



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 quotation marks: minutes are denoted using by single quotation marks, and seconds denoted by double quotation marks. (3' = 3 minutes, 45" = 45 seconds)



21.1 · BEGINNER 18-WEEK TRAINING PLAN



| | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------------------------|---------------------|---------------------|---------------------|------------------|---------------------|------------------|----------------------------|
| WEEK 1 (16.5 km) | rest or cross-train | rest or cross-train | 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 (24.5 km) | rest or cross-train | 3 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 (35.5 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: 9.5 km easy pace |



21.1 · BEGINNER 18-WEEK TRAINING PLAN



| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------------------------|---------------------|---|---------------------|---|------------------|------------------|-----------------------------|
| WEEK 5 (42 km) | rest or cross-train | 8 km easy pace | rest or cross-train | 2.5 km warm up 5 km @ GP 2.5 km cool down | 8 km easy pace | 6.5 km easy pace | long run: 12.5 km easy pace |
| WEEK 6 (60 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 | 2.5 km warm up 5 km @ GP 2.5 km cool down | 6.5 km easy pace | 8 km easy pace | long run: 14.5 km easy pace |
| WEEK 7 (62 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 | 2.5 km warm up 5 km @ GP 2.5 km 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 | 2.5 km warm up 6.5 km @ GP 2.5 km 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 (66.5 km) | 8 km easy pace | 2.5 km warm up <hr/> 5 x 1k @ 5k-10k pace w/600m recovery <hr/> 2.5 km cool down | rest or cross-train | 2.5 km warm up <hr/> 6.5 km @ GP <hr/> 2.5 km cool down | 9.5 km easy pace | 8 km easy pace | long run: 16.5 km easy pace |
| WEEK 10 (68 km) | 9.5 km easy pace | 2.5 km warm up <hr/> 4 x 1200m @ 5k-10k pace w/600m recovery <hr/> 2.5 km cool down | rest or cross-train | 2.5 km warm up <hr/> 6.5 km @ GP <hr/> 2.5 km cool down | 8 km easy pace | 8 km easy pace | long run: 19 km easy pace |
| WEEK 11 (72 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 | 2.5 km warm up <hr/> 8 km @ GP <hr/> 2.5 km cool down | 9.5 km easy pace | 8 km easy pace | long run: 16.5 km easy pace |
| WEEK 12 (76 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 | 2.5 km warm up <hr/> 8 km @ GP <hr/> 2.5 km cool down | 8 km easy pace | 9.5 km easy pace | long run: 19 km easy pace |



21.1 · BEGINNER 18-WEEK TRAINING PLAN



| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------------------|---------------------|--|------------------------|--|---------------------|---------------------|-----------------------------------|
| WEEK 13 (73 km) | 9.5 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 | 2.5 km warm up <hr/> 8 km @ GP <hr/> 2.5 km cool down | 9.5 km easy pace | 8 km easy pace | long run: 16.5 km easy pace |
| WEEK 14 (77 km) | 8 km easy pace | 2.5 km warm up <hr/> 2 x 5 km @ GP-10 w/1600m recovery <hr/> 2.5 km cool down | rest or cross-train | 2.5 km warm up <hr/> 9.5 km @ GP <hr/> 2.5 km cool down | 8 km easy pace | 9.5 km easy pace | long run: 19 km easy pace |
| WEEK 15 (76 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 | 2.5 km warm up <hr/> 9.5 km @ GP <hr/> 2.5 km cool down | 9.5 km easy pace | 8 km easy pace | long run: 16.5 km easy pace |
| WEEK 16 (77 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 | 2.5 km warm up <hr/> 9.5 km @ GP <hr/> 2.5 km cool down | 8 km easy pace | 9.5 km easy pace | long run: 19 km easy pace |



21.1 · BEGINNER 18-WEEK TRAINING PLAN



| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------------------|-------------------|---|------------------------|--|---------------------|-------------------|-----------------------------------|
| WEEK 17 (68 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 | 2.5 km warm up <hr/> 8 km @ GP <hr/> 2.5 km cool down | 9.5 km easy pace | 8 km easy pace | long run: 12.5 km easy pace |
| WEEK 18 (60 km) | 8 km easy pace | 8 km easy pace | rest or cross-train | 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.

NOTES
