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Dur20 week marathon training plan for beginners designed for beginners, novices, and first-time marathon runners. The20 week marathon programincludes gradual mileage increases designed to not overwhelm you, and get you marathon-ready in a structured, injury-free way. The plan is available for free in PDF and a customizable Google Sheets format in both miles and kilometers. People who are new to marathons beginners and novice runners who dont have a long history of running.Perhaps if youve picked up running in the past year then this is the plan for you. Not sure this is the plan for you? Check out our other marathon training plans. 20 weeks // 5 months. The plan features 4 days of running workouts, plus one day of cross-training leaving two days of rest per week. Heres a run-down of each type of training youll be doing during your 20-week marathon training program. These are regular, easy runs to do sure at a comfortable pace. If youre feeling ambitious, you can determine your planned marathon pace and do those runs at that pace. For the rest of us, these are all about adding miles to your training and getting your body adapted to running. Ideally, you should be running all of these; if you are struggling, adopt a structured run/walk strategy (run for 2 minutes, walk for 1 minute). Aim to train yourself so you can be running this continuously as soon as you can! (some people may or walk/run strategy here!) Pace runs should be done at your target race pace if you have one, or slightly harder than your regular training runs a 5 out of 10 RPE. One long, slow run is factored into the training schedule every weekend. They are designed to increase your maximum mileage, and therefore your stamina. The most important thing to remember with these long runs is to do them at aslow, comfortable pace! Dont push yourself. The aim is to get the miles in, not to exhaust your body. If in doubt, do them at a speed at which you could hold a conversation with a friend. The plan includes one day per week dedicated to cross-training. Cross-training improves your cardiovascular healthandstrengthens some of the muscles weakened through running, thereby reducing your chance of injury. Recommended cross-training exercises include bodyweight exercises, light gym work, swimming, yoga, pilates, and cycling! Check out our cross-training guide for runners to learn more. Enter your email, and Ill send you this free training plan, along with a PDF of the Google Sheets version (completely editable), in addition to a link to my blog. After entering your email, I will be prompted to create an account on the Google platform to save your plans. Its completely free, and it allows you to track your progress and share your plans with friends. Sign up? Head over to our marathon training plan database for full access to all plans. Check Out The Premium Version Of The 20 Week Marathon Training Plan. Every one of our training plans has been developed byThomas Watson,aFESCA-certified runner coach. Thomas is also aultra-finisher ultra-marathon runner and has dozens of marathons under his belt. Each training plan has beenroad-testedby hundreds of runners, refined and improved, and is free to download and customize to suit your needs!No matter how many marathons youve done before, nobody wongs it in the 26.2 game. Getting to a marathon finish line in the time you desire takes a level of commitment that begins long before race day, even if your goal is just to make it around collecting as many spectator high-fives as possible. However you finish, youll have achieved something amazing on a day to remember. Among our extensive collection of free training plans, theres sure to be something to fit your needs. RW's marathon training plans Beginner: Marathon training plan to complete the distanceBeginner: Sub-5 hour training planIntermediate: Sub-4:30 marathon training planIntermediate: Sub-4:30 marathon training planAdvanced: Sub-3:30 marathon training planAdvanced: Sub-3:15 marathon training planAdvanced: Sub-3:30 marathon training planHow long is a marathon?First things first: a marathon is 26.2 miles, or 42.2 kilometres. You can blame the British royal family for the randomness of the number. The official modern distanc was set because they wanted the 1908 London Olympic Marathon to go from Windsor Castle to the Royal Box in White City Stadium. Essential guide to long runsHow many weeks should you spend marathon training?Most marathon training plans are about 16 weeks long, but some can cover 20 weeks. Each week, depending on what your goal is, youll be aiming to run between three and five times. As race day approaches your weekly mileage will increase (but never by too much in one go) before dipping back down again towards the end of the training period. How often should you run?For most training plans, you should be running at least 30-35 miles per week. Go to plan for sub-3 marathon training plan is aimed at runners who are already used to kicking up some 35-40 miles each week. For sub-4 marathon runners a great place to start. Doing just 20 minutes of strength and conditioning work a few times a week either at home or in the gym can pay huge dividends.8 simple rules of strength trainingWhat are the best running shoes for a marathon? Before you start marathon training, its a good idea to get your gait analysed at a running shop and kit yourself out with a pair of shoes that are right for you and will last the distance. For example, if you tend to overpronate, you'll need a pair of shoes that offer the right level of