

Beginners adidas Quarter Marathon Training Guide

also: stretching and core strength exercises on Monday and Friday



	mon	tue	wed	thu	fri	sat	sun
week 1	REST	20 min jogging	20 min fast walk	20 min jogging	REST	40 min jog 15, fast walk 10, jog 15	25 min jogging
week 2	REST	25 min jogging	20 min fast walk	25 min jogging	REST	40 min jog 15, fast walk 10, jog 15	25 min jogging
week 3	REST	30 min jogging	30 min 10 min jog, 10 min fast walk, 10 min jog	30 min jogging	REST	50 min jog 15, fast walk 20, run 15	30 min jogging
week 4	REST	30 min jogging	30 min 10 min jog, 10 min fast walk, 10 min jog	30 min jogging	REST	50 min jog 15, fast walk 20, run 15	35 min jogging
week 5	REST	35 min jogging	30 min jogging	35 min jogging	REST	60 min jog 20, fast walk 20, run 20	35 min jogging
week 6	25 min jogging	35 min jogging	30 min run	35 min jogging	REST	60 min jog 20, fast walk 20, run 20	35 min jogging
week 7	REST	25 min jogging	50 min run - do at least 20 minutes at your prospected race pace	25 min jogging	REST	60 min jogging/run	35 min jogging
week 8	40 min run... include a couple of short sprints	35 min jogging	REST	35 min jogging	30 min run... include a couple of short sprints	35 min steady	50 min run - do at least 20 minutes at your prospectd race pace
week 9	35 min jogging	40 min jogging	REST	REST	35 min jogging	60 min run - do at least 20 minutes at your prospected race pace	35 min jogging
week 10	REST	35 min jogging	REST	15 min jogging	15 min jogging	REST	Race Day

pace	example
jogging	very light running and conversation easy
run	you should be in control of your breathing and be able to just hold a conversation
sprints	all out bursts