Brooks 12-Week full Marathon Training Schedule

If you've signed up for your first marathon, congratulations! It will be one of the most rewarding experiences you'll ever have. But before you cross that finish line, you've got work to do, and a marathon training plan will help spell things out for you.

A training plan will identify all the runs and workouts you need, how intense or easy they should be, and when to cross-train and rest.

Before you start following the plan, however, it's important to consider all the "extras" that go into marathon training. Things like nutrition, recovery, mindset, and what to do if you miss a few runs.

Below are some tips and tricks to help you get the most out of your training, as well as a break down of three different 12-week programs to suit your lifestyle

PROGRAM A - 3-4 runs per week

PROGRAM B - 5 runs per week

PROGRAM C - 6-7 runs per week

BROOKS

Make the commitment

Marathon training is not a small commitment, and you should consider your current lifestyle before undertaking it. Look at your calendar, map out your training program, and make sure it doesn't tip your life balance because that will only lead to burnout and/or injury.

Once you're sure you've got the bandwidth for marathon training, make a mental commitment. These next few months might require earlier bedtimes, less socializing, and the ability to hit the roads in pre-dawn hours. It's only temporary, of course, but you should want to complete a marathon badly enough to make the small sacrifices it requires.

Practice your nutrition

Even if you follow your marathon training plan to perfection, if you don't practice good nutrition and fueling during your long runs, your race day may go off the rails. Start by ensuring you are filling up every day with lots of whole, nutrient-dense foods.

During your long runs, try a variety of different race-ready supplements to rapidly replace the precious glycogen you'll be using during your marathon. Try gels, drinks, chews, and other products every week during your long runs. Eventually, you will land on the right formula for your personal needs and tastes. A good, rough guideline is to aim for taking in some calories around the 45-minute mark of each hour, averaging around 30 to 90 grams of carbohydrates per hour. Once you've got your fueling strategy dialed in, stick with it on race day.

BROOKS

Recover and respect your body

Marathon training is a long grind and will take its toll on your muscles and energy. That's why it's so important to pay attention to the little aches and pains that pop up, rest on rest days, and prioritize recovery. The old adage of "listen to your body" rings very true during marathon training.

When it comes to rest days, most runners aren't big fans, but rest is every bit as important as the actual miles you log. Don't neglect rest or try to squeeze in extra miles — this will only lead to trouble. Think of rest as the reward for all your hard work. Treat your body kindly, and it will do the same in return.
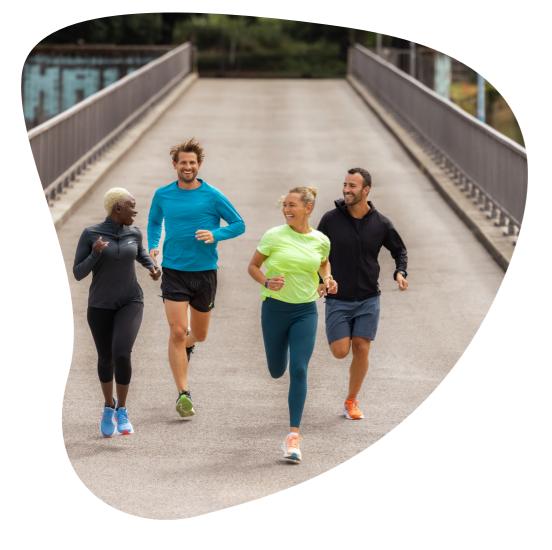
It won't always be perfect

Every runner goes into marathon training with the idea that they'll hit each and every run, and there's nothing wrong with that goal. But the reality is, you will miss some runs, and that's OK. Life will get in the way, and as long as you hit about 90% of the training, you should be fine.

The best approach may just be focusing on consistency. A missed run here or there will not make a bit of difference to your ability to finish a marathon, but a lack of consistency can derail your training plan.

Make sure you take care of all the back-end items, too, for the best race-day experience. Rest, nutrition, commitment, and consistency will carry the day.

