



FORTY TWO FOR MAYA® PRESENTS

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The First 42K

A 12-Week Program for First-Time Marathoners

YOU DO NOT NEED TO BE FAST. YOU NEED TO ARRIVE AT THE
START LINE HEALTHY, AND ARRIVE AT THE FINISH LINE STILL
MOVING.



A FREE 12-WEEK TRAINING PROGRAM FOR FIRST-TIME MARATHONERS, PREPARED
FOR THE RUNNERS OF FORTY TWO FOR MAYA. NAGA CITY TO CALABANGA AND
BACK. MIDNIGHT START, 8:00 AM COMPLETION WINDOW. NO EGO, NO
COMPETITION, JUST PRESENCE.

12 WEEKS

from your first easy run to the midnight
start line

Coach Readout



It is about arriving at the start line healthy, and arriving at the finish line still moving. This program is built for that outcome.

WHERE THIS PROGRAM STARTS:

Running your first marathon is not about being fast. It is about arriving at the start line healthy, and arriving at the finish line still moving. This program is built for that outcome. It assumes you can currently run or briskly walk for about 20 to 30 minutes without stopping. If you cannot yet do that, spend two to three weeks building to that point before starting Week 1.

SCOPE AND LIMITS:

This is a general program for a general audience, not an individualized coaching plan. If you have an existing injury, a chronic condition, or specific concerns, see a physician or a running coach before starting, and read the full medical disclaimer at the end of this document.

Forty Two for Maya // Naga City to Calabanga and back // Midnight start, 8:00 AM completion window



Program Philosophy

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Consistency beats intensity. Showing up regularly matters more than any single hard session.

THE SEVEN RULES THIS PLAN IS BUILT ON:

Program Philosophy

- **Mostly easy running.** Most of your training should feel comfortable, not hard.
- **Progress gradually.** Distance increases in small steps, with lighter recovery weeks built in.
- **Walk-run is valid.** Run-walk is a legitimate way to complete 42 kilometers, especially for a first marathon.
- **One clear purpose per session.** Every run in this plan exists for a reason, stated plainly.
- **Consistency beats intensity.** Showing up regularly matters more than any single hard session.
- **Do not chase missed workouts.** If you miss a run, resume the plan; do not add volume to “catch up.”
- **Race execution matters as much as fitness.** Pacing, sleep, and fueling decide your race as much as training does.



Before You Start: A Simple Readiness Check

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If any of this is not yet true, that is not a disqualification. It means your foundation phase should start a few weeks earlier than this program.

YOU ARE READY TO BEGIN WEEK 1 IF:

The Readiness Check

- You can run or briskly walk continuously for 20 to 30 minutes.
- You have no current injury causing sharp or worsening pain.
- You have no diagnosed heart, lung, or metabolic condition that has not been cleared for exercise by a physician.
- You can commit to roughly 3 to 4 sessions per week for 12 weeks.

IF YOU ARE NOT THERE YET:

If any of this is not yet true, that is not a disqualification. It means your foundation phase should start a few weeks earlier than this program, at a walk-run pace, until the checklist above is true.

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The Four Phases



Build consistency before distance. Rehearse the actual conditions of race night. Arrive rested, not underprepared.

HOW THE TWELVE WEEKS ARE ORGANIZED:

The Four Phases

Phase	Weeks	Purpose
1. Foundation	1-4	Build consistency before distance.
2. Build	5-8	Increase long-run distance patiently.
3. Specific Practice	9-11	Rehearse the actual conditions of race night.
4. Taper	12	Arrive rested, not underprepared.

Each phase has one job. Nothing in the plan asks you to do two things at once.



Weekly Structure by Phase



Easy effort means you can hold a conversation while running. If you cannot, slow down.

WHAT EVERY WEEK CONTAINS:

Each week includes 3 to 4 running sessions, all easy effort unless noted, plus optional rest-day mobility work. "Easy effort" means you can hold a conversation while running. If you cannot, slow down.

Phase 1: Foundation (Weeks 1-4)

Week	Easy Runs	Long Run	Notes
1	2 × 25-30 min	5 km	Walk breaks allowed anytime.
2	2 × 30 min	6 km	Same easy effort throughout.
3	2-3 × 30 min	8 km	Add a third short run if recovering well.
4	2 × 25 min	5 km	Deload week. Shorter distance on purpose.

PURPOSE OF THIS PHASE:

Teach your body and your schedule to handle regular running before distance becomes the focus. If Week 4 still feels hard, repeat Weeks 1-4 once before moving on. There is no penalty for taking longer here.



Phase 2: Build



The long run is the most important session of the week. Keep it slow.

WEEKS 5 TO 8, PATIENTLY:

Phase 2: Build (Weeks 5-8)

Week	Easy Runs	Long Run	Notes
5	2-3 × 30-35 min	10 km	First double-digit long run.
6	2-3 × 35 min	13 km	Practice your race-day breakfast timing.
7	2-3 × 35-40 min	16 km	Start rehearsing fueling every 45-60 min.
8	2 × 30 min	10 km	Deload week. Recovery, not a step back.