support and prevent a build up of stresses and the risk of injury. If you're at the faster end of the running spectrum and looking to maximise on speed at a road marathon, you may want to wear a pair of carbon plate shoes on race day. The best running shoes for 2025, expert-tested Should I be able to run a 10K or half marathon in a certain time? The training plans below refer to half marathon or 10K times that you should be capable of in order to hit a particular marathon time. We suggest, for example, that if you want to finish in just under four hours, you should be capable of running a sub-1:50 half marathon (equating to a pace of 8:20 min/mile) and a sub-50 10K (8:00 min/mile/). Once again, because were all individuals, treat these numbers as rough guidelines. Some people naturally fare better in shorter or longer races so it may well be the case that you can still crack a goal marathon time without hitting the prescribed time for a half. Estimate your marathon time based on your 10K PBWhere can I find the best free marathon training plans?Look no further! Whether youre preparing for your first marathon or are well-versed over the 26.2-mile distance, finding the right plan to get you across the finish line is key. To make things easier, weve rounded up our best marathon training plans for every kind of runner just read on for more details. The science behind training your best marathonBeginner marathon training planTo complete the distanceGo to the planThis is a 16-week training plan for complete beginners. If you're relatively new to running but already gearing up for your first marathon, this training plan will get you round with some run-walk breaks. Runners who have completed a marathon but want to take their training to the next level should look at the intermediate plan. Completing a marathon in five hours means running at a pace of approximately 11:30 min/mile, although a target training pace of 11:00 min/mile (giving you 4-48 minutes) could be beneficial. To break five hours, you should eventually be capable of a sub-2:15 half marathon and sub-60 10K. Remember, though, that these are rough benchmarks and not requirements! Right now, you should be used to running comfortably for 30 minutes to an hour, a few times a week.Go to the planTo run a 4:30 marathon, youll need to average a pace of approximately 10:00 min/mile over the full distance. As a rough guide, to go sub-4:30, it's probably helpful for you to be able to run a sub-2 half marathon and a sub-53 10K. Before starting this training plan, you should be used to running for at least 20-30 minutes, four or five times a week.Go to the planYou'll need to hit a pace of approximately 9:00 min/mile to finish a marathon in four hours. To go sub-4, you should be capable of running a sub-1:50 half marathon and a sub-50 10K. Before starting this training plan, you should be running at least 20 miles per week and be able to run comfortably for an hour non-stop.Go to plan To run a 3:45 marathon, youll need to stick to a pace of around 8:30 min/mile for the entire 26.2-mile course. To break 3:45, you should be capable of running a sub-1:45 half marathon and a sub-46 10K. Right now, you should be running at least 25 miles per week and be able to run for 1:15 non-stop.Go to plan A 3:30 marathon works out at a pace of approximately 8 min/mile. To break 3:30, you should be capable of running a sub-1:37 half marathon and a sub-43 10K. Before starting this training plan, you should be used to running around 25-30 miles per week and be able to run for 1:30 non-stop. Go to plan To run a 3:15 marathon, youll need to average a pace of 7:26 min/mile or quicker for the duration of the course. To break a 3:15 marathon, you should be able to run a sub-1:30 half marathon and a sub-40 10K. Ideally, before you pick this plan, you should be able to run for 1:30 non-stop, four or five times a week.Go to the plan You should be able to run a sub-1:25 half-marathon and a sub-38 10K.I'm not ready to run a marathon how should I train for a half marathon? If you're looking to half the distance for a half marathon, then take a look at our half marathon training plans for every kind of runner. 27 of the best half marathons to enterRace time predictor and training pace calculatorRace time predictor and training pace calculatorIf youre a relative newcomer to running whos bold enough to be thinking about entering their first marathon, youre far from alone. In fact, a record 840,000 people applied for the 2025 London Marathon ballot, which is an increase of 260,000 on the year before. The main thing is to not worry too much about a time goal or a pace. This 16-week training plan will get you to the finish line with a few walking breaks along the way. What does the training plan consist of?Youll start off with a bit of jiffing, ideally without the effing, named for the US Olympian and author Jeff Galloway and his run/walk coaching strategy. Youll be thinking about time on feet, increasing your mileage without paying attention to pace. This way you get steadily stronger and fitter but don't strain your body too much in the early stages, giving yourself some recovery time during your sessions. And if anyone thinks walking a bit is a cop-out, look to the ultrarunning community theyre all at it in their 100-mile races. However, as you progress through the training plan, you will do some speedier runs to build the mental and physical toughness youll need to get to 26.2 miles. Faster runs are important and have great health benefits because they will help to build muscle mass, improve running economy and