

4 hour to 3.5 hour marathon - runners training schedule

SESSION

WEEK ONE	
MONDAY	5miles easy
TUESDAY	Rest
WEDNESDAY	10mins easy, then 10 x 30 secs fast, 60 secs slow, then 5 mins jog
THURSDAY	5miles easy
FRIDAY	Rest
SATURDAY	5km race (aim for 25 mins) or 3m timed run (24mins)
SUNDAY	9miles steady run

WEEK TWO	
MONDAY	Rest
TUESDAY	6miles steady
WEDNESDAY	10 mins warm up.,then 8 x 40 secs uphill, jogging back down, then 10 mins warm down
THURSDAY	5-6miles easy
FRIDAY	Rest
SATURDAY	5miles steady
SUNDAY	12miles in 2 Hours

WEEK THREE	
MONDAY	Rest
TUESDAY	6miles steady
WEDNESDAY	Warm up, then 4 x 60 secs fast, then 4 x 30 secs fast, both with 60 sec recoveries, then 10 mins jog
THURSDAY	6miles easy
FRIDAY	Rest
SATURDAY	20 mins jog and strides
SUNDAY	Race 5miles (Aim for 40 mins) or 10km (52mins)

WEEK FOUR	
MONDAY	Rest
TUESDAY	6miles easy
WEDNESDAY	10 mins jog,8*40secs uphill, recovery back down 10min warm down
THURSDAY	6m easy
FRIDAY	Rest
SATURDAY	20 mins moderate
SUNDAY	10k at race pace

WEEK FIVE	
MONDAY	6 mile fartlek
TUESDAY	Rest
WEDNESDAY	10 mins jog, then 10 x 40 secs uphill, jogging back down, then 10 mins jog
THURSDAY	5 mile easy
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	15mile training run at moderate pace

WEEK SIX	
MONDAY	Rest
TUESDAY	6 mile steady
WEDNESDAY	6 mile steady, including 10*1 min fast, 2 mins slow
THURSDAY	2 miles easy then 2 miles brisk, 2 miles easy

FRIDAY	Rest
SATURDAY	25 mins easy
SUNDAY	10 k race or 6 mile fast

WEEK SEVEN	
MONDAY	Rest
TUESDAY	6mile fartlek
WEDNESDAY	Warm up, then 3 * 1mile timed, 4 mins recovery, warm down.
THURSDAY	5 Mile easy
FRIDAY	Rest
SATURDAY	25 mins easy
SUNDAY	10 mile race

WEEK EIGHT	
MONDAY	Rest
TUESDAY	2miles easy, then 3miles brisk, then 1mile jog
WEDNESDAY	Warm up, then 10*40 secs fast uphill, jogging back down
THURSDAY	6miles easy
FRIDAY	Rest
SATURDAY	20 mins easy
SUNDAY	18miles easy training run - aim for 3 hrs

WEEK NINE	
MONDAY	Rest
TUESDAY	6miles fartlek - as hard or easy as you feel like
WEDNESDAY	7miles, including 8*1 min fast and 8*30 secs fast
THURSDAY	5mile easy
FRIDAY	Rest
SATURDAY	20 mins on grass, including a few strides
SUNDAY	Race 10miles or half-marathon - Aim for 1:20/1:52

WEEK TEN	
MONDAY	Rest
TUESDAY	6miles easy
WEDNESDAY	Warm up, then 4x1mile timed, with 4-min recoveries, then warm down
THURSDAY	6miles steady
FRIDAY	Rest
SATURDAY	20 mins jogging and striding
SUNDAY	Race half-marathon - Aim for 1:50

WEEK ELEVEN	
MONDAY	Rest
TUESDAY	5miles very easy, off road
WEDNESDAY	6mile fartlek
THURSDAY	7-8miles steady
FRIDAY	Rest
SATURDAY	30 mins easy, on grass
SUNDAY	20mile endurance - take drinks, walk for 2mins at the end of each hour - Aim for 3:20

WEEK TWELVE	
MONDAY	Rest
TUESDAY	4miles very easy off-road
WEDNESDAY	6miles steady
THURSDAY	6miles, inc. 6x2mins fast, 2mins slow
FRIDAY	Rest

SATURDAY	30mins steady
SUNDAY	Race 6-10miles, with long warm-up and warm down

WEEK THIRTEEN

MONDAY	Rest
TUESDAY	6miles easy
WEDNESDAY	6miles, inc. 8x1 min fast, 1min slow
THURSDAY	5miles steady
FRIDAY	Rest
SATURDAY	Warm up, then 3miles at marathon pace, timed, then warm down
SUNDAY	10miles steady, in racing kit, practice your pre-race routine

WEEK FOURTEEN

MONDAY	Rest
TUESDAY	5miles steady, plus 6x1 min brisk
WEDNESDAY	Rest or 20mins easy
THURSDAY	20mins easy, in racing shoes
FRIDAY	Rest
SATURDAY	15mins jog, inc. 6x100m strides
SUNDAY	RACE DAY