



TCS Lo

**FULL MARATHON - 24 Week Running Plan**

Weeks to go	Week starting	Affirmation of the week	Run Day 1	Run Day 2	Run Day 3	Run Day 4	REST!
		REST DAY! Your Positive Affirmation for the week...	Medium - Fast Pace	CHALLENGE DAY! (or substitute for medium pace run).	Easy-Medium Pace	Long Run	Alternative Training/Rest
24	12-Nov	I am energised	1-2 miles	<b>How far does 20 minutes take you?</b>	30 mins	3-4 miles	<p><b>Use these first few weeks to build a running habit. Explore your local routes and how far you can get in a fix period of time. The times and distances provided are a guide only!</b></p>
23	19-Nov	I choose to be kind to myself	2-3 miles	<b>Run for 3 minutes walk for 1, dedicate 45 minutes</b>	20-30 mins	3-4 miles	
22	26-Nov	I cherish my body	2-3 miles	<b>How far does 30 minutes take you?</b>	30 mins	4-5 miles	
21	03-Dec	I wake each day rested and full of energy	3-4 miles	<b>Run for 3 minutes, walk for 30 seconds, dedicate 45 minutes</b>	40 mins	5-6 miles	
20	10-Dec	I am capable of great things	3 miles	<b>3 miles standard run</b>	20-30 mins	5 miles	<p><b>Aim to fully rest at least 1 day a week.</b></p> <p><b>Today could be a good day to do some yoga or some extra stretching.</b></p> <p><b>Why not use today to have a think about who you are going to dedicate your next long run</b></p> <p><b>It may be the same person next week or it may be a different person for each of your runs.</b></p>



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