



MARATHON BEGINNER RUNNING PLAN

Orange Running Festival

WEEK 1

Day 1
REST

Day 2
5km

Day 3
5km

Day 4
5KM

Day 5
REST

Day 6
10km

Day 7
1hr cross-
training

WEEK 2

Day 1
REST

Day 2
5km

Day 3
5km

Day 4
5km

Day 5
REST

Day 6
11km

Day 7
1hr cross-
training

WEEK 3

Day 1
REST

Day 2
5km

Day 3
6km

Day 4
5km

Day 5
REST

Day 6
15km

Day 7
1hr cross-
training

WEEK 4

Day 1
REST

Day 2
5km

Day 3
9km

Day 4
5km

Day 5
REST

Day 6
19km

Day 7
1hr cross-
training





MARATHON BEGINNER RUNNING PLAN

Orange Running Festival

WEEK 5

Day 1
REST

Day 2
5km

Day 3
11km

Day 4
7KM

Day 5
REST

Day 6
16km

Day 7
1hr cross-
training

WEEK 6

Day 1
REST

Day 2
5km

Day 3
11km

Day 4
7km

Day 5
REST

Day 6
24km run

Day 7
1hr cross-
training

WEEK 7

Day 1
REST

Day 2
7km

Day 3
13km run

Day 4
7km

Day 5
REST

Day 6
25km run

Day 7
1HR CROSS-
TRAINING

WEEK 8

Day 1
REST

Day 2
7km

Day 3
13km

Day 4
8km

Day 5
REST

Day 6
10km

Day 7
HALF-
MARATHON HIT
OUT



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Running

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MARATHON BEGINNER RUNNING PLAN

Orange Running Festival

WEEK 9

Day 1
REST

Day 2
7km

Day 3
15km

Day 4
8KM

Day 5
REST

Day 6
29km

Day 7
1hr cross-
training

WEEK 10

Day 1
REST

Day 2
8km

Day 3
15km

Day 4
8km

Day 5
REST

Day 6
32km at race pace

Day 7
1hr cross-
training

WEEK 11

Day 1
REST

Day 2
7km

Day 3
10km

Day 4
5km

Day 5
REST

Day 6
12km

Day 7
1hr cross-
training

WEEK 12

Day 1
REST

Day 2
5km

Day 3
6km

Day 4
3km

Day 5
REST

Day 6
ORF Shake-Out
Run!

Day 7
RACE DAY

