



42.2 · BEGINNER 18-WEEK TRAINING PLAN



SET A GOAL

STEP 1

Use the [Hansons Training Pace Calculator](#) to fill in the following paces. You'll reference these paces for your weekly workouts. This will help you get the most out of each workout, and ensure that your training hits the right zones so you don't go too easy, or too hard.

_____ : Your goal finish time _____ : Your goal pace (GP)
_____ : Long Run _____ : 10k pace (for workouts)

BRUSH UP ON YOUR RUNNER LINGO

STEP 2

TEMPO: It should be hard to hold a conversation at this speed, but still a pace you could hold for 45–60 minutes if necessary.

RECOVERY PACE: Easy jogging in-between hard, fast intervals; no prescribed speed, just keep moving.

WARM-UP/COOL-DOWN: Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you're done.

REST OR CROSS-TRAIN: Total rest, or doing a non-running activity such as weights, yoga, cycling, etc.

NOTATION: In these training plans, minutes and seconds are noted using quotations marks: minutes are denoted using by single quotation marks, and seconds denoted by double quotation marks. (3' = 3 minutes, 45" = 45 seconds)



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 (19.5 km)	rest or cross-train	3 km easy pace	rest or cross-train	5 km easy pace	rest or cross-train	5 km easy pace	long run: 6.5 km easy pace
WEEK 2 (26.5 km)	rest or cross-train	5 km easy pace	rest or cross-train	5 km easy pace	5 km easy pace	5 km easy pace	long run: 6.5 km easy pace
WEEK 3 (34 km)	rest or cross-train	6.5 km easy pace	rest or cross-train	6.5 km easy pace	6.5 km easy pace	6.5 km easy pace	long run: 8 km easy pace
WEEK 4 (32.5 km)	rest or cross-train	8 km easy pace	rest or cross-train	5 km easy pace	5 km easy pace	8 km easy pace	long run: 6.5 km easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5 (38.5 km)	rest or cross-train	8 km easy pace	rest or cross-train	6.5 km easy pace	8 km easy pace	6.5 km easy pace	long run: 9.5 km easy pace
WEEK 6 (64 km)	6.5 km easy pace	2.5 km warm up 12 x 400m @ 5k-10k pace w/400m recovery 2.5 km cool down	rest or cross-train	1600m warm up 8 km tempo @ GP 1600m cool down	6.5 km easy pace	12.5 km easy pace	long run: 12.5 km easy pace
WEEK 7 (63 km)	6.5 km easy pace	2.5 km warm up 8 x 600m @ 5k-10k pace w/400m recovery 2.5 km cool down	rest or cross-train	1600m warm up 8 km tempo @ GP 1600m cool down	6.5 km easy pace	9.5 km easy pace	long run: 16.5 km easy pace
WEEK 8 (67 km)	9.5 km easy pace	2.5 km warm up 6 x 800m @ 5k-10k pace w/400m recovery 2.5 km cool down	rest or cross-train	1600m warm up 8 km tempo @ GP 1600m cool down	8 km easy pace	9.5 km easy pace	long run: 16.5 km easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9 (77 km)	8 km easy pace	2.5 km warm up <hr/> 5 x 1k @ 5k-10k pace w/400m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 12.5 km tempo @ GP <hr/> 1600m cool down	9.5 km easy pace	8 km easy pace	long run: 24 km easy pace
WEEK 10 (75 km)	11 km easy pace	2.5 km warm up <hr/> 4 x 1200m @ 5k-10k pace w/400m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 12.5 km tempo @ GP <hr/> 1600m cool down	8 km easy pace	12.5 km easy pace	long run: 16.5 km easy pace
WEEK 11 (88 km)	8 km easy pace	2.5 km warm up <hr/> 6 x 1600m @ GP-10 w/400m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 12.5 km tempo @ GP <hr/> 1600m cool down	9.5 km easy pace	12.5 km easy pace	long run: 25.5 km easy pace
WEEK 12 (81 km)	8 km easy pace	2.5 km warm up <hr/> 4 x 2.5 km @ GP-10 w/800m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 14.5 km @ GP <hr/> 1600m cool down	8 km easy pace	12.5 km easy pace	long run: 16.5 km easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 13 (90 km)	11 km easy pace	2.5 km warm up <hr/> 3 x 3 km @ GP-10 w/800m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 14.5 km tempo @ GP <hr/> 1600m cool down	9.5 km easy pace	9.5 km easy pace	long run: 25.5 km easy pace
WEEK 14 (81 km)	8 km easy pace	2.5 km warm up <hr/> 2 x 5 km @ GP-10 w/1 mile recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 14.5 km tempo @ GP <hr/> 1600m cool down	8 km easy pace	12.5 km easy pace	long run: 16.5 km easy pace
WEEK 15 (92 km)	11 km easy pace	2.5 km warm up <hr/> 3 x 3 km @ GP-10 w/800m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 16.5 km tempo @ GP <hr/> 1600m cool down	9.5 km easy pace	9.5 km easy pace	long run: 25.5 km easy pace
WEEK 16 (83 km)	8 km easy pace	2.5 km warm up <hr/> 4 x 2.5 km @ GP-10 w/800m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 16.5 km tempo @ GP <hr/> 1600m cool down	8 km easy pace	12.5 km easy pace	long run: 16.5 km easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 17 (80 km)	11 km easy pace	2.5 km warm up <hr/> 6 x 1600m @ GP-10 w/400m recovery <hr/> 2.5 km cool down	rest or cross-train	1600m warm up <hr/> 16.5 km tempo @ GP <hr/> 1600m cool down	9.5 km easy pace	9.5 km easy pace	long run: 12.5 km easy pace
WEEK 18 (81 km)	8 km easy pace	8 km easy pace	rest	9.5 km easy pace	8 km easy pace	5 km easy pace	RACE DAY!

CHECK OUT SOME HANSONS RESOURCES

[HansonsCoachingServices.com](https://www.hansonscoaching.com) is a great site to access running blogs and podcasts. It's also your first step if you are looking for individualized coaching or a custom training plan. If you want to dive in more to the training philosophy and methodology, the [Hansons Marathon Method book](#) is a great place to start.

The [Hansons Marathon Method Community](#) is a FREE closed Facebook Group (just ask for permission) where you can connect with fellow runners using the same training plans. A great opportunity to reach out to fellow runners using the same training plan.

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