



Marathon

♥ Heart Rate Based

Beginner

16 Weeks

3 Workouts/Week

2022-02-13 – 2022-06-04

Marathon running for beginners based on heart rate

2022-02-13	Rest	Rest day.
2022-02-14	W01D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-02-15	W01D3-Cross Training	Cross train, 40 minutes. Stretch.
2022-02-16	W01D4-Steady Run	<ul style="list-style-type: none">• Run in Z3, steady pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-02-17	Rest	Rest day.
2022-02-18	W01D6-Cross Training	Cross train, 30 minutes. Stretch.
2022-02-19	W01D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 10 minutes. Run in Z2, easy pace, 20 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch
2022-02-20	W02D1-Cross Training	Cross train, 30 minutes.
2022-02-21	W02D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-02-22	W02D3-Cross Training	Cross train, 40 minutes.
2022-02-23	W02D4-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 3 minutes. Run in Z2, recovery pace, 20 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.

2022-02-24	Rest	Rest day.
2022-02-25	W02D6-Cross Training	Cross train, 30 minutes. Stretch.
2022-02-26	W02D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 10 minutes. Run in Z2, easy pace, 25 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-02-27	W03D1-Cross Training	Cross train, 30 minutes.
2022-02-28	W03D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-01	W03D3-Cross Training	Cross train, 30 minutes.
2022-03-02	W03D4-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 4 minutes. Run in Z2, recovery pace, 20 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
2022-03-03	Rest	Rest day.
2022-03-04	W03D6-Cross Training	Cross train, 30 minutes. Stretch.
2022-03-05	W03D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 10 minutes. Run in Z2, easy pace, 25 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-06	Rest	Rest day.
2022-03-07	W04D2-Cross Training	Cross train, choose between bike/row/step, 20 minutes. Choose a different activity, 20 minutes. Stretch.
2022-03-08	W04D3-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-09	W04D4-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 4 minutes. Run in Z2, recovery pace, 90 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
2022-03-10	Rest	Rest day.
2022-03-11	W04D6-Cross Training	Cross train, easy, 30 minutes.

2022-03-12	W04D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z2, easy pace, 30 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-13	Rest	Rest day.
2022-03-14	W05D2-Fartlek	<ul style="list-style-type: none">• Run at varying intensity throughout the workout, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-15	W05D3-Cross Training	Cross train, 30 minutes.
2022-03-16	W05D4-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 4 minutes. Run in Z2, recovery pace, 90 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
2022-03-17	Rest	Rest day.
2022-03-18	W05D6-Cross Training	Cross train, 30 minutes.
2022-03-19	W05D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z2, easy pace, 35 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-20	Rest	Rest day.
2022-03-21	W06D2-Steady Run	<ul style="list-style-type: none">• Run in Z3, steady pace, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch for 20 minutes.
2022-03-22	W06D3-Cross Training	Cross train, 40 minutes. Stretch.
2022-03-23	W06D4-Fartlek	<ul style="list-style-type: none">• Run at varying intensity throughout the workout, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-24	Rest	Rest day.
2022-03-25	W06D6-Cross Training	Cross train, 45 minutes.
2022-03-26	W06D7-Long Run	<ul style="list-style-type: none">• Walk, brisk pace, 5 minutes. Run in Z2, easy pace, 25 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-27	W07D1-Yoga	Yoga.
2022-03-28	W07D2a-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.

2022-03-28	W07D2b-Body Weight Exercises	Body weight exercises, 15 minutes.
2022-03-29	W07D3-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Run in Z2, recovery pace, 90 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
2022-03-30	W07D4-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 35 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-03-31	Rest	Rest day.
2022-04-01	W07D6-Cross Training	Cross train, 45 minutes.
2022-04-02	W07D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z2, easy pace, 40 minutes. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-03	Rest	Rest day.
2022-04-04	W08D2a-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 25 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-04	W08D2b-Body Weight Exercises	Body weight exercises, 15 minutes.
2022-04-05	W08D3-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Run in Z2, recovery pace, 90 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
2022-04-06	Rest	Rest day.
2022-04-07	W08D5-Fartlek	<ul style="list-style-type: none">• Run at varying intensity throughout the workout, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-08	W08D6-Cross Training	Cross train, 20 minutes. Body weight exercises, 20 minutes.
2022-04-09	W08D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z2, easy pace, 35 minutes. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-10	W09D1-Yoga	Yoga and full stretch.

