

# Full Marathon Training Plan



Thank you for signing up to support #TeamMigraine.

We know that running is rewarding but tough! We are so grateful to you for taking on this awesome challenge to raise vital funds for The Migraine Trust and we want to help you to achieve your goal!

This training plan is designed to get you to the start line of the marathon feeling confident that you can reach the finish line. There is no better feeling than digging deep, training hard and getting that medal. You'll have ticked something off your bucket list and made a huge difference in raising awareness of debilitating migraine. And we're here to help you do that!

This 16 week training plan is aimed at people who have some experience with running and are looking to up their distance considerably to 26 miles! The plan will see you training 3-4 times a week and we suggest that you add some other exercise in, such as yoga, walking and strength training to make sure you're at your best on the day. This varied plan will help you to up your distance, improve your fitness and help you smash this epic marathon challenge!

Remember, this plan is a guide and is not set in stone. Training is tough and you don't want to get injured. Listen to your body and if you have any worries at all about your Marathon, just get in touch with our Fundraising Officer at [fundraising@migrainetrust.org](mailto:fundraising@migrainetrust.org)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	3 M	4 M	Rest Day	4 M	Strength Training	8 M
2	Rest Day	3 M	4 M	Rest Day	4 M	Strength Training	10 M
3	Rest Day	4 M	5 M	Rest Day	5 M	Strength Training	11 M
4	Rest Day	4 M	5 M	Rest Day	5 M	Strength Training	9 M
5	Rest Day	5 M	6 M	Rest Day	6 M	Strength Training	13 M
6	Rest Day	5 M	6 M	Rest Day	6 M	Strength Training	15 M
7	Rest Day	5 M	7 M	Rest Day	6 M	Strength Training	10 M
8	Rest Day	5 M	7 M	Rest Day	7 M	Strength Training	16 M
9	Rest Day	6 M	8 M	Rest Day	7 M	Strength Training	18 M
10	Rest Day	6 M	8 M	Rest Day	7 M	Strength Training	14 M
11	Rest Day	6 M	8 M	Rest Day	8 M	Strength Training	19 M
12	Rest Day	6 M	6 M	Rest Day	6 M	Strength Training	13.1 Half Marathon
13	Rest Day	6 M	8 M	Rest Day	8 M	Strength Training	20 M
14	Rest Day	6 M	6 M	Rest Day	6 M	Strength Training	12 M
15	Rest Day	6 M	5 M	Rest Day	4 M	Strength Training	8 M
16	Rest Day	3 M	Rest Day	3 M	4 M	2 M	RACE DAY!

