

Running Divas 16 Week Beginner Marathon Run Program Including Parkrun

NOTE You can change the days of your programmed sessions around to suit you
 This program is for all levels of runner with the goal of running a marathon to finish. You need to be able to run 12kms before starting this program.

Key criteria

- No running more than 2 days in a row + 1 day break in between strength + 1 full rest day

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Running Divas Strength program	Warm up drills 1km steady, 1km faster for 5kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 12kms Stretch & foam roll
2	Rest	Running Divas Strength program	Warm up drills 1km steady, 2kms faster for 6kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 14kms Stretch & foam roll
3	Rest	Running Divas Strength program	Warm up drills 1km steady, 2kms faster for 7kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 16kms Stretch & foam roll
4	Rest	Running Divas Strength program	Warm up drills 2kms steady, 2kms faster for 8kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Flat out pace Stretch & foam roll	Warm up drills Run 14kms Stretch & foam roll





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5	Rest	Running Divas Strength program	Warm up drills 1km steady, 1km faster for 5kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 18kms Stretch & foam roll
6	Rest	Running Divas Strength program	Warm up drills 1km steady, 2kms faster for 6kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 20kms Stretch & foam roll
7	Rest	Running Divas Strength program	Warm up drills 1km steady, 2kms faster for 7kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 22kms Stretch & foam roll
8	Rest	Running Divas Strength program	Warm up drills 2kms steady, 2kms faster for 8kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Flat out pace Stretch & foam roll	Warm up drills Run 16kms Stretch & foam roll



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9	Rest	Running Divas Strength program	Warm up drills 1km steady, 1km faster for 5kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 24kms Stretch & foam roll
10	Rest	Running Divas Strength program	Warm up drills 1km steady, 2kms faster for 6kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 26kms Stretch & foam roll
11	Rest	Running Divas Strength program	Warm up drills 1km steady, 2kms faster for 7kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 28kms Stretch & foam roll
12	Rest	Running Divas Strength program	Warm up drills 2kms steady, 2kms faster for 8kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Flat out pace Stretch & foam roll	Warm up drills Run 18kms Stretch & foam roll



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest	Running Divas Strength program	Warm up drills 1km steady, 1km faster for 5kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 30kms Stretch & foam roll
14	Rest	Running Divas Strength program	Warm up drills 1km steady, 2kms faster for 6kms Stretch & foam roll	Running Divas Strength program	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 32kms Stretch & foam roll
15	Rest	Running Divas Strength program No Legs	Warm up drills Run 8kms Steady Stretch & roll	Running Divas Strength program No Legs	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 24kms Stretch & foam roll
16	Rest	Running Divas Strength program No Legs	Warm up drills Run 8kms Steady Stretch & roll	Running Divas Strength program No Legs	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Rest	Marathon Day