

**WHIZZ
KIDZ**

We're here
for young
wheelchair
users



Your marathon beginner's training plan

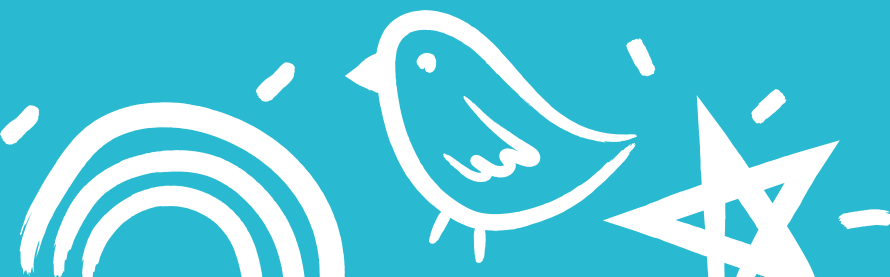
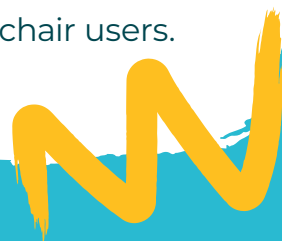
Here we go – your 16 week training plan to get you to the start line!

Print this out, stick it somewhere that you will see so you can tick off each day!

Remember to read **Coach Graeme's advice on RPE, warming and up and cooling down** to avoid injury, by reading this guide.

On behalf of everyone at Team Whizz Kidz, thank you for choosing our training plan and we wish you a huge good luck!

If you are looking for an event to test our training, you can sign up to one of our events here whizz-kidz.org.uk/events – you could make a real difference to young wheelchair users.



Your training plan (week 1-8)

Here is your 16-week training plan to run a marathon

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Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Rest/ 3-4 miles (Easy)	Rest	3-4 miles (Steady)	Rest/ Conditioning Exercises	40min walk/ easy jog	Rest/ Conditioning Exercises	4-5 miles (Steady)
2	Rest/ 3-4 miles (Easy)	Rest	3-4 miles (Steady)	Rest/ Conditioning Exercises	40min walk/ easy jog	Rest/ Conditioning Exercises	5-6 miles (Steady)
3	Rest/ 3-4 miles (Easy)	Rest	4-5 miles (Steady)	Rest/ Conditioning Exercises	3-4 miles (fartlek)	Rest/ Conditioning Exercises	6-7 miles (Steady)
4	Rest/ 3-4 miles (Easy)	Rest	4-5 miles (Steady)	Rest/ Conditioning Exercises	3-4 miles (fartlek)	Rest/ Conditioning Exercises	7-8 miles (Steady)
5	Rest/ 45min Cross Train (Easy)	Rest	4-5 miles (Steady)	Rest/ Conditioning Exercises	3-4 miles (fartlek)	Rest/ Conditioning Exercises	4-5miles (Steady)
6	Rest/ 60-90min Cross Train (Easy)	Rest	4-5 miles (Steady)	Rest/ Conditioning Exercises	4-5 miles (fartlek)	Rest/ Conditioning Exercises	8-9 miles (Steady)
7	Rest/ 60min Cross Train (Easy)	Rest	4-5 miles (Steady)	Rest/ Conditioning Exercises	4-5 miles (fartlek)	Rest/ Conditioning Exercises	9-10 miles (Steady)
8	Rest/ 60min Cross Train (Easy)	Rest	5-6 miles (Steady)	Rest/ Conditioning Exercises	4-5 miles (fartlek)	Rest/ Conditioning Exercises	11-12 miles (Steady)



Your training plan (weeks 9-16)

You have got this –
keep going!



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9	Rest/60min Cross Train (Easy)	Rest	5-6 miles (Steady)	Rest/ Conditioning Exercises	5-6 miles (fartlek)	Rest/ Conditioning Exercises	13-14 miles (Steady)
10	Rest/45min Cross Train (Easy)	Rest	3-4 miles (Steady)	Rest/ Conditioning Exercises	40min walk/ easy jog	Rest/ Conditioning Exercises	6-8 miles (Steady)
11	Rest/60-90min Cross Train (Easy)	Rest	5-6 miles (Steady)	Rest/ Conditioning Exercises	6-7 miles (fartlek)	Rest/ Conditioning Exercises	15-16 miles (Steady)
12	Rest/60-90min Cross Train (Easy)	Rest	5-6 miles (Steady)	Rest/ Conditioning Exercises	6-7 miles (fartlek)	Rest/ Conditioning Exercises	17-19 miles (Steady)
13	Rest/60-90min Cross Train (Easy)	Rest	5-6 miles (Steady)	Rest/ Conditioning Exercises	5-6 miles (fartlek)	Rest/ Conditioning Exercises	19-21 miles (Steady)
14	Rest/45min Cross Train (Easy)	Rest	4-5 miles (Steady)	Rest/ Conditioning Exercises	4-5 miles (fartlek)	Rest/ Conditioning Exercises	8-10 miles (Steady)
15	Rest/45min Cross Train (Easy)	Rest	3-4 miles (Steady)	Rest/ Conditioning Exercises	4-5 miles (fartlek)	Rest/ Conditioning Exercises	5-6 miles (Steady)
16	Rest/45min Cross Train (Easy)	Rest	3-4 miles (Steady)	Rest/ Conditioning Exercises	2-3 miles (fartlek)	Rest/ Conditioning Exercises	Race Day

