



FULL MARATHON 12 WEEK TRAINING PLAN

ARE YOU LOOKING TO ACHIEVE YOUR
MARATHON GOAL INJURY FREE ?

WHOLISTIC APPROACH BASED ON 4 PRINCIPLES:

1. STAMINA & DISTANCE
2. EFFICIENCY
3. POSTURE AND ANATOMY
4. MINDSET AND HABITS

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Have you observed how running comes naturally to children who have just learnt to walk? That's our first reflex – to run. It could be because running gives us a sense of freedom – well at least it does that for me!

MARATHONS ARE TOUGH, BUT YOU ARE TOUGHER!

The first challenge to overcome before you set yourself up for anything is to overcome fear or lack of confidence. The goal of a 5K, 10K, Semi-marathon or Marathon is scary and seems unachievable, but with discipline and consistency you can do it. You need to understand yourself and focus on your journey.

Use this plan as a guide and other people as motivation, but in the end, you are your best coach. This Training Plan is open to anyone. If you are aiming for a full marathon, in order to start this plan, you should be able to run 10K. If 10K is not easily accessible to you yet, then just simply change in the Training Plan the "42" target highlighted in yellow to "10" and it will give you the plan to build up to 10K. Similarly, you can update the number to 21 for a semi-marathon or any other number that may be your target distance.

WHY DO I NEED A TRAINING PLAN FOR A MARATHON?

Most people think that running long distances is just about running regularly and increasing the distance each time you run. That does work! But if you want to run efficiently, avoid injuries, avoid overstraining some muscles in your body vs others, then a more wholistic training plan is required.

PLEASE CONSULT A DOCTOR BEFORE SIGNING UP/ TRAINING FOR A MARATHON

For some people with existing medical conditions, a marathon might end up being detrimental to their health and wellbeing rather than beneficial.

Regardless of age, fitness level and body type, it is very important to consult your doctor first, get a medical examination done, test your cardiovascular muscles and only then sign up or start training for a marathon.

We all have different anatomical structures and as adults we develop imbalances in our posture due to lifestyle habits, sports, injuries and exercise patterns. This could mean that running long distances can create injuries if you do not train properly. That is why, I personally feel a wholistic approach works great for a marathon training. You can apply this approach to whichever distance you are aiming for. I have divided this approach into 4 Principles.

1. STAMINA & DISTANCE

Running long distances once a week is the most obvious and an integral part of the marathon training training. Long runs help to build your stamina and mentally prepare your mind and body to run long hours.

In my training plan, the weekly Long Run increases from Week 1 – Week 9. Week 9 is considered as the peak week and after this from Week 9 – Week 12 we reduce the distance, known as “tapering”. This gives your muscles a chance to rebuild and repair. During the long runs, try to run the first 80% of the run at a steady and comfortable pace and try to increase your pace in the last 20% (usually we tend to do the opposite!)

It is very important to allow your body to rest a few weeks before the marathon. Especially in the last week before the marathon it is highly important to rest and just keep your body active with short walks and restorative yoga.

2. EFFICIENCY (INTERVAL TRAINING & TEMPO RUNS)

People either train to achieve a certain timing, or to complete the distance at a comfortable pace. Whether you have timing goals or not, running efficiently will not only make you fitter, but also help you recover faster post run. Efficiency training is a combination of interval and tempo.

INTERVAL TRAINING: Intervals are a set of repetitions of a short distance, run at a substantially faster pace than usual, with recovery jogs in between. For example, you might run 500 mts X 5 repeats at a fast pace, with few minutes of slow jogging between the intervals. The purpose of Interval Training is for the body to run at a faster pace than your final marathon target pace. This allows to not only train the cardiovascular muscles, but also trick the brain to feel that we are running at a “much slower” pace during the actual long run. This improves running efficiency.

What distance of interval should you choose? If you are aiming for shorter distances such as 5K or 10K, you can choose 100mts or 200 mts intervals. For a marathon a recommended interval is 500-800 mts. In my plan, i have built up from 300 - 500 mts, also increasing repetitions.

