PB PROTOCOL

TRAINING PROGRAM

MARATHON (BEGINNERS)

BY HOKA

PB PROTOCOL

YOUR 12-WEEK MARATHON TRAINING PLAN FOR BEGINNERS

This plan is for those who have completed the half-marathon distance and are now taking on the challenge of the marathon. It is designed to get you to the finish line as opposed to any time specific performance.

Don't forget your warm-up and warm-down: Start and end each training session with a 5 minute walk to help you warm-up and cool-down your muscles, minimizing the risk of injury.

MARATHON (BEGINNERS)

BY HOKA

WEEK 1

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 40 mins

Easy run 30 mins

TUESDAY

Rest

WEDNESDAY

- Easy/steady 8km run
- 100m stride, 100m walk Repeat 4x

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY
Total time: 1 hour 40 mins

Easy run 90 mins

WEEK 2

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 40 mins

Easy run 30 mins

TUESDAY

Rest

WEDNESDAY

- Easy/steady 8km run
- 100m stride, 100m walk Repeat 4x

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY

Easy run 15km

WEEK 3

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 45 mins

Easy run 35 mins

TUESDAY

Rest

WEDNESDAY

▪ Easy/steady 10km run
▪ 100m stride, 100m walk Repeat 4x

THURSDAY

Rest

FRIDAY

Easy run 35 mins

SATURDAY

Rest

SUNDAY
Total time: 1 hour 40 mins

Easy run 90 mins

PB PROTOCOL

WEEK 4

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 45 mins

Easy run 35 mins

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour 6 mins

- 10 mins Fartlek warm-up

- 5 mins at half-marathon pace, 1 min walk
- 4 mins at half-marathon pace, 1 min walk
- 3 mins at half-marathon pace, 1 min walk
- 2 mins at half-marathon pace, 1 min walk
- 1 mins at half-marathon pace, 1 min walk
- 3 mins rest

Repeat 2x

- 10 mins easy jog cool-down

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY

Easy run 20km

PB PROTOCOL

WEEK 5

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 45 mins

Easy run 35 mins

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour

- 10 mins easy run
- 100m stride, 100m walk Repeat 2/3x

- 3 mins at half-marathon pace, 1 min jog
- 2 mins at half-marathon pace, 1 min jog
- 1 mins at half-marathon pace, 1 min jog
- Rest 2 mins

Repeat 3x

- Easy run 10 mins

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY
Total time: 1 hour 40 mins

Easy run 90 mins

PB PROTOCOL

WEEK 6

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 45 mins

Easy run 35 mins

TUESDAY

Rest

WEDNESDAY
Total time: 55 mins

- 10 mins easy run
- 100m stride, 100m walk Repeat 2/3x
- 1 min at 10km race pace, 30s jog Repeat 20x
- Easy run 10 mins

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY

Easy run 25km

PB PROTOCOL

WEEK 7

MONDAY
Total time: 50 mins

- Easy run 35 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour 6 mins

- 10 mins easy run
- 100m stride, 100m walk Repeat 2/3x

- 5 mins at half-marathon pace, 1 min walk
- 4 mins at half-marathon pace, 1 min walk
- 3 mins at half-marathon pace, 1 min walk
- 2 mins at half-marathon pace, 1 min walk
- 1 mins at half-marathon pace, 1 min walk
- 3 mins rest

Repeat 2x

- Easy run 10 mins

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY
Total time: 1 hour 40 mins

Easy run 90 mins

PB PROTOCOL

WEEK 8

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins
- Easy run 35 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY
Rest

WEDNESDAY
Total time: 1 hour 6 mins
- Easy run 2km
- 100m stride, 100m walk Repeat 2/3x
- 2 mins at half-marathon pace, 1 min walk Repeat 10x
- Easy run 2km

THURSDAY
Rest

FRIDAY
Easy run 8km

SATURDAY
Rest

SUNDAY
Easy run 30km

PB PROTOCOL

WEEK 9

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins

- Easy run 35 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY

Easy/steady run 8km

THURSDAY

Rest

FRIDAY

Easy/steady run 8km

SATURDAY

Rest

SUNDAY

Easy/steady run 90 mins

PB PROTOCOL

WEEK 10

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins

- Easy run 35 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour 15 mins

- 10 mins easy run
- 100m stride, 100m walk Repeat 2/3x
- 5 mins run, 3 mins jog Repeat 6x
  (alternating half-marathon and 10km race pace)
- 10 mins easy run

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY

Easy run 20km

PB PROTOCOL

WEEK 11

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins

- Easy run 35 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour

- 10 mins easy run
- 100m stride, 100m walk Repeat 2/3x
- 3 mins run, 200m jog Repeat 8x
  (alternating half-marathon and 10km race pace)
- 10 mins easy run

THURSDAY

Rest

FRIDAY

Easy run 8km

SATURDAY

Rest

SUNDAY

Easy run 10km

PB PROTOCOL

WEEK 12

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY

Easy run 5km

THURSDAY

Rest

FRIDAY

Easy run 25 mins

SATURDAY

Rest

SUNDAY

Marathon Day!

PB PROTOCOL