BROOKS

Brooks 12-Week full Marathon Training Schedule
PROGRAM A
3-4 runs per week

12-WEEK MARATHON TRAINING SCHEDULE

3-4 runs per week

WEEK 1

MONDAY - Day Off

TUESDAY - 15min warm up jog, 4x80m relaxed strides, session 3x10min effort (pace you would hold running for 10k hard) with 2 minutes walk recovery, 10min jog cool down

WEDNESDAY - Day Off

THURSDAY - 40min easy jog (recovery run)

FRIDAY - Day Off

SATURDAY - Long Run 90 min

SUNDAY - Short 30min jog or day off if doing 3 runs a week

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WEEK 2

MONDAY - Day Off

TUESDAY -20min warm up jog, 4x80m relaxed strides, session 4x10min effort (pace you would hold running for 10k hard) with 2 minutes walk recovery, 15 min jog cool down

WEDNESDAY - Day Off

THURSDAY - 45min easy jog (recovery run)

FRIDAY - Day Off

SATURDAY - Long Run 95 min

SUNDAY - Short 30min jog or day off if doing 3 runs a week

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WEEK 3

MONDAY - Day Off

TUESDAY - 20min warm up jog, 4x80m relaxed strides, session 3x15min effort (pace you would hold running for 10k hard or slightly slower) with 2 minutes walk recovery, 15 min jog cool down

WEDNESDAY - Day Off

THURSDAY - 50 min easy jog (recovery run)

FRIDAY - Day Off

SATURDAY - Long Run 100 min

SUNDAY - Short 30min jog or day off if doing 3 runs a week

12-WEEK MARATHON TRAINING SCHEDULE

3-4 runs per week

WEEK 4

MONDAY - Day Off

TUESDAY - Session: Pick Up Run : 20min warm up -straight into 20min slightly faster (10-15sec / km, still comfortable), straight into 2x10min efforts (1st at half marathon pace, 2nd 5seconds / km faster), straight into 10min jog cool down. 70minutes of continous running

WEDNESDAY - Day Off

THURSDAY - 50min easy jog (recovery run)

FRIDAY - Day Off

SATURDAY - Long Run 110 min

SUNDAY - Short 30min jog or day off if doing 3 runs a week

WEEK 5

MONDAY - Day Off

TUESDAY - Session: Pick Up Run : 20min warm up -straight into 20min slightly faster (10-15sec / km, still comfortable), straight into 2x10min efforts (1st at half marathon pace, 2nd 5 seconds / km faster), straight into 10min jog cool down. 70minutes of continous running

WEDNESDAY - Day Off

THURSDAY - 60 min easy jog (recovery run)

FRIDAY - Day Off

SATURDAY - Long Run 120 min

SUNDAY - Short 30min jog or day off if doing 3 runs a week

WEEK 6

MONDAY - Day Off

TUESDAY - 20min warm up, 4x80m strides, session 8x1km reps at 10k pace plus 5sec off 60seconds walk recovery, 15-20min cool down

WEDNESDAY - Day Off

THURSDAY - 60 min easy jog (recovery run)

FRIDAY - Day Off

SATURDAY - Long Run 130 min

SUNDAY - Short 30min jog or day off if doing 3 runs a week

12-WEEK MARATHON TRAINING SCHEDULE
3-4 runs per week

WEEK 7
MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, session 10x1km reps at 10k pace plus 5sec off 60seconds walk recovery, 15-20min cool down
WEDNESDAY - Day Off
THURSDAY - 70 min easy jog (recovery run)
FRIDAY - Day Off
SATURDAY - Long Run 140 min
SUNDAY - Short 30min jog or day off if doing 3 runs a week

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WEEK 8
MONDAY - Day Off
TUESDAY - Warm up 20min jog, 4x80m strides, session 2x7km at marathon pace with 1km jog recovery, 15min cool down jog
WEDNESDAY - Day Off
THURSDAY - 70 min easy jog (recovery run)
FRIDAY - Day Off
SATURDAY - Long Run 150 min
SUNDAY - Short 30min jog or day off if doing 3 runs a week

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WEEK 9
MONDAY - Day Off
TUESDAY - Warm up 20min jog, 4x80m strides, session km at marathon pace with 1km jog recovery, 15min cool down jog
WEDNESDAY - Day Off
THURSDAY - 70 min easy jog (recovery run)
FRIDAY - Day Off
SATURDAY - Long Run 160 min
SUNDAY - Short 30min jog or day off if doing 3 runs a week

12-WEEK MARATHON TRAINING SCHEDULE
3-4 runs per week

WEEK 10
MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, 30min steady running at marathon pace, 15min cool down
WEDNESDAY - Day Off
THURSDAY - 60 min easy jog (recovery run)
FRIDAY - Day Off
SATURDAY - Long Run 100 min
SUNDAY - Short 30min jog or day off if doing 3 runs a week

WEEK 11
MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, 4x1km at 1/2 marathon pace off 60seconds recovery, 15min cool down
WEDNESDAY - Day Off
THURSDAY - 40min easy jog (recovery run)
FRIDAY - Day Off
SATURDAY - Long Run 60 min
SUNDAY - Short 30min jog or day off if doing 3 runs a week

WEEK 12
MONDAY - Day Off
TUESDAY - 20 minute warm up, session 4x60sec at marathon pace
WEDNESDAY - Day Off
THURSDAY - 15min warm up session 4x30second strides at marathon pace
FRIDAY - Day Off
SATURDAY - Day Off
SUNDAY - Marathon!