develop anaerobic fitness.The runner's guide to jeffingDo I need to run at a particular pace?Pace isn't the point at the start of the plan. Its easy to become preoccupied with how fast or slow you are going when whats really important is getting miles under your belt. Nor should you look too far ahead at future training runs that might seem daunting when you start out. Just take things one day at a time. In fact most of your runs should be at a slow, happy pace where you can hold a conversation - and what pace that is may vary depending on your route, the temperature, or even just how busy your day has been. As you get nearer to marathon day, then you can use our training pace calculator to work out what realistic pace to aim for as you run closer to the finish line feeling happy and healthy up to the plan Completing a marathon in five hours means running at a pace of approximately 11:30 min/mile, although a target training pace of 11:00 min/mile (giving you 4-48 minutes) could be beneficial. To break five hours, you should eventually be capable of a sub-2:15 half marathon and sub-60 10K. Remember, though, that these are rough benchmarks and not requirements! Right now, you should be used to running comfortably for 30 minutes to an hour, a few times a week.Go to the planTo run a 4:30 marathon, youll need to average a pace of approximately 10:00 min/mile over the full distance. 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1501: Michelangelo returns to his native Florence to begin work on the statue David.1501: Safavid dynasty reunifies Iran and rules there until 1736. Safavids adopt a Shia branch of Islam.[5]1501: First Battle of Cannarwa between the Third Portuguese Armada and Kingdom of Cochin under Joo da Nova and Zamorin of Kozhikode.1501 marks the beginning of Portuguese conflicts in the Indian Ocean.1502: First typhoid African slaves in the New World.502: The Crimean Khanate sacks Sarai in the Golden Horde, ending its existence.1502: Spain defeats France at the Battle of Cerignola. Considered to be the first battle in history won by gunpowder small arms.1503: Leonardo da Vinci begins painting the Mona Lisa and completes it three years later.1503: Nostradamus is born on either December 14 or December 21.1504: A period of drought, with famine in all of Spain.1504: Death of Isabella I of Castile; Joanna of Castile becomes the Queen.1504: Foundation of the Sultanate of Sennar by Amara Dunqas, in what is modern Sudan.1505: Zhengde Emperor ascends the throne of Ming dynasty.1505: Martin Luther enters St. Augustine's Monastery at Erfurt, Germany, on 17 July and begins his journey to instigating the Reformation.1505: Sultan Treggono builds the first Muslim kingdom in Java, called Demak, in Indonesia. Many other small kingdoms were established in other islands to fight against Portuguese. Each kingdom introduced local language as a way of communication and unity.1506: Leonardo da Vinci completes the Mona Lisa.1506: King Afonso I of Kongo wins the battle of Mbanza Kongo, resulting in Catholicism becoming Kongo's state religion.Battle of Cerignola: El Gran Capitan finds the corpse of Louis d'Armagnac, Duke of Nemours.1506: At least two thousand converted Jews are massacred in a Lisbon riot, Portugal.1506: Christopher Columbus dies in Valladolid, Spain.1506: Poland is invaded by Tatars from the Crimean Khanate.1507: The first recorded epidemic of smallpox in the New World on the island of Hispaniola. It devastates the native Tano population.[6]1507: Afonso de Albuquerque conquered Hormuz and Muscat, among other bases in the Persian Gulf, taking control of the region at the entrance of the Gulf.1508: The Christian-Islamic power struggle in Europe and West Asia spills over into the Indian Ocean as Battle of Chaul during the Portuguese-Mamluk War.15081512: Michelangelo paints the Sistine Chapel ceiling.1509: The defeat of joint fleet of the Sultan of Gujarat, the Mamlk Burji Sultanate of Egypt, and the Zamorin of Calicut with support of the Republic of Venice and the Ottoman Empire in Battle of Diu marks the beginning of Portuguese dominance of the Spice trade and the Indian Ocean.1509: The Portuguese king sends Diogo Lopes de Sequeira to the find Malacca, the eastern terminus of Asian trade. After initially receiving Sequeira, Sultan Mahmud Shah captures and/or kills several of his men and attempts an assault on the four Portuguese ships, which escape.[7] The Javanese fleet is also destroyed in Malacca.1509: Krishnadevaraya ascends the throne of Vijayanagara Empire.Afonso de Albuquerque.15091510: The 'great plague' in various parts of Tudor England.[8]1510: Afonso de Albuquerque of Portugal conquers Goa in India.1511: Afonso de Albuquerque of Portugal conquers Malacca, the capital of the Sultanate of Malacca in present-day Malaysia.1512: Copernicus writes Commentariolus, and proclaims the Sun the center of the Solar System.1512: The southern part (historical core) of the Kingdom of Navarre is invaded by Castile and Aragon.1512: Qutb Shahi dynasty, founded by Quli Qutb Mulk, rules Golconda Sultanate until 1687.1512: The first Portuguese exploratory expedition was sent eastward from Malacca (in present-day Malaysia) to search for the 'Spice Islands' (Maluku) led by Francisco Serro. Serro is shipwrecked but struggles on to Hitu (northern Ambon) and wins the favour of the local rulers.