

# Ultimate Marathon Schedule: Get You Round



Ah, yes. The romance of the marathon. The aching muscles. The blistered feet. The months of recovery. Nonsense. Forget those old-school notions of running a marathon. This is the 21st century, friends. There's a better way.

This month we begin preparing, as beginners and slower runners, to get round the marathon. The goal is simple: to line up healthy and well-trained at the start, and cross the finish line smiling. It can be done. With a little patience, you can have the best marathon experience of your life.

There are two key features to this plan. First, all the training is 'time-based'. There are no miles to keep track of, no distances to measure. If you've got a watch, you're ready to begin. Second, it is based on the Galloway Run-Walk method. I have used this method in each of the 23 marathons I've run, and have used it in training with thousands of other runners. It works.

As opposed to those who beat themselves up in the early stages, only to find themselves walking the last eight miles, we will integrate scheduled walk breaks into our training and into our race. At the Flora London Marathon, we figure that the 'Get you Round' pacing team passes nearly 3000 people on our way to the finish.

So grab your kit, lace up your shoes, and let's get started. The time listed on each day of the schedules is the total time of the work-out. You alternate running and walking in those intervals for the entire work-out.

## **Week One**

**Mon** Rest

**Tue** 30 mins: run 3 mins, walk 1

**Wed** 40 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 40 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 80 mins: run 3 mins, walk 2

## **Week Two**

**Mon** Rest

**Tue** 30 mins: run 3 mins, walk 1

**Wed** 45 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 40 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 1hr 40 mins: run 3 mins, walk 2

## **Week Three**

**Mon** Rest

**Tue** 40 mins: run 3 mins, walk 1

**Wed** 45 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 40 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 70 mins: run 4 mins, walk 2

## **Week Four**

**Mon** Rest

**Tue** 40 mins: run 3 mins, walk 1

**Wed** 50 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 40 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 2hrs: run 4 mins, walk 2

## **Pep Talk**

I said you have to take this on faith. At first, it may seem too easy, but hang in there; the time starts to add up pretty quickly in just a little while.

By now, I hope you're starting to see the magic in the run/walk method. In fact, if you're from the 'no pain, no gain' generation, you may indeed think that you aren't getting anywhere. You are. Your body is slowly – painlessly – adjusting to the demands that you're making of it.

The key is consistency. If you've been tempted to skip a session every now and then, it's time to rededicate yourself to the goal of reaching the starting line healthy and the finish line happy. Thousands of us will be out there that Sunday morning in April. You don't want to be left behind.

Focus on making each session a small goal in itself. Take a minute to congratulate yourself on getting out there on those days when you don't feel like it. Take pride in those days when you train even though you have plenty of excuses not to.

The payoff will be there on race-day. But the preparation needs to begin in earnest today.

### **Week Five**

**Mon** Rest

**Tue** 40 mins: run 3 mins, walk 1

**Wed** 55 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 40 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 2hrs 20 mins: run 4 mins, walk 2

### **Week Six**

**Mon** Rest

**Tue** 45 mins: run 3 mins, walk 1

**Wed** 55 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 45 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 90 mins: run 4 mins, walk 1

### **Week Seven**

**Mon** Rest

**Tue** 45 mins: run 3 mins, walk 1

**Wed** 60 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 45 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 2hrs 40 mins: run 4 mins, walk 1

### **Week Eight**

**Mon** Rest

**Tue** 45 mins: run 3 mins, walk 1

**Wed** 60 mins: run 3 mins, walk 2

**Thu** Rest

**Fri** 45 mins: run 3 mins, walk 1

**Sat** Rest

**Sun** 3hrs: run 4 mins, walk 1

## **Pep Talk**

Are we having fun yet? I hope so. By now your training might seem as if it's taking over your life. That's when the real fun starts.

Part of what I like so much about training for the marathon is that it makes my life so simple. There are only two categories of activities: 1) the things I do because I'm training for a marathon; and 2) the things I don't do because I'm training. For me, decisions are very easy to make.