Brooks 12-Week full Marathon Training Schedule
PROGRAM B
5 runs per week

12-WEEK MARATHON TRAINING SCHEDULE

5 runs per week

WEEK 1
MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, session 8x1km reps at 10k pace plus 5sec slower, 60seconds walk recovery between rep, 15-20min cool down
WEDNESDAY - 50min easy jog
THURSDAY - 30-40min easy jog
FRIDAY - Day Off
SATURDAY - 20min warm up, 4x80m strides, 8x1km at 10k-half marathon effort with 60seconds recovery, 15min cool down
SUNDAY - 90min LSR

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WEEK 2
MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, session 10x1km reps at 10k pace plus 5sec slower, 60seconds walk recovery, 15-20min cool down
WEDNESDAY - 60min easy jog
THURSDAY -30-40min easy jog
FRIDAY - Day Off
SATURDAY - 20min warm up, 4x80m strides, 4x2km at half marathon effort with 2min recovery, 15min cool down
SUNDAY - 105min (1hr 45min) LSR

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WEEK 3
MONDAY - Day Off
TUESDAY - Session: Pick Up Run : 20min warm up - straight into 20min slightly faster (10-15sec / km, still comfortable), straight into 2x10min efforts (1st at half marathon pace, 2nd 5seconds / km faster), straight into 10min jog cool down. 70minutes of continuous running
WEDNESDAY - 60min easy jog
THURSDAY - 30-40min easy jog
FRIDAY - Day Off
SATURDAY - 20min warm up, 4x80m strides, 5k Parkrun hard, 10mkin cool down
SUNDAY -115min (1hr 55min) LSR

12-WEEK MARATHON TRAINING SCHEDULE
5 runs per week

WEEK 4

MONDAY - Day Off

TUESDAY - Session: Pick Up Run : 20min warm up -straight into 20min slightly faster (10-15sec / km, still comfortable), straight into 3x10min efforts (1st at half marathon pace, 2nd 5seconds / km faster), straight into 10min jog cool down. 80minutes of continuous running

WEDNESDAY - 65-70min easy jog

THURSDAY - 30-40min easy jog

FRIDAY - Day Off

SATURDAY - 100min (1hr 40min) LSR

SUNDAY - 120min (2hrs) LSR

WEEK 5

MONDAY - Day Off

TUESDAY - Warm up 20min jog, 4x80m strides, session 2x7km at marathon pace with 1km jog recovery, 15min cool down jog

WEDNESDAY - 65-70min easy jog

THURSDAY   - 30-40min easy jog

FRIDAY - Day Off

SATURDAY - 20min warm up, 4x80m strides, 8km steady running at half marathon pace/effort, 15min cool down

SUNDAY - 140min (2hrs 20min) LSR

WEEK 6

MONDAY - Day Off

TUESDAY - 20min warm up, 4x80m strides, session 5x2km reps at 10k pace plus 5sec off 2minute walk recovery, 15min cool down

WEDNESDAY - 65-70min easy jog

THURSDAY - 30-40min easy jog

FRIDAY - Day Off

SATURDAY - 20min warm up, 4x80m strides, 8km steady running at half marathon pace/effort, 15min cool down

SUNDAY -155min (2hrs 35min) run : last 15min at marathon pace/effort

12-WEEK MARATHON TRAINING SCHEDULE
5 runs per week

WEEK 7
MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, session 5x2km reps at 10k pace plus 5sec off 2minute walk recovery, 15min cool down
WEDNESDAY - 65-70min easy jog
THURSDAY - 30-40min easy jog
FRIDAY - Day Off
SATURDAY - 20min warm up, 4x80m strides, 10km steady running at half marathon pace/effort, 15min cool down
SUNDAY - 170min(2hrs50min) LSR