[9]1513: Machiavelli writes The Prince, a treatise about political philosophy.1513: The Portuguese mariner Jorge lvares lands at Macau, China, during the Ming dynasty.1513: Henry VIII defeats the French at the Battle of the Spurs.1513: The Battle of Flodden Field in which invading Scots are defeated by Henry VIII's forces.1513: Sultan Selim I ("The Grim") orders the massacre of Shia Muslims in Anatolia (present-day Turkey).1513: Vasco Nez de Balboa, in service of Spain arrives at the Pacific Ocean (which he called Mar del Sur) across the Isthmus of Panama. He was the first European to do so.1514: The Battle of Orsha halts Muscovy's expansion into Eastern Europe.1514: Dzsza rebellion (peasant revolt) in Hungary.Martin Luther initiated the Reformation with his Ninety-five Theses in 1517.1514: The Battle of Chaldiran, the Ottoman Empire gains decisive victory against Safavid dynasty.1515: Ascension of Francis I of France as King of France following the death of Louis XII.1515: The Ottoman Empire wrests Eastern Anatolia from the Safavids after the Battle of Chaldiran.1515: The Ottomans conquer the last beyliks of Anatolia, the Dulkadirs and the Ramadaniids.15161517: The Ottomans defeat the Mamluks and gain control of Egypt, Arabia, and the Levant.1517: The Sweating sickness epidemic in Tudor England.[10]1517: The Reformation begins when Martin Luther posts his Ninety-five Theses in Saxony.1518: The Treaty of London was a non-aggression pact between the major European nations. The signatories were Burgundy, France, England, the Holy Roman Empire, the Netherlands, the Papal States and Spain, all of whom agreed not to attack one another and to come to the aid of any that were under attack.1518: Mir Chakar Khan Rind leaves Baluchistan and settles in Punjab.1518: Leo Africanus, also known as al-Hasan ibn Muhammad al-Wazzan al-Fasi, an Andalusian Berber diplomat who is best known for his book Descriptiōe dell'Africa (Description of Africa), is captured by Spanish pirates; he is taken to Rome and presented to Pope Leo X.1518: The dancing plague of 1518 begins in Strasbourg, lasting for about one month.1519: Leonardo da Vinci dies in France on May 2. Europe at the time of the accession of Charles V in 15191519: Wang Yangming, the Chinese philosopher and governor of Jiangxi province, describes his intent to use the firepower of the fo-lang-jie, a breech-loading Portuguese culverin, in order to suppress the rebellion of Prince Zhu Chenhao.1519: Barbary pirates led by Hayreddin Barbarossa, a Turk appointed to ruling position in Algiers by the Ottoman Empire, raid Provence and Toulon in southern France.1519: Death of Emperor Maximilian; Charles I of Austria, Spain, and the Low Countries becomes Emperor of Holy Roman Empire as Charles V. Holy Roman Emperor (ruled until 1556).15191522: Spanish expedition commanded by Magellan and Elcano are the first to Circumnavigate the Earth.15191521: Hernn Cortes leads the Spanish conquest of the Aztec Empire.Ferdinand Magellan led the first expedition that circumnavigated the globe in 15191522.15201526: The reign of Suleiman the Magnificent marks the zenith of the Ottoman Empire.1520: The first European diplomatic mission to Ethiopia, sent by the Portuguese, arrives at Massawa 9 April, and reaches the imperial encampment of Emperor Dawit II in Shewa 9 October.1520: Vijayanagara Empire forces under Krishnadevaraya defeat the Adil Shahi under at the Battle of Raichur.1520: Sultan Alk Mughayat Shah of Aceh begins an expansionist campaign capturing Diu on the west Sumatran coast (in present-day Indonesia), and the pepper and gold producing lands on the east coast.1520: The Portual Empire established a trading post in the village of Lamakera on the eastern side of Solor (in present-day Indonesia) as a transit harbour between Maluku and Malacca.1521: Belgrade (in present-day Serbia) is captured by the Ottomans.1521: November, Ferdinand Magellan's expedition reaches Maluku (in present-day Indonesia) and after trade with Ternate returns to Europe with a load of cloves.1521: Pati Unus leads the invasion of Malacca (in present-day Malaysia) against the Portuguese occupation. Pati Unus was killed in this battle, and was succeeded by his brother, sultan Trenggana.1522: Rhodes falls to the Ottomans of Suleiman the Magnificent.[11]Sack of Rome of 1527 by Charles V's forces (painting by Johannes Lingelbach).1522: The Portuguese ally themselves with the rulers of Ternate (in present-day Indonesia) and begin construction of a fort.[9]1522: August, Luso-Sundanese Treaty signed between Portugal and Sunda Kingdom granted Portuguese permit to build fortress in Sunda Kelapa.1523: Sweden gains independence from the Kalmar Union.1523: The Cocoa bean is introduced to Spain by Hernn Corts.15241525: German Peasants' War in the Holy Roman Empire.1524: Giovanni da Verrazzano is the first European to explore the Atlantic coast of North America between South Carolina and Newfoundland.1524: Ismail I, the founder of Safavid dynasty, dies and Tahmasp I becomes king.Gun-wielding Ottoman Janissaries and defending Knights of Saint John at the siege of Rhodes in 1522, from an Ottoman manuscript.1525: Timurid Empire forces under Babur defeat the Lodi dynasty at the First Battle of Panipat, end of the Delhi Sultanate.1525: German and Spanish forces defeat France at the Battle of Pavia, Francis I of France is captured.1526: The Ottomans defeat the Kingdom of Hungary at the Battle of Mohacs.1526: Mughal Empire, founded by Babur.1527: Sack of Rome with Pope Clement VII escaping and the Swiss Guards defending the Vatican being killed. The sack of the city of Rome considered the end of the Italian Renaissance.1527: Protestant Reformation begins in Sweden.1527: The last ruler of Majapahit falls from power. This state (located in present-day Indonesia) was finally extinguished at the hands