This is also the time when I start to imagine where I'll be on the course during the marathon. If you're training for London, as you keep increasing the time of your runs, you might think, 'Oh, this is when I'll pass the Cutty Sark, or cross Tower Bridge, or head out on to the Isle of Dogs.'

Later, you'll be able to think forward to seeing Big Ben, running beside St. James's Park, seeing Buckingham Palace, and wondering where you're going to put your marathon medal.

Finally, this is the time to start making mistakes in your longer runs. You want to make all of your mistakes before marathon day. The long runs are the time to experiment with your kit (do you prefer shorts or tights; long-sleeved or short-sleeved shirts), experiment with how to drink water and how much to drink, and experiment with energy drinks, gels and bars.

And remember, the goal is to start healthy and finish smiling.

### **Week Nine**

**Mon** Rest

**Tue** 45 mins: run 4 mins, walk 1

**Wed** 60 mins: run 4 mins, walk 2

**Thu** Rest

**Fri** 45 mins: run 4 mins, walk 1

**Sat** Rest

**Sun** 90 mins: run 5 mins, walk 1

### **Week 10**

**Mon** Rest

**Tue** 45 mins: run 4 mins, walk 1

**Wed** 60 mins: run 4 mins, walk 2

**Thu** Rest

**Fri** 45 mins: run 4 mins, walk 1

**Sat** Rest

**Sun** 3hrs 30: run 5 mins, walk 1

### **Week 11**

**Mon** Rest

**Tue** 45 mins: run 4 mins, walk 1

**Wed** 60 mins: run 4 mins, walk 1

**Thu** Rest

**Fri** 45 mins: run 4 mins, walk 1

**Sat** Rest

**Sun** 90 mins: run 5 mins, walk 1

### **Week 12**

**Mon** Rest

**Tue** 45 mins: run 4 mins, walk 1

**Wed** 60 mins: run 4 mins, walk 1

**Thu** Rest

**Fri** 45 mins: run 4 mins, walk 1

**Sat** Rest

**Sun** 4hrs: run 5 mins, walk 1

## **Pep Talk**

The big day is nearly upon us. Now is the best time to do some final preparation, both mental and physical. Running a marathon isn't one big challenge; it's a series of small challenges. On race day, you'll want to break up the miles into smaller segments, setting shorter goals along the course to help keep you motivated. We'll celebrate each mile.

Training well means tapering well. Beginning three weeks before the marathon, you need to reduce your daily and weekly mileage. You've worked hard – your body has gone through an amazing transition – and now it's time to allow it to get fully recovered before marathon day. Don't try to squeeze in just a little more training.

**Race-day Rule 1:** Don't try anything new. Now is not the time to experiment with the latest fad diet, fuel source, shoe design or clothing advancement. Stick to what your body knows. Stick to what you know worked in the training runs.

**Race-day Rule 2:** Pace yourself from the very first mile. Plan to run the first half of the marathon slower than the second half. That way, you won't worry about getting behind early.

And remember, in the end, the difference between a marathoner and a non-marathoner isn't the training, the diet, the clothes or the willpower. The difference is that one single step across the finish line. On April 22, we're not going to worry about running 26.2 miles. Together, we're going to do everything we can to take that final step.

### **Week 13**

**Mon** Rest

**Tue** 45 mins: run 4 mins, walk 1

**Wed** 60 mins: run 5 mins, walk 1

**Thu** Rest

**Fri** 45 mins: run 4 mins, walk 1

**Sat** Rest

**Sun** 2hrs: run 5 mins, walk 1

### **Week 14**

**Mon** Rest

**Tue** 30 mins: run 4 mins, walk 1

**Wed** 45 mins: run 5 mins, walk 1

**Thu** Rest

**Fri** 30 mins: run 4 mins, walk 1

**Sat** Rest

**Sun** 70 mins: run 5 mins, walk 1

### **Week 15**

**Mon** Rest

**Tue** 20 mins: run 4 mins, walk 1

**Wed** 30 mins: run 5 mins, walk 1

**Thu** Rest

**Fri** 20 mins: run 4 mins, walk 1

**Sat** Rest

**Sun** The race: run 5 mins, walk 1