WEEK 8
MONDAY - Day Off
TUESDAY - Warm up 15min jog, 4x80m strides, session 2x8km at marathon pace with 1km jog recovery, 15min cool down jog
WEDNESDAY - 65-70min easy jog
THURSDAY   - 30-40min easy jog
FRIDAY - Day Off
SATURDAY - 20min warm up, 4x80m strides, 10k steady running at half marathon pace/effort, 15min cool down
SUNDAY - 180min (3hrs) run: last 15min at marathon pace/effort

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WEEK 9
MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, session 12x1km reps at 10k pace plus 5-10sec slower with 60 seconds recovery walk, 15min cool down
WEDNESDAY - 65-70min easy jog
THURSDAY - 30-40min easy jog
FRIDAY - Day Off
SATURDAY - 100min (1hr 40min) LSR
SUNDAY -180min (3hrs) run : last 15min at marathon pace/effort

12-WEEK MARATHON TRAINING SCHEDULE

5 runs per week

WEEK 10

MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, 30min steady running at marathon pace, 15min cool down
WEDNESDAY - 50min easy jog
THURSDAY - 30min easy jog
FRIDAY - Day Off
SATURDAY - 15-20min warm up, 4x80m strides, 8km steady running at half marathon pace/effort, 15min cool down
SUNDAY - 90min LSR

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WEEK 11

MONDAY - Day Off
TUESDAY - 20min warm up, 4x80m strides, 4x1km at 1/2 marathon pace off 60seconds recovery, 15min cool down
WEDNESDAY - 40min easy jog
THURSDAY   - 20min easy jog
FRIDAY - Day Off
SATURDAY - 15-20min warm up, 4x80m strides, 5k Parkrun hard, 10min cool down
SUNDAY - 60min LSR

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WEEK 12

MONDAY - Day Off
TUESDAY - 20 minute warm up, session 4x60sec at marathon pace
WEDNESDAY - 15min warm up session 4x30second strides at marathon pace
THURSDAY - 15min warm up, session 4x15seconds at marathon pace
FRIDAY - Day Off
SATURDAY - Day Off
SUNDAY -Marathon!

Brooks 12-Week full Marathon Training Schedule
PROGRAM C
6-7 *runs per week*

12-WEEK MARATHON TRAINING SCHEDULE

6-7 runs per week

WEEK 1

MONDAY - 20-30min jog or Day Off

TUESDAY - 20min warm up, 4x80m strides, session 8x1km reps at 10k pace plus 5sec off 60seconds walk recovery, 15-20min cool down

WEDNESDAY - 40min jog

THURSDAY - 60min jog

FRIDAY - 15min-20min jog or Day Off

SATURDAY - 20min warm up, 4x80m strides, 3x2km at half marathon effort with 90seconds recovery, 15min cool down

SUNDAY -110min LSR

WEEK 2

MONDAY - 20-30min jog or Day Off

TUESDAY - 20min warm up, 4x80m strides, session 10x1km reps at 10k pace plus 5sec off 60seconds walk recovery, 15-20min cool down

WEDNESDAY - 40-60min jog

THURSDAY - 70min jog

FRIDAY - 15min-20min jog or Day Off

SATURDAY - 20min warm up, 4x80m strides, 4x2km at half marathon effort with 2min recovery, 15min cool down

SUNDAY - 120min (2hrs) LSR

WEEK 3

MONDAY - 20-30min jog or Day Off

TUESDAY - Session: Pick Up Run : 20min warm up -straight into 20min slightly faster (10-15sec / km, still comfortable), straight into 2x10min efforts (1st at half marathon pace, 2nd 5seconds / km faster), straight into 10min jog cool down. 70minutes of continous running

WEDNESDAY - 40-60min jog

THURSDAY - 80min jog

FRIDAY - 15min-20min jog or Day Off

SATURDAY - 20min warm up, 4x80m strides, 5k Parkrun hard, 10mkin cool down

SUNDAY -130min (2hrs 10min) LSR

12-WEEK MARATHON TRAINING SCHEDULE

6-7 runs per week

WEEK 4
MONDAY - 20-30min jog or Day Off
TUESDAY - Session: Pick Up Run : 20min warm up -straight into 20min slightly faster (10-15sec / km, still comfortable), straight into 3x10min efforts (1st at half marathon pace, 2nd 5seconds / km faster), straight into 10min jog cool down. 80minutes of continous running
WEDNESDAY - 40-60min jog
THURSDAY - 80-85min jog
FRIDAY - 15min-20min jog or Day Off
SATURDAY - 100min (1hr 40min) LSR
SUNDAY -140min (1hr 20min) LSR