How fast should you run the interval? You could run at the fastest speed you can on any given day or you could aim for a certain timing based on your potential. In the Training Plan you will see that I have chosen a target marathon finish time of 4h 15 min, which would mean that I need to run 500 mts at 3 min. I would target a 2.5 min (or lower) timing for my 500 mts interval followed by a 2 min jog. Here is what a typical Interval Training session would look like:

- 10 min of cardio warm up (running, brisk walking, cycling, skipping)
- 10 min HIIT (glutes + legs: squats, lunges etc)
- Interval Running
- Stretches and Cool Down

TEMPO RUN: After Week 9, we change to Tempo Runs. These are distances/runs longer than intervals run at a pace faster than your target marathon pace, but not as fast as an interval run.

What distance of interval should you choose? For marathon a recommended tempo run is 5-7km

How fast should you run the interval? The goal is to run at a challenging, but sustainable, pace. This teaches your body and brain, to sustain the pace over a longer period. I choose a pace of 5.5 min per km for these runs given my target of trying to run at 6.1 min per km pace on the final race day.

3. POSTURE AND ANATOMY

Proper posture is important to maintain healthy blood flow, organs, muscles, joints, vessels and for proper range of motion of muscles, joints and ligaments.

When it comes to running, poor posture is common, especially after the 30KM mark when we are physically and mentally exhausted! Running is a repetitive motion, under elevated heart rate and if this is combined with bad posture it can lead to over-use of certain muscles vs others.

Good shoes are essential to ensure a good posture (unless you are a barefoot runner). It is worth investing in a good pair of shoes at the start of your training so that your body gets used to them by the race day. Running also uses certain lower body muscles more than others and these contracted muscles need to be stretched or released post run in order to avoid injury. These same muscles also need to be warmed up and strengthened before running. This is where yoga sessions come in. Cold water showers and swimming in cold waters can also help to release the tension in the muscles.

Rest days are also very important to allow for muscle regeneration and on these days, I have recommended a “massage” which can also be a foam roller massage.

4. MINDSET AND LIFESTYLE

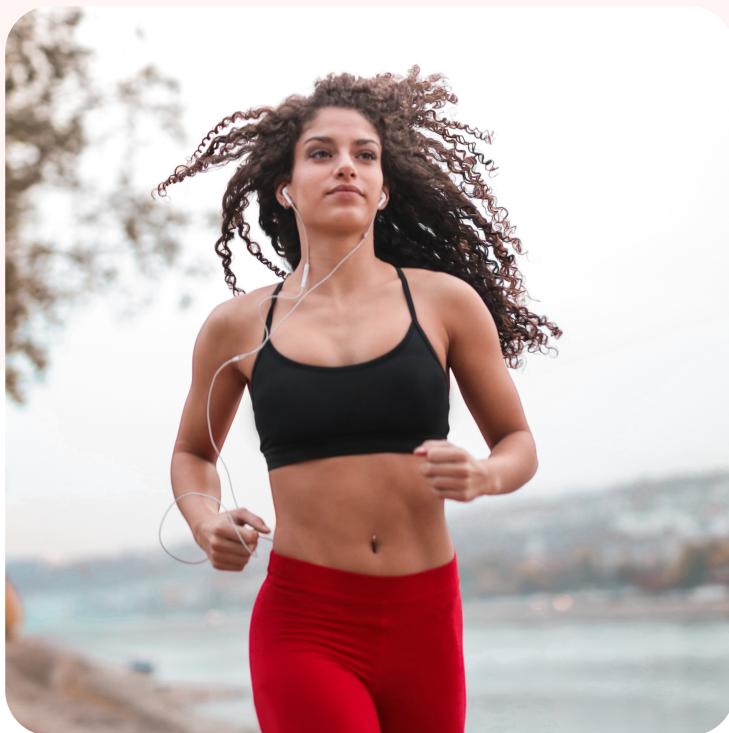
We tend to focus on the physical aspect of the training, but training your mind is equally or rather more important. During training and on the race day, your mind can play games with you! It is important to understand the patterns of your mind and learn how to control them.

