Cross training
16	10 Oct Rest	11 Oct 5-mile run	12 Oct 8-mile run	13 Oct 4-mile run	14 Oct Rest	15 Oct 12-mile run	16 Oct Cross training
17	17 Oct Rest	18 Oct 4-mile run	19 Oct 6-mile run	20 Oct 3-mile run	21 Oct Rest	22 Oct 8-mile run	23 Oct Cross training
18	24 Oct Rest	25 Oct 3-mile run	26 Oct 4-mile run	27 Oct 2-mile run	28 Oct Rest	29 Oct Rest	30 Oct AIM DAY Marathon!

**Self assessment-October ‘16** \_\_\_\_\_