of the Demak. A large number of courtiers, artisans, priests, and members of the royalty moved east to the island of Bali; however, the power and the seat of government transferred to Demak under the leadership of Pangeran, later Sultan Fatah.1527: June 22, The Javanese Prince Fatahillah of the Cirebon Sultanate successfully defeated the Portuguese armed forces at the site of the Sunda Kelapa Harbor. The city was then renamed Jayakarta, meaning "a glorious victory." This eventful day came to be acknowledged as Jakarta's Founding Anniversary.1527: Mughal Empire forces defeat the Rajput led by Rana Sangha of Mewar at the Battle of Khanwa.1529: The Austrians defeat the Ottoman Empire at the siege of Vienna.1529: Treaty of Zaragoza defined the antimeridian of Tordesillas attributing the Moluccas to Portugal and Philippines to Spain.1529: Imam Ahmad Gurey defeats the Ethiopian Emperor Dawit II in the Battle of Shimbra Kure, the opening clash of the EthiopianAdal War.Spanish conquistadors with their Tlaxcallan allies fighting against the Otomies of Metztlitlan in present-day Mexico, a 16th-century codex.15311532: The Church of England breaks away from the Catholic Church and recognizes King Henry VIII as the head of the Church.1531: The Inca Civil War is fought between the two brothers, Atahualpa and Huscarr.1532: Francisco Pizarro leads the Spanish conquest of the Inca Empire.1532: Foundation of So Vicente, the first permanent Portuguese settlement in the Americas.1533: Anne Boleyn becomes Queen of England.1533: Elizabeth Tudor is born.1534: Jacques Cartier claims Canada for France.1534: The Ottomans capture Baghdad from the Safavids.1534: Affair of the Placards, where King Francis I becomes more active in repression of French Protestants.1535: The Mstner Rebellion, an attempt of radical, millennialist, Anabaptists to establish a theocracy, ends in bloodshed.1535: The Portuguese in Ternate depose Sultan Tajarji (or Tabarjan) and send him to Portuguese Goa where he converts to Christianity and bequeaths his Portuguese godfather Jordao de Freitas the island of Ambon.1535: The Ethiopian Portuguese troops defeat the Adal army led by Imam Ahmad Gurey at the Battle of Wayna Daga; Imam Ahmad Gurey is killed at this battle.1543: Copernicus publishes his theory that the Earth and the other planets revolve around the Sun.1543: The Nanban trade period begins after Portuguese traders make contact with Japan.1544: The French defeat an Imperial-Spanish army at the Battle of Ceresole.Scenes of everyday life in Ming China, by Qiu Ying.1544: Battle of the Shirts in Scotland. The Frasers and Macdonalds of Clan Ranald fight over a disputed chiefship, reportedly, 5 Frasers and 8 Macdonalds survive.1545: Songhai forces sack the Malian capital of Niani.1545: The Council of Trent meets for the first time in Trent (in northern Italy).1546: Michelangelo Buonarroti is made chief architect of St. Peter's Basilica.1546: Francis Xavier works among the peoples of Ambon, Ternate and Morotai (Moro) laying the foundations for a permanent mission. (to 1547)1547: Henry VIII dies in the Palace of Whitehall on 28 January at the age of 55.1547: Francis I dies in the Chteau de Rambouillet on 31 March at the age of 52.1547: Edward VI becomes King of England and Ireland on 28 January and is crowned on 20 February at the age of 9.1547: Emperor Charles V decisively dismantles the Schmalkaldic League at the Battle of Mhlberg.1547: Grand Prince Ivan the Terrible is crowned tsar of (All) Russia, thereforth becoming the first Russian tsar.1548: Battle of Uedahara: Firearms are used for the first time on the battlefield in Japan, and Takeda Shingen is defeated by Murakami Yoshiakiyo.1548: Askia Daoud, who reigned from 1548 to 1583, establishes public libraries in Timbuktu (in present-day Mali).1548: The Ming dynasty government of China issues a decree banning all foreign trade and closes down all seaports along the coast; these Hai jin laws came during the Wokou wars with Japanese pirates.1549: Tom de Sousa establishes Salvador in Bahia, north-east of Brazil.1549: Arya Penangsang with the support of his teacher, Sunan Kudus, avenges the death of Raden Kikin by sending an envoy named Rangkidu to kill Sunan Prawoto by Keris Kyai Saban Kober (in present-day Indonesia).The Islamic gunpowder empires: Mughal Army artillerymen during the reign of Jalaluddin Akbar.1550: The architect Mimar Sinan builds the Sleymaniye Mosque in Istanbul.1550: Mongols led by Altan Khan invade China and besiege Beijing.15501551: Valladolid debate concerning the human rights of the indigenous people of the Americas.1551: Fifth outbreak of sweating sickness in England. John Caius of Shrewsbury writes the first full contemporary account of the symptoms of the disease.1551: North African pirates enslave the entire population of the Maltese island Gozo, between 5,000 and 6,000, sending them to Libya.1552: Russia conquers the Khanate of Kazan in central Asia.1552: Jesuit China Mission, Francis Xavier dies.1553: Mary Tudor becomes the first queen regnant of England and restores the Church of England under Papal authority.1553: The Portuguese found a settlement at Macau.1554: Missionaries Jos de Anchieta and Manuel da Nbreaga establishes So Paulo, southeast Brazil.1554: Princess Elizabeth is imprisoned in the Tower of London upon the orders of Mary I for suspicion of being involved in the Wyatt rebellion.1555: The Muscovy Company is the first major English joint stock trading company.1556: Publication in Venice of Delle Navigazioni et Viaggi (terzo volume) by Giovanni Battista Ramusio, secretary of Council of Ten, with plan La Terra de Hochelaga, an illustration of the Hochelaga.