Maintaining healthy sleeping patterns, eating fresh and non-processed food, drinking water or fresh fruit juice instead of carbonated, sugary or alcoholic drinks will help keep your gut clean. Meditation and breathing exercises will keep your mind calm and clean. Do not underestimate the importance of this for the marathon and for life in general!

FULL MARATHON 12 WEEK TRAINING PLAN TRAINING PLAN

This plan can also be downloaded from my website as an excel file that you can customise with your Preferences and Goals.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30-Aug	300*3	Swim/Yin	Chill!	300*3	Yoga	11	Massage
Week 2	6-Sep	300*4	Swim/Yin	Chill!	300*4	Yoga	13	Massage
Week 3	13-Sep	400*3	Swim/Yin	Chill!	400*3	Yoga	16	Massage
Week 4	20-Sep	400*4	Swim/Yin	Chill!	400*4	Yoga	18	Massage
Week 5	27-Sep	500*3	Swim/Yin	Chill!	500*3	Yoga	21	Massage
Week 6	4-Oct	500*4	Swim/Yin	Chill!	500*4	Yoga	23	Massage
Week 7	11-Oct	500*5	Swim/Yin	Chill!	500*5	Yoga	26	Massage
Week 8	18-Oct	500*5	Swim/Yin	Chill!	500*5	Yoga	28	Massage
Week 9	25-Oct	500*5	Swim/Yin	Chill!	500*5	Yoga	34	Massage
Week 10	1-Nov	Tempo (5)	Swim/Yin	Chill!	Tempo (5)	Yoga	26	Massage
Week 11	8-Nov	Tempo (7)	Swim/Yin	Chill!	Tempo (7)	Yoga	21	Massage
Week 12	15-Nov	Tempo (5)	Swim/Yin	Chill!	Tempo (5)	Yoga	16	Massage
	28-Nov	Brisk Walk	Restorative Yoga	Brisk Walk	Rest	Rest	42	MARATHON I



Interval Training/ Tempo Run
Long Run+ Recovery Yoga
Crossfit
Rest Day/ Recovery

Target 42k		Interval Training
4 h		
15 m		
255 Total min		
Speed (minutes)		
3.0 per 500m	2.5 min	
6.1 per km		

Your actual training may not go exactly as planned, but time waits for nobody and eventually you will find yourself in the last week before the marathon!



The week before the race!

It is normal to start to feel “pre marathon anxiety” or stress the week before the marathon. You need to start telling yourself you are ready!

Food and Carb-Loading : A lot of articles and people believe in loading up on carbs the week before the marathon. I am not really a big believer in that. I try to follow a “eat clean” policy in life and particularly during the marathon training. I wouldn’t really make any major changes to the diet unless of course you have not been eating clean during the training period!

Introducing excessive food, foods that your body is not used to processing, foods high in sugar and alcohol the week before the marathon is not a good idea and must be avoided. With the long runs you have practiced during the training weeks, you should be able to fully understand your body – whether you should eat a banana right before your marathon – it is completely up to you and how your body handles it. What I would focus on in the week before the marathon is breathing exercises, calming activities, moderate exercise, good sleep and a good diet.

Plan the logistics of the marathon in advance, to avoid unnecessary last-minute stress:

- What documents do you need to collect your marathon kit?
- How will you reach the start location and what time should you be there?
- What will you need to carry during the marathon and where will you keep the rest of your stuff? Get your outfit ready (make sure it is based on the weather forecast!).
- Inform your friends and family members. It's always nice to have someone waiting for you at the finish line and to know how you will get back home after the marathon for that shower you will be dreaming off!

AND FINALLY, DO NOT FORGET TO ENJOY THE PROCESS! THE DESTINATION IS JUST THE OUTCOME, THE JOURNEY IS WHAT IS THE MOST IMPORTANT.

BE GRATEFUL FOR YOUR BODY AND TAKE CARE OF IT.