



# 13.1 · 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)

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## 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)

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### STEP 3

## START TRAINING

**NOTE:** For all Tues/Thurs workouts, include 1 mile warm up, 1 mile cool down



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b> (10 miles)	rest or cross-train	rest or cross-train	rest or cross-train	3 miles easy pace	rest or cross-train	3 miles easy pace	long run: 4 miles easy pace
<b>WEEK 2</b> (15 miles)	rest or cross-train	2 miles easy pace	rest or cross-train	3 miles easy pace	3 miles easy pace	3 miles easy pace	long run: 4 miles easy pace
<b>WEEK 3</b> (21 miles)	rest or cross-train	4 miles easy pace	rest or cross-train	4 miles easy pace	4 miles easy pace	4 miles easy pace	long run: 5 miles easy pace
<b>WEEK 4</b> (22 miles)	rest or cross-train	5 miles easy pace	rest or cross-train	3 miles easy pace	3 miles easy pace	5 miles easy pace	long run: 6 miles easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b> (28 miles)	rest or cross-train	5 miles easy pace	rest or cross-train	1.5 mile warm up ----- 3 miles @ GP ----- 1.5 mile cool down	5 miles easy pace	4 miles easy pace	long run: 8 miles easy pace
<b>WEEK 6</b> (37 miles)	4 miles easy pace	1.5 mile warm up ----- 12 x 400m @ 5k-10k pace w/400m recovery ----- 1.5 mile cool down	rest or cross-train	1.5 mile warm up ----- 3 miles @ GP ----- 1.5 mile cool down	4 miles easy pace	5 miles easy pace	long run: 9 miles easy pace
<b>WEEK 7</b> (37 miles)	4 miles easy pace	1.5 mile warm up ----- 8 x 600m @ 5k-10k pace w/400m recovery ----- 1.5 mile cool down	rest or cross-train	1.5 mile warm up ----- 3 mile @ GP ----- 1.5 mile cool down	4 miles easy pace	6 miles easy pace	long run: 10 miles easy pace
<b>WEEK 8</b> (41 miles)	6 miles easy pace	1.5 mile warm up ----- 6 x 800m @ 5k-10k pace w/400m recovery ----- 1.5 mile cool down	rest or cross-train	1.5 mile warm up ----- 4 miles @ GP ----- 1.5 mile cool down	5 miles easy pace	6 miles easy pace	long run: 10 miles easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 9</b> (41 miles)	5 miles easy pace	1.5 mile warm up <hr/> 5 x 1k @ 5k-10k pace w/600m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 4 miles @ GP <hr/> 1.5 mile cool down	6 miles easy pace	5 miles easy pace	long run: 10 miles easy pace
<b>WEEK 10</b> (43 miles)	6 miles easy pace	1.5 mile warm up <hr/> 4 x 1200m @ 5k-10k pace w/600m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 4 miles @ GP <hr/> 1.5 mile cool down	5 miles easy pace	5 miles easy pace	long run: 12 miles easy pace
<b>WEEK 11</b> (44 miles)	5 miles easy pace	1.5 mile warm up <hr/> 6 x 1 mile @ GP-10 w/400m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 5 miles @ GP <hr/> 1.5 mile cool down	6 miles easy pace	5 miles easy pace	long run: 10 miles easy pace
<b>WEEK 12</b> (46 miles)	5 miles easy pace	1.5 mile warm up <hr/> 4 x 1.5 miles @ GP-10 w/800m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 5 miles @ GP <hr/> 1.5 mile cool down	5 miles easy pace	6 miles easy pace	long run: 12 miles easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 13</b> (45 miles)	6 miles easy pace	1.5 mile warm up <hr/> 3 x 2 miles @ GP-10 w/800m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 5 miles @ GP <hr/> 1.5 mile cool down	6 miles easy pace	5 miles easy pace	long run: 10 miles easy pace
<b>WEEK 14</b> (47 miles)	5 miles easy pace	1.5 mile warm up <hr/> 2 x 3 miles @ GP-10 w/1 mile recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 6 miles @ GP <hr/> 1.5 mile cool down	5 miles easy pace	6 miles easy pace	long run: 12 miles easy pace
<b>WEEK 15</b> (47 miles)	7 miles easy pace	1.5 mile warm up <hr/> 3 x 2 miles @ GP-10 w/800m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 6 miles @ GP <hr/> 1.5 mile cool down	6 miles easy pace	5 miles easy pace	long run: 10 miles easy pace
<b>WEEK 16</b> (47 miles)	5 miles easy pace	1.5 mile warm up <hr/> 4 x 1.5 miles @ GP-10 w/800m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 6 miles @ GP <hr/> 1.5 mile cool down	5 miles easy pace	6 miles easy pace	long run: 12 miles easy pace



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 17</b> (42 miles)	5 miles easy pace	1.5 mile warm up <hr/> 6 x 1 mile @ GP-10 w/400m recovery <hr/> 1.5 mile cool down	rest or cross-train	1.5 mile warm up <hr/> 5 miles @ GP <hr/> 1.5 mile cool down	6 miles easy pace	5 miles easy pace	long run: 8 miles easy pace
<b>WEEK 18</b> (39 miles)	5 miles easy pace	5 miles easy pace	rest or cross-train	6 miles easy pace	5 miles easy pace	3 miles 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

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