[13]1556: The Shaanxi earthquake in China is history's deadliest known earthquake during the Ming dynasty.1556: Georgius Agricola, the "Father of Mineralogy", publishes his De re metallica.1556: Akbar defeats Hemu at the Second battle of Panipat.1556: Russia conquers the Astrakhan Khanate.15561605: During his reign, Akbar expands the Mughal Empire in a series of conquests (in the Indian subcontinent).Political map of the world in 15561556: Mir Chakar Khan Rind captures Delhi with Humayun.1556: Pomponio Algerio, radical theologian, is executed by boiling in oil as part of the Roman Inquisition.1557: Habsburg Spain declares bankruptcy. Philip II of Spain had to declare four state bankruptcies in 1557, 1560, 1575 and 1596.1557: The Portuguese settle in Macau (on the western side of the Pearl River Delta across from present-day Hong Kong).1557: The Ottomans capture Massawa, all but isolating Ethiopia from the rest of the world.1558: Elizabeth Tudor becomes Queen Elizabeth I at age 25.15581603: The Elizabethan era is considered the height of the English Renaissance.15581563: Livonian War between Poland, Grand Principality of Lithuania, Sweden, Denmark and Russia.1558: After 200 years, the Kingdom of England loses Calais to France.1559: With the Peace of Cateau Cambrsis, the Italian Wars conclude.1559: Sultan Hairun of Ternate protests the Portuguese's Christianisation activities in his lands. Hostilities between Ternate and the Portuguese EmpireThe Mughal Emperor Akbar shoots the Rajput warrior Jaisal during the Siege of Chittorgarh in 15671560: Ottoman navy defeats the Spanish fleet at the Battle of Djerba.1560: Elizabeth Bathory is born in Nyirbator, Hungary.1560: By winning the Battle of Okeshazama, Oda Nobunaga becomes one of the pre-eminent warlords of Japan.1560: Jeanne d'Albret declares Calvinism the official religion of Navarre.1560: Lazarus Church, Macau.1561: Sir Francis Bacon is born in London.1561: The fourth battle of Kawanakajima between the Uesugi and Takeda at Hachimanbara takes place.1561: Guido de Bres draws up the Belgic Confession of Protestant faith.1562: Mughal emperor Akbar reconciles the Muslim and Hindu factions by marrying into the powerful Rajput Hindu caste.15621598: French Wars of Religion between Catholics and Huguenots.1562: Massacre of Wassy and Battle of Dreux in the French Wars of Religion.1562: Portuguese Dominican priests build a palm-trunk fortress which Javanese Muslims burned down the following year. The fort was rebuilt from more durable materials and the Dominicans commenced the Christianisation of the local population.[12]1563: Plague outbreak claimed 80,000 people in Elizabethan England. In London alone, over 20,000 people died of the disease.1564: Galileo Galilei born on February 15.1564: William Shakespeare baptized 26 April.1565: Deccan sultanates defeat the Vijayanagara Empire at the Battle of Talikota.1565: Mir Chakar Khan Rind dies at aged 97.1565: Estcio de S establishes Rio de Janeiro in Brazil.1565: The Hospitallers, a Crusading order, defeat the Ottoman Empire at the siege of Malta (1565).1565: Miguel Lpez de Legazpi establishes in Cebu the first Spanish settlement in the Philippines starting a period of Spanish colonization that would last over three hundred years.1565: Spanish navigator Andres de Urdaneta discovers the maritime route from Asia to the Americas across the Pacific Ocean, also known as the tornaviaje.1565: Royal Exchange is founded by Thomas Gresham.1566: Suleiman the Magnificent, ruler of the Ottoman Empire, dies on September 7, 1566. The Ottoman Empire becomes the most powerful Islamic empire in the world.1566: The French defeat an Imperial-Spanish army at the Battle of Ceresole.Scenes of everyday life in Ming China, by Qiu Ying.1567: Mary, Queen of Scots, is imprisoned by Elizabeth I.1568: The Transylvanian Diet, under the patronage of the prince John Sigismund Zpolya, the former king of Hungary, inspired by the teachings of Ferenc Dvid, the founder of the Unitarian Church of Transylvania, promulgates the Edict of Torda, the first law of freedom of religion and of conscience in the World.15681571: Morisco Revolt in Spain.15681600: The Azuchi-Momoyama period in Japan.1568: Hadwijaya sent his adopted son and son-in-law Sutawijaya, who would later become the first ruler of the Mataram dynasty of Indonesia, to kill Arya Penangsang.1569: Rising of the North in England.1569: Mercator 1569 world map published by Gerardus Mercator.1569: The PolishLithuanian Commonwealth is created with the Union of Lublin which lasts until 1795.1569: Peace treaty signed by Sultan Hairun of Ternate and Governor Lopez De Mesquita of Portugal.The Battle of Lepanto1570: Ivan the Terrible, tsar of Russia, orders the massacre of inhabitants of Novgorod.1570: Pope Pius V issues Regnans in Excelsis, a papal bull excommunicating all who obeyed Elizabeth I and calling on all Catholics to rebel against her.1570: Sultan Hairun of Ternate (in present-day Indonesia) is killed by the Portuguese.