

Sub 3 hour marathon - runners training schedule

SESSION

WEEK ONE	
MONDAY	6miles easy, off-road
TUESDAY	Warm up, then 4*1mile, timed, with 3 minute recoveries, then warm down
WEDNESDAY	6miles steady
THURSDAY	Warm up, then 2* (8*200m), with 40 sec recoveries, and 5 min jog after each set
FRIDAY	3miles easy
SATURDAY	5km race(aim for 18.45) or 3m timed (18.00)
SUNDAY	13-15miles easy

WEEK TWO	
MONDAY	6miles easy
TUESDAY	10 min jog, then 8*60 secs uphill, jogging back down, then 10 mins jog
WEDNESDAY	6miles steady
THURSDAY	Warm up, then 6*800m on track or road, with 2 min recoveries, then warm down
FRIDAY	3miles easy
SATURDAY	6miles easy, off road
SUNDAY	12miles in 90mins or less

WEEK THREE	
MONDAY	6miles easy, off road
TUESDAY	Warm up, then 1*2miles fast, then 6 mins easy, then 3*1miles fast, with 3 min recoveries
WEDNESDAY	6miles easy
THURSDAY	7-8miles fartlek
FRIDAY	3miles easy
SATURDAY	6miles easy, off road, inc strides
SUNDAY	Race 5miles (30 mins) or 10km (39 mins)

WEEK FOUR	
MONDAY	6miles easy
TUESDAY	Warm up, then 6*1000m (or 3 mins) with 2 min recoveries, then warm down
WEDNESDAY	6miles easy
THURSDAY	Hill session as Week 2, but 9 reps
FRIDAY	5miles easy
SATURDAY	3miles easy, inc strides
SUNDAY	16-18 miles endurance run, or half-marathon

WEEK FIVE	
MONDAY	5miles easy
TUESDAY	7-8mile fartlek
WEDNESDAY	Warm up, then 3*2miles with 5min recoveries, then warm down
THURSDAY	6miles steady, inc bursts of 100-200m
FRIDAY	3miles easy
SATURDAY	4-5miles fartlek, off road
SUNDAY	15mile training run in 2 hrs or less

WEEK SIX	
MONDAY	6miles off-road, starting slowly

TUESDAY	Warm up, then 2x(8x400m) at 5000m pace, with 60-sec recoveries and 3mins between sets
WEDNESDAY	4miles easy
THURSDAY	Run 10mins to hill, then 6x2mins uphill, jogging back down
FRIDAY	5miles easy
SATURDAY	5miles off-road, inc. strides
SUNDAY	10000m race - Aim for 38mins

WEEK SEVEN	
MONDAY	6miles easy, off-road
TUESDAY	Warm up, then 1x2miles, then 3x1mile (both with 4-min recoveries)
WEDNESDAY	6miles easy
THURSDAY	Warm up, then 6miles at threshold pace, then warm down
FRIDAY	4mile jog
SATURDAY	6miles on grass, inc. 8x100m strides
SUNDAY	10mile race - Aim for 1:02

WEEK EIGHT	
MONDAY	30mins easy, off-road
TUESDAY	6miles steady
WEDNESDAY	Warm up, then 8x800m with 90-sec recoveries
THURSDAY	6miles steady, inc. 6x150m strides
FRIDAY	4miles easy
SATURDAY	2miles easy, then 1mile fast, then warm down
SUNDAY	18miles training run - Aim for 2:15

WEEK NINE	
MONDAY	6miles very easy, off-road
TUESDAY	6miles steady
WEDNESDAY	Warm up, then 4x1mile with 4-min recoveries
THURSDAY	6mile fartlek
FRIDAY	Rest
SATURDAY	3miles jog
SUNDAY	Race 10miles or half-marathon - Aim for 1:00 / 1:24

WEEK TEN	
MONDAY	5miles easy, off-road
TUESDAY	6miles steady, starting slowly
WEDNESDAY	8miles brisk
THURSDAY	8miles, inc. 10-12x90secs fast, 60secs slow
FRIDAY	5miles easy
SATURDAY	5miles easy, off-road
SUNDAY	Race half-marathon - Aim for sub-1:23

WEEK ELEVEN	
MONDAY	5miles easy
TUESDAY	6miles easy fartlek
WEDNESDAY	3miles at marathon pace, then 5mins jog, then 3miles at 10secs a mile faster than marathon pace
THURSDAY	7miles steady, inc. 8x30secs fast strides
FRIDAY	Rest
SATURDAY	30mins jog
SUNDAY	20miles endurance run in approx 2:30

WEEK TWELVE	
MONDAY	5miles easy, off-road

TUESDAY	6-7miles steady, starting slowly
WEDNESDAY	Warm-up, then 8x1000m (or 4mins), with 2-min recoveries
THURSDAY	8miles steady
FRIDAY	30mins easy
SATURDAY	30mins jog, plus 6x100m strides
SUNDAY	Race 6-10miles or 11-13miles steady

WEEK THIRTEEN

MONDAY	6miles easy, off-road
TUESDAY	6miles fartlek
WEDNESDAY	1mile easy, then 5miles at race pace, then warm down
THURSDAY	6miles easy
FRIDAY	Rest
SATURDAY	warm up, then 4miles at marathon pace, then warm down
SUNDAY	10miles steady. Practise your pre-race routine

WEEK FOURTEEN

MONDAY	30mins steady
TUESDAY	10mins easy, then 6x400m brisk, then 10mins jog
WEDNESDAY	20mins easy, then 6x200m brisk, then 5mins jog
THURSDAY	15mins easy, then 1mile at race pace, then 5-10mins jog
FRIDAY	Rest or 20mins easy
SATURDAY	15mins jog, then 6x(100m stride plus 200m jog), then 10mins jog
SUNDAY	RACE DAY