2022-04-11	W09D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-12	W09D3-Cross Training	Cross train, 20 minutes. Stretch. Body weight exercises, 20 minutes.
2022-04-13	W09D4-Fartlek	<ul style="list-style-type: none">• Run at varying intensity throughout the workout, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-14	Rest	Rest day.
2022-04-15	W09D6-Cross Training	Cross train, 30 minutes. Optional: Swim.
2022-04-16	W09D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 80 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-17	W10D1-Yoga	Optional: Pilates class.
2022-04-18	W10D2-Cross Training	Cross train: Body weight, 20 minutes. Core, 20 minutes. Leg exercises, 20 minutes. Stretch.
2022-04-19	W10D3-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Run in Z2, recovery pace, 90 seconds. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
2022-04-20	Rest	Rest day.
2022-04-21	W10D5-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-04-22	Rest	Rest day.
2022-04-23	W10D7-Half Marathon	Race a half marathon or run a half marathon distance at marathon pace.
2022-04-24	Rest	Rest day.
2022-04-25	W11D2-Cross Training	Cross train, 30 minutes. Stretch.
2022-04-26	W11D3-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 6 minutes. Run in Z2, recovery pace, 2 minutes. Repeat 4 times.• Cool down, 10 minutes.• Stretch.
2022-04-27	Rest	Rest day.
2022-04-28	W11D5a-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.

2022-04-28	W11D5b-Body Weight Exercises	Body weight exercises, 15 minutes.
2022-04-29	Rest	Rest day.
2022-04-30	W11D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z2, easy pace 55 minutes. Repeat 3 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-01	W12D1-Yoga	Optional: Pilates class.
2022-05-02	W12D2-Cross Training	Cross train: Row, 20 minutes. Step, 20 minutes. Cross trainer, 20 minutes.
2022-05-03	W12D3-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-04	W12D4-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 8 minutes. Run in Z2, recovery pace, 2 minutes. Repeat 3 times.• Cool down, 10 minutes.• Stretch.
2022-05-05	Rest	Rest day.
2022-05-06	W12D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 20 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-07	W12D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z2, easy pace 45 minutes. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-08	W13D1-Pilates	Pilates.
2022-05-09	W13D2-Cross Training	Cross train for 60 minutes total. Switch to a new activity every 20 minutes. Stretch.
2022-05-10	W13D3-Fartlek	<ul style="list-style-type: none">• Run at varying intensity throughout the workout, 45 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-11	Rest	Rest day.
2022-05-12	W13D5a-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 40 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-12	W13D5b-Body Weight Exercises	Body weight exercises, 20 minutes.
2022-05-13	W13D6-Cross Training	Cross train, 30 minutes. Stretch.

2022-05-14	W13D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z3, marathon pace 25 minutes. Repeat 5 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-15	W14D1-Yoga	Optional: Full stretch.
2022-05-16	W14D2-Cross Training	Cross train, 20 minutes. Body weight exercises, 20 minutes. Row, 20 minutes. Stretch.
2022-05-17	Rest	Rest day.
2022-05-18	W14D4-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Run in Z2, recovery pace, 90 seconds. Repeat 5 times.• Cool down, 10 minutes.• Stretch.
2022-05-19	Rest	Rest day.
2022-05-20	W14D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-21	W14D7-Long Run	<ul style="list-style-type: none">• Walk in Z2, brisk pace, 5 minutes. Run in Z3, marathon pace 25 minutes. Repeat 4 times.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-22	W15D1-Yoga	Optional: Pilates class.
2022-05-23	W15D2-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-24	W15D3-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Run in Z2, recovery pace, 2 minutes. Repeat 3 times.• Cool down, 10 minutes.• Stretch.
2022-05-25	W15D4-Cross Training	Cross train, 30 minutes. Stretch.
2022-05-26	Rest	Rest day.
2022-05-27	W15D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-05-28	W15D7-Long Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 30 minutes.• Run in Z3, marathon pace, 30 minutes.• Cool down, 5 to 10 minutes.• Stretch.

2022-05-29	W16D1-Yoga	Optional: Pilates class.
2022-05-30	W16D2-Threshold Run	<ul style="list-style-type: none">• Warm up, 10 minutes.• Run in Z4, threshold pace, 5 minutes. Run in Z2, recovery pace, 60 seconds. Repeat 2 times.• Cool down, 10 minutes.• Stretch.
2022-05-31	Rest	Rest day.
2022-06-01	W16D4-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 25 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-06-02	Rest	Rest day.
2022-06-03	W16D6-Easy Run	<ul style="list-style-type: none">• Run in Z2, easy pace, 15 minutes.• Run in Z3, marathon pace, 5 minutes.• Cool down, 5 to 10 minutes.• Stretch.
2022-06-04	W16D7-Marathon	RACE DAY! GOOD LUCK!

Created by

Full Potential

At 30 years old, Keith Anderson changed his lifestyle and began running to get fit and lose weight. After expert advice and training, he ran a 2:17 marathon and finished 10th in the Commonwealth Games Marathon at age 41. Keith's company, Full Potential, provides professional coaching for everyone from beginner to elite runners.

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