WEEK 5
MONDAY - 20-30min jog or Day Off
TUESDAY - Warm up 20min jog, 4x80m strides, session 2x7km at marathon pace with 1km jog recovery, 15min cool down jog
WEDNESDAY - 40-60min jog
THURSDAY - 85-90min jog
FRIDAY - 15min-20min jog or Day Off
SATURDAY - 20min warm up, 4x80m strides, 8km steady running at half marathon pace/effort, 15min cool down
SUNDAY - 150min (2hrs 30min) LSR : last 15min at marathon race pace/effort

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WEEK 6
MONDAY - 20-30min jog or Day Off
TUESDAY - 20min warm up, 4x80m strides, session 5x2km reps at 10k pace plus 5sec off 2minute walk recovery, 15min cool down
WEDNESDAY - 40-60min jog
THURSDAY - 85-90min jog
FRIDAY - 15min-20min jog or Day Off
SATURDAY - 20min warm up, 4x80m strides, 8km steady running at half marathon pace/effort, 15min cool down
SUNDAY -160min (2hrs 45min) run : last 15min at marathon pace/effort

12-WEEK MARATHON TRAINING SCHEDULE

6-7 runs per week

WEEK 7

MONDAY - 20-30min jog or Day Off

TUESDAY - 20min warm up, 4x80m strides, session 5x2km reps at 10k pace plus 5sec off 2minute walk recovery, 15min cool down

, straight into 10min jog cool down. 80minutes of continous running

WEDNESDAY - 40-60min jog

THURSDAY - 85-90min jog

FRIDAY - 15min-20min jog or Day Off

SATURDAY - 20min warm up, 4x80m strides, 10km steady running at half marathon pace/effort, 15min cool down

SUNDAY -170min(3hrs 10min) LSR

WEEK 8

MONDAY - 20-30min jog or Day Off

TUESDAY - Warm up 15min jog, 4x80m strides, session 2x8km at marathon pace with 1km jog recovery, 15min cool down jog

WEDNESDAY - 40-60min jog

THURSDAY - 85-90min jog

FRIDAY - 15min-20min jog or Day Off

SATURDAY - 20min warm up, 4x80m strides, 10k steady running at half marathon pace/effort, 15min cool down

SUNDAY - 180min (3hrs) run: last 15min at marathon pace/effort

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WEEK 9

MONDAY - 20-30min jog or Day Off

TUESDAY - 20min warm up, 4x80m strides, session 12x1km reps at 10k pace plus 5-10sec slower with 60 seconds recovery walk, 15min cool down

WEDNESDAY - 40-60min jog

THURSDAY - 85-90min jog

FRIDAY - 15min-20min jog or Day Off

SATURDAY - 100min (1hr 40min) LSR

SUNDAY -180min (3hrs) run : last 15min at marathon pace/effort

12-WEEK MARATHON TRAINING SCHEDULE

6-7 runs per week

WEEK 10
MONDAY - 20min jog or Day Off
TUESDAY - 20min warm up, 4x80m strides, 30min steady running at marathon pace, 15min cool down
WEDNESDAY - 40min jog
THURSDAY - 70min jog
FRIDAY - 15min jog or Day Off
SATURDAY - 15-20min warm up, 4x80m strides, 8km steady running at half marathon pace/effort, 15min cool down
SUNDAY - 90min LSR

WEEK 11
MONDAY - 20min jog or Day Off
TUESDAY - 20min warm up, 4x80m strides, 4x1km at 1/2 marathon pace off 60seconds recovery, 15min cool down
WEDNESDAY - 30min jog
THURSDAY - 50min jog
FRIDAY - 15min jog or Day Off
SATURDAY - 15-20min warm up, 4x80m strides, 5k Parkrun hard, 10min cool down
SUNDAY - 60min LSR

WEEK 12
MONDAY - 15min jog or Day Off
TUESDAY - 15 minute warm up, session 3x1km at 1/2 marathon pace with 90seconds recovery, 10min cool down4x60sec at marathon pace
WEDNESDAY - 15min jog or Day Off
THURSDAY - 30min jog, 4x45sec strides at marathon pace
FRIDAY - 15min jog, 4x30sec strides at marathon pace
SATURDAY - 15min jog, 4x15sec strides at marathon pace
SUNDAY - Marathon!