

Beginner & Intermediate		Advanced	Ideas
Week 1	Start Slowly – Increase Activities		
	<b>Warm Up</b> Walk for 30 min  3 times a week  <b>Sunday:</b> 60 min Walk: 20 min (x2) Jog: 10 min (x2)	<b>Warm Up</b> Walk: 30 min Run: 10 min  4 times a week  <b>Sunday:</b> 60 min Walk: 15 min (x2) Run: 30 min	Used the stairs in the underground   Download our App

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Week 2	Maintain Training – Increase Activities		
	<b>Warm Up</b> Walk: 20 min Job: 20 min  3 times a week  <b>Sunday:</b> 60 min Walk: 20 min (x2) Fast walk: 10 min Jog: 10 min (x2)	<b>Warm Up</b> Walk: 30 min (x2) Run: 20 min  4 times a week  <b>Sunday:</b> 90 min Walk: 15 min (x2) Run: 30 min (x2)	Walk to the underground instead of taking the bus   Roller Blade/Skate

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Week 3	Maintain Training – Increase Activities		
	<b>Warm Up</b> Walk: 10 min Fast walk: 10 min Job: 30 min  3 times a week  <b>Sunday:</b> 70 min Walk: 20 min (x2) Fast walk: 10 min Jog: 10 min (x2)	<b>Warm Up</b> Walk: 10 min (x2) Run: 20 min (x2)  4 times a week  <b>Sunday:</b> 110 min Walk: 15 min (x2) Jog: 10 min (x2) Run: 30 min (x2)	Once day a week, walk or run to work   Roller Blade/Skate

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Week 3	Enjoy Training – Increase Activities		
	<b>Warm Up</b> Walk: 10 min Fast walk: 15 min Job: 30 min  3 times a week  <b>Sunday:</b> 80 min Walk: 10 min (x2) Fast walk: 20 min Jog: 20 min (x2)	<b>Warm Up</b> Walk: 10 min (x2) Run: 30 min (x2)  4 times a week  <b>Sunday:</b> 110 min Walk: 10 min (x2) Jog: 15 min (x2) Run: 30 min (x2)	Once day a week, walk or run to work   Roller Blade/Skate

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Week 5	Harder - Stay Focus		
	<b>Warm Up</b> Walk: 10 min Fast walk: 20 min Job: 30 min  3 times a week  <b>Sunday:</b> 90 min Walk: 10 min. (x3) Jog: 20 min Run: 20 min. (x2)	<b>Warm Up</b> Walk: 10 min (x2) Run: 30 min (x2)  4 times a week  <b>Sunday:</b> 105 min Walk: 5 min (x3) Jog: 15 min (x2) Run: 30 min (x2)	Once a week, walk or run to work  Fundraising  Set Goal  Drink plenty of fluid Balance Diet
Week 6	Harder - Stay Focus		
	<b>Warm Up</b> Walk: 20 min (x2) Jog: 20 min (x2)  3 times a week  <b>Sunday:</b> 100 min Walk: 10 min (x2) Jog: 20 min (x2) Run: 20 min (x2)	<b>Warm Up</b> Walk: 5 min (x3) Run: 40 min  4 times a week  <b>Sunday:</b> 150 min Walk: 10 min (x3) Jog: 10 min (x3) Run: 30 min (x3)	Twice a week, walk or run to work  Fundraising  Set Goal  Drink plenty of fluid Balance Diet
Week 7	Harder - Stay Focus		
	<b>Warm Up</b> Walk: 5 min (x2) Jog: 10 min (x2) Run: 10 min (x2)  3 times a week  <b>Sunday:</b> 100 min Walk: 10 min (x3) Jog: 10 min (x3) Run: 20 min (x2)	<b>Warm Up</b> Walk: 10 min (x2) Run: 40 min (x2)  4 times a week  <b>Sunday:</b> 135 min Walk: 5 min (x3) Jog: 10 min (x3) Run: 30 min (x3)	Twice a week, walk or run to work  Fundraising  Set Goal  Drink plenty of fluid Balance Diet
Week 8	Harder - Stay Focus		
	<b>Warm Up</b> Walk: 5 min (x3) Job: 15 min (x2) Run: 15 min (x2)  3 times a week  <b>Sunday:</b> 100 min Walk: 5 min (x2) Job: 20 min (x2) Run: 20 min (x2)	<b>Warm Up</b> Walk: 10 min (x3) Run: 40 min (x3)  4 times a week  <b>Sunday:</b> 120 min Walk: 5 min (x3) Jog: 15 min (x3) Run: 30 min (x2)	Twice a week, walk or run to work  Fundraising  Set Goal  Drink plenty of fluid Balance Diet

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Week 9	Not Fare Now – Don't give up		
	<b>Warm Up</b> Walk: 5 min (x3) Run: 30 min (x2)	<b>Warm Up</b> Walk: 5 min (x3) Run: 40 min (x3)	Monitor your progress
	3 times a week	4 times a week	Control your breathing
	<b>Sunday:</b> 110 min Walk: 5 min. (x4) Run: 30 min. (x3)	<b>Sunday:</b> 110 min Jog: 5 min (x4) Run: 40 min (x3)	Download our App
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Week 10	Not Fare Now – Don't give up		
	<b>Warm Up</b> Walk: 5 min (x3) Run: 30 min (x2)	<b>Warm Up</b> Walk: 5 min (x3) Run: 40 min (x3)	Monitor your progress
	3 times a week	4 times a week	Control your breathing
	<b>Sunday:</b> 110 min Jog: 5 min. (x4) Run: 30 min. (x3)	<b>Sunday:</b> 140 min Jog: 5 min (x4) Run: 40 min (x3)	Download our App
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Week 11	Not Fare Now – Don't give up		
	<b>Warm Up</b> Walk: 5 min (x3) Run: 30 min (x3)	<b>Warm Up</b> Jog: 5 min (x3) Run: 40 min (x3)	Monitor your progress
	3 times a week	4 times a week	Control your breathing
	<b>Sunday:</b> 145 min Jog: 5 min. (x5) Run: 30 min. (x4)	<b>Sunday:</b> 50 min Run: 50 min	Download our App
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Week 12	Believe in yourself – You've done it		
	<b>Warm Up</b> Walk: 5 min (x3) Run: 30 min (x3)	<b>Warm Up</b> Walk: 5 min (x3) Run: 40 min (x3)	You're ready for your First London Roller Marathon
	3 times a week	4 times a week	😊😊😊
	<b>Sunday:</b> 130 min Jog: 10 min. (x4) Run: 30 min. (x3)	<b>Sunday:</b> 60 min Run: 60 min	