

Beginners' # Marathon Walk Schedule--6 ½ - 8 hour marathon

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Week	Mon.	* Tues.	Wed.	* Thurs.	Fri.	Sat.	* Sun.
1	Off	Easy 30-45 minutes	Off or Easy 30 minutes	Tempo: 10-10-10 (Easy 10 minutes, fast 10 minutes, easy 10 minutes)	Easy 30-45 minutes	Off or Easy 30 minutes	2 hrs. easy
2	Off	Economy: 6x1 minutes (10-minute warm-up, then 1 minute fast, 1 minute slow repeated six times)	Off or Easy 30 minutes	Tempo: 10-10-10	Easy 30-45 minutes	Off or Easy 30-45 minutes	2¼ hrs. easy
3	Off	Economy: 8x1 minutes	Off or Easy 30-45 minutes	Tempo: 10-10-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	2 hrs. easy
4	Off	Economy: 8x1 minutes	Off or Easy 30-45 minutes	Tempo: 10-10-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	2½ hrs. easy
5	Off	Economy: 10x1 minutes	Off or Easy 30-45 minutes	Tempo: 10-10-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	3 hrs. easy
6	Off	Economy: 10x1 minutes	Off or Easy 30-45 minutes	Tempo: 10-20-10	Easy 45-60 minutes	Off or Easy 30-45 minutes	2½ hrs. easy
7	Off	Economy: 12x1 minutes	Off or Easy 45-60 minutes	Tempo: 10-20-10	Easy 60 minutes	Off or Easy 30-45 minutes	3½ hrs. easy
8	Off	Economy: 12x1 minutes	Off or Easy 45-60 minutes	Tempo: 10-20-10	Easy 60 minutes	Off or Easy 30-45 minutes	3 hrs. easy
9	Off	Economy: 6x2 minutes	Off or Easy 45-60 minutes	Tempo: 10-20-10	Easy 60 minutes	Off or Easy 30-45 minutes	4 hrs. easy
10	Off	60 minutes Fartlek	Off or Easy 45-60 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	3 hrs. easy
11	Off	Economy: 8x2 minutes	Off or Easy 60 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	4½ hrs. easy
12	Off	60 minutes Fartlek	Off or Easy 60 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	3 hrs. @ Goal Pace
13	Off	Economy: 10x2 minutes	Off or Easy 60 minutes	Tempo: 10-30-10	Easy 60 minutes	Off or Easy 30-45 minutes	5 hrs. easy
14	Off	60 minutes Fartlek	Off or Easy 60 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	3 hrs. @ Goal Pace
15	Off	Economy: 12x2 minutes	Off or Easy 45 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	5 hrs. easy
16	Off	60 minutes Fartlek	Off or Easy 30-45 minutes	Tempo: 10-40-10	Easy 60 minutes	Off or Easy 30-45 minutes	3 Easy, push 3rd hour
17	Off	Economy: 8x2 minutes	Off or Easy 30-45 minutes	Tempo: 10-30-10	Off or Easy 30-45 minutes	Off or Easy 30-45 minutes	2 hrs. @ Goal Pace
18	Off	20 minutes Fartlek	Off or Easy 30 minutes	Tempo: 10-10-10	Off or Easy 20 minutes	Easy 20 minutes + 4 x :30s	Marathon!

This schedule is designed for the first-time marathoner, but it assumes that you are currently walking for exercise or can successfully complete an easy 90-minute walk. The goal is to get you ready to comfortably finish a marathon, at a pace somewhere between three and four miles per hour.

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