[12] Babullah becomes the next Sultan.1570: 20,000 inhabitants of Nicosia in Cyprus were massacred and every church, public building, and palace was looted. Cyprus fell to the Ottoman Turks the following year.1571: Pope Pius V completes the Holy League as a united front against the Ottoman Turks, responding to the fall of Cyprus to the Ottomans.1571: The Spanish-led Holy League navy destroys the Ottoman Empire navy at the Battle of Lepanto.1571: Crimean Tatars attack and sack Moscow, burning everything but the Kremlin.1571: American Indians kill Spanish missionaries in what would later be Jamestown, Virginia.1571: Spanish conquistador Miguel Lpez de Legazpi establishes Manila, Philippines as the capital of the Spanish East Indies.1572: Brulle is taken from Habsburg Spain by Protestant Waterpeuzen in the Capture of Brielle, in the Eighty Years' War.1572: Spanish conquistadores apprehend the last Inca leader Tupak Amaru at Vilcabamba, Peru, and execute him in Cuzco.1572: Jeanne d'Albret dies aged 43 and is succeeded by Henry IV.1572: Catherine de' Medici instigates the St. Bartholomew's Day massacre which takes the lives of Protestant leader Gaspard de Coligny and thousands of Huguenots. The violence spreads from Paris to other cities and the countryside.1572: First edition of the epic The Lusiards of Lus Vaz de Cames, three years after the author returned from the East.[14]1572: The 9 years old Taizi, Zhu Yijun ascended the throne of Ming dynasty, known as Wanli Emperor.1573: After heavy losses on both sides the siege of Haarlem ends in a Spanish victory.St. Bartholomew's Day massacre of French Protestants1574: in the Eighty Years' War the capital of Zeeland, Middelburg declares for the Protestants.1574: After a siege of 4 months the siege of Leiden ends in a comprehensive Dutch rebel victory.1575: Oda Nobunaga finally captures Nagashima fortress.1575: Following a five-year war, the Ternateans under Sultan Babullah defeated the Portuguese.1576: Tahmasp I, Safavid shah, dies.1576: The Battle of Haldighati is fought between the ruler of Mewar, Maharana Pratap and the Mughal Empire's forces under Emperor Akbar led by Raja Man Singh.1576: Sack of Antwerp by badly paid Spanish soldiers.15771580: Francis Drake circles the world.1577: Ki Ageng Pemanahan built his palace in Pasargede or Kotagede.1578: King Sebastian of Portugal is killed at the Battle of Alcazarquivir.1578: The Portuguese establish a fort on Tidore but the main centre for Portuguese activities in Maluku becomes Ambon.1578: Catherine de' Medici dies at aged 69 Abu'l-Fazl ibn Mubarak presenting Akbarnama to Mughal Azam Akbar, Mughal miniature.1590: Siege of Odawara: the Go-Hojo clan surrender to Toyotomi Hideyoshi, and Japan is unified.1591: Gazi Giray leads a huge Tatar expedition against Moscow.1591: In Mali, Moroccan forces of the Sultan Ahmad al-Mansur led by Judar Pasha defeat the Songhai Empire at the Battle of Tondibi.15921593: John Stow reports 10,675 plague deaths in London, a city of approximately 200,000 people.15921598: Korea, with the help of Ming dynasty China, repels two Japanese invasions.15931606: The Long War between the Habsburg monarchy and the Ottoman Turks.1594: St. Paul's College, Macau, founded by Alessandro Valignano.1595: First Dutch expedition to Indonesia sets sail for the East Indies with two hundred and forty-nine men and sixty-four cannons led by Cornelis de Houtman.[18]1596: Birth of Ren Descartes.1596: June, de Houtman's expedition reaches Banten the main pepper port of West Java where they clash with both the Portuguese and Indonesians. It then sails east along the north coast of Java losing twelve crew to a Javanese attack at Sidasu and killing a local ruler in Madura.[18]1597: Romeo and Juliet is published.1597: Cornelis de Houtman's expedition returns to the Netherlands with enough spices to make a considerable profit.[18]1598: The Edict of Nantes ends the French Wars of Religion.1598: Abbas I moves Safavids capital from Qazvin to Isfahan in 1598.15981613: Russia descends into anarchy during the Time of Troubles.1598: The Portuguese require an armad of 90 ships to put down a Solorese uprising.[12] (to 1599)1598: More Dutch fleets leave for Indonesia and most are profitable.[18]Edo period screen depicting the Battle of Sekigahara.1598: The province of Santa Fe de Nuevo Mexico is established in Northern New Spain. The region would later become a territory of Mexico, the New Mexico Territory in the United States, and the US State of New Mexico.1598: Death of Toyotomi Hideyoshi, known as the unifier of Japan.1599: The Mali Empire is defeated at the Battle of Jenn.1599: The van Neck expedition returns to Europe. The expedition makes a 400 per cent profit.[18] (to 1600)1599: March: Leaving Europe the previous year, a fleet of eight ships from the Spanish Islands of Maluku.[18]1600: Giordano Bruno is burned at the stake for heresy in Rome.Siege of Fialkovo castle during the Long Turkish War.1600: Battle of Sekigahara in Japan. End of the Warring States period and beginning of the Edo period.1600: The Portuguese win a major naval battle in the bay of Ambon.[19] Later in the year, the Dutch join forces with the local Hituese in an anti-Portuguese alliance, in return for which the Dutch would have the sole right to purchase spices from Hitu. [19]1600: Elizabeth I grants a charter to the British East India Company beginning the English advance in Asia.1600: Michael the Brave unifies the three principalities: Wallachia, Moldavia and Transylvania after the Battle of elimbr from 1599.For later events, see Timeline of the 17th century.Polybius' The Histories translated into Italian, English, German and French.