PURPOSE OF THIS PHASE:

Build the aerobic base and the long-run habit. The long run is the most important session of the week. Keep it slow. It is normal for long-run pace to be noticeably slower than your easy-run pace.



Phase 3: Specific Practice



Training for a marathon distance is not enough on its own; you also need to rehearse running through the night and managing sleep around it.

WHY THIS PHASE IS SPECIFIC TO THIS RACE:

This is what makes this plan specific to Forty Two for Maya: the race starts at midnight and the completion window runs to 8:00 AM. Training for a marathon distance is not enough on its own; you also need to rehearse running through the night and managing sleep around it.

Phase 3: Specific Practice (Weeks 9-11)

Week	Easy Runs	Long Run	Notes
9	2-3 × 35-40 min	19 km	Do one run after dark this week.
10	2-3 × 35-40 min	22-25 km	Longest run of the program. Start it late evening if possible, to rehearse night pacing, lighting, and fueling in low light.
11	2 × 30 min	12 km	Begin tapering volume. Practice your full race-morning routine timing in reverse (what time you would sleep, wake, and eat for a midnight start).

Night-Rehearsal Notes

- Practice running with a headlamp or reflective gear at least once before race night.
- Test your fueling and hydration choices during the Week 10 long run; do not try anything new on race day.
- Rehearse your pre-race sleep plan: for a midnight start, an afternoon nap is often more useful than trying to sleep a full night beforehand.



Phase 4: Taper

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Any fitness you are missing by Week 12 cannot be gained in the final week, but it can be lost through fatigue or injury.

THE FINAL WEEK, DAY BY DAY:

Phase 4: Taper (Week 12)

Day	Session
Mon-Tue	2 short easy runs, 20-25 min each.
Wed-Fri	Rest or light walking. Sleep and hydration take priority over training.
Sat	Rest day. Lay out gear, confirm start venue and arrival time.
Race night	Midnight start. Run your own pace. There is no prize for the first hour.

PURPOSE OF THIS PHASE:

Arrive at the start line rested. Any fitness you are missing by Week 12 cannot be gained in the final week, but it can be lost through fatigue or injury from training too hard, too late.

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Cross-Training and Strength



This is support work, not a second training program; it should never leave you too sore to run the next scheduled session.

TEN TO FIFTEEN MINUTES, TWICE A WEEK:

Two short sessions per week of simple strength and mobility work support running without overloading you: bodyweight squats, lunges, calf raises, planks, and hip-focused mobility. Ten to fifteen minutes is enough. This is support work, not a second training program; it should never leave you too sore to run the next scheduled session.

Fueling and Hydration

- Practice your race-day fueling during training, not for the first time on race night.
- For runs over 60-75 minutes, take in fluids and some carbohydrate (gels, bananas, or similar) at a regular interval, such as every 45 minutes.
- Forty Two for Maya's aid stations will have water and food support; use your long runs to figure out what your stomach tolerates before relying on it during the race.



Modification Rules



Two consecutive hard or uncomfortable runs is a signal to insert an extra easy or rest day, not to push through.

WHEN THE PLAN MEETS REAL LIFE:

Modification Rules

- If you miss a run, resume the schedule at the next planned session. Do not add distance to make up for it.
- If you are sick, traveling, or exhausted, shorten or skip the session. Protect the long run of the week over the shorter runs.
- If a long run feels harder than it should, slow down or add walk breaks rather than stopping the progression entirely.
- Two consecutive hard or uncomfortable runs is a signal to insert an extra easy or rest day, not to push through.

When to Stop and Seek Help

Stop running and seek appropriate professional evaluation if you experience:

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|------------------------------|---|
| ▪ Chest pain or pressure | ▪ Pain that changes your running form |
| ▪ Fainting or dizziness | ▪ Suspected fracture |
| ▪ Severe shortness of breath | ▪ Fever or systemic illness |
| ▪ Sharp or worsening pain | ▪ Calf swelling, warmth, redness, or unusual tenderness |





Ready to Begin

NO EGO, NO COMPETITION, JUST PRESENCE.

Register for the race:

→ bit.ly/4fuk7SJ

Follow the race:

→ facebook.com/profile.php?id=61590982349535

More training resources:

→ The /prepare page on the race website



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Start where you are:

Week 1 asks for two easy runs and a 5 km long run. Nothing more. If that is already within reach, you can begin this week.

Print this plan:

Keep it somewhere you will see it. Mark each session as you finish it. Twelve weeks of small, boring, completed sessions is what a first marathon is made of.

Forty Two for Maya. Naga City to Calabanga and back.
Midnight start, 8:00 AM completion window.

Medical Disclaimer

This program provides general training information and is not a substitute for individualized coaching or medical advice. Training needs vary by fitness level, health history, experience, and current condition. Consult a qualified healthcare professional or running coach before beginning this program, especially if you have an injury, medical condition, or concerns about your readiness.