[20]Mississippian culture disappears.Medallion ring, variant Star Ushak style, Anatolia (modern Turkey), is made. It is now kept at the Saint Louis Art Museum.Hernan Cortes (14851547)Henry VIII, (14911547) King of England and IrelandDon Fernando Ivarez de Toledo (15071582)Suleiman the Magnificent, Sultan of the Ottoman Empire (15201566)Ivan IV the Terrible (15301584)Oda Nobunaga (15341582)Sir Francis Drake (c. 1540 1596)Alberico Gentili, (15521608) The Father of international lawPhilip II of Spain, King of Spain (15611598)Akbar the Great, Mughal emperor (15611605)Related article: List of 16th century inventions.The Columbian Exchange introduces many plants, animals and diseases to the Old and New Worlds.Introduction of the spinning wheel revolutionizes textile production in Europe.The letter j is introduced into the English alphabet.1500: First portable watch is created by Peter Henlein of Germany.The Iberian Union in 1598, under Philip II, King of Spain and Portugal.1513: Juan Ponce de Len sights Florida and Vasco Nuez de Balboa sights the eastern edge of the Pacific Ocean.15191522: Ferdinand Magellan and Juan Sebastian Elcano lead the first circumnavigation of the world.15191540: In America, Hernando de Soto expeditons map the Gulf of Mexico coastline and bays.1525: Modern square root symbol ()1540: Francisco Vsquez de Coronado sights the Grand Canyon.154142: Francisco de Orellana sails the length of the Amazon River.154243: Firearms are introduced into Japan by the Portuguese.1543: Copernicus publishes his theory that the Earth and the other planets revolve around the Sun.1545: Theory of complex numbers is first developed by Gerolamo Cardano of Italy.1558: Camera obscura is first used in Europe by Giambattista della Porta of Italy.15591562: Spanish settlements in Alabama/Florida and Georgia confirm dangers of hurricanes and local native warring tribes.1565: Spanish settlers outside New Spain (Mexico) colonize Florida's coastline at St. Augustine.1565: Invention of the graphite pencil (in a wooden holder) by Conrad Gesner. Modernized in 1812.1568: Gerardus Mercator creates the first Mercator projection map.1572: Supernova SN 1572 is observed by Tycho Brahe in the Milky Way.1582: Gregorian calendar is introduced in Europe by Pope Gregory XIII and adopted by Catholic countries.c. 1583: Galileo Galilei of Pisa, Italy identifies the constant swing of a pendulum, leading to development of reliable timekeepers.1585: earliest known reference to the 'sailing carriage' in China.1589: William Lee invents the stocking frame.1591: First flush toilet is introduced by Sir John Harrington of England, the design published under the title 'The Metamorphosis of Ajax'.1593: Galileo Galilei invents a thermometer.1596: William Barents discovers Spitsbergen.1597: Opera in Florence by Jacopo Peri.Entertainment in the 16th century" ^ a b Modern reference works on the period tend to follow the introduction of the Gregorian calendar for the sake of clarity: thus NASA's lunar eclipse catalogue states: "The Gregorian calendar is used for all dates from 1582 Oct 15 onwards. Before that date, the Julian calendar is used." For dates after 15 October 1582, care must be taken to avoid confusion of the two styles." ^ de Vries, Jan (14 September 2009). "The limits of globalization in the early modern world". The Economic History Review. 63 (3): 710733. CiteSeerX10.1.1.186.2862. doi:10.1111/j.1468-0289.2009.00497.x. JSTOR40929823. S2CID19969360. SSRN1635517. ^ Singh, Sarina; Lindsay Brown; Paul Clammer; Rodney Cocks; John Mock (2008). Pakistan & the Karakoram Highway, Vol.7, illustrated. Lonely Planet. p.137. ISBN978-1-74104-542-0. Retrieved 23 August 2010. ^ Babur (2006). Babur Nama. Penguin Books. p.vii. ISBN978-0-14-400149-1. ^ "16th Century Timeline (1501 to 1600)". fsmitha.com. Archived from the original on February 3, 2009. ^ "History of Smallpox Smallpox Through the Ages" Archived 2019-09-24 at the Wayback Machine. Texas Department of State Health Services. ^ Ricklefs (1991), p.23 ^ "A LIST OF NATIONAL EPIDEMICS OF PLAGUE IN ENGLAND 13481665". 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ISBN2-7605-1588-5 ^ a b c d e f Ricklefs (1991), page 27 ^ a b Ricklefs (1991), page 28 ^ Polybius: The Rise Of The Roman Empire, Page 36, Penguin, 1979.Langer, William. An Encyclopedia of World History (5th ed. 1973); highly detailed outline of events online free Media related to 16th century at Wikimedia CommonsTimelines of 16th century events, science, culture and personsRetrieved from " ^The following pages link to 16th century External tools(link counttransclusion countsorted list) See help page for transcluding these entriesShowing 50 items.View (previous 50 | next 50) [20 | 50 | 100 | 250 | 500]Bagpipes (links | edit)List of decades, centuries, and millennia (links | edit)Fashion (links | edit)Giovanni Boccaccio (links | edit)History of Malu (links | edit)History of Mauritius (links | edit)Post office (links | edit)Public square drum (links | edit)Republican Party (United States) (links | edit)20th century (links | edit)15th century (links | edit)17th century (links | edit)18th century (links | edit)1624 (links | edit)1626 (links | edit)1642 (links | edit)1661 (links | edit)1608 (links | edit)1492 (links | edit)14th century (links | edit)1st century (links | edit)13th century (links | edit)11th century (links | edit)1564 (links | edit)1648 (links | edit)1572 (links | edit)1623 (links | edit)1662 (links | edit)1490s (links | edit)1640s (links | edit)1597 (links | edit)1690 (links | edit)1688 (links | edit)7th century (links | edit)10th century (links | edit)8th century (links | edit)9th century (links | edit)1573 (links | edit)1570s (links | edit)1574 (links | edit)1436 (links | edit)1476 (links | edit)1542 (links | edit)1540s (links | edit)View (previous 50 | next 50) [20 | 50 | 100 | 250 | 500]Retrieved from " WhatLinksHere/16th century"How can financial brands set themselves apart through visual storytelling?Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. 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