

3.5 hour to 3 hour marathon - runners training schedule

SESSION

WEEK ONE	
MONDAY	5 mile easy
TUESDAY	6 mile steady
WEDNESDAY	1 mile warmup, 10*1min fast, 2mins jog recovery, 5 mins warmdown
THURSDAY	6 mile steady
FRIDAY	Rest
SATURDAY	3 mile fast race timed
SUNDAY	9 mile endurance run

WEEK TWO	
MONDAY	5 mile easy
TUESDAY	6 mile steady
WEDNESDAY	warmup, 4*3 mins fast, 2 mins slow, 10mins jog recovery
THURSDAY	5 mile easy
FRIDAY	Rest
SATURDAY	5 mile easy
SUNDAY	12 mile steady

WEEK THREE	
MONDAY	5 mile easy
TUESDAY	6 mile steady
WEDNESDAY	10 mins jog, then 8 x 40 secs uphill, jogging back down, then 10 mins jog
THURSDAY	5 mile easy
FRIDAY	Rest
SATURDAY	2-3 mile easy
SUNDAY	5mile or 10k race

WEEK FOUR	
MONDAY	5 mile easy
TUESDAY	warmup, 3*4 mins fast, 2 mins slow, 10mins jog recovery
WEDNESDAY	5 mile easy
THURSDAY	1 mile warmup, 8*1min fast, 2mins jog recovery, 10 mins warmdown
FRIDAY	Rest
SATURDAY	6 Mile steady
SUNDAY	12 mile steady

WEEK FIVE	
MONDAY	5 Mile easy
TUESDAY	warmup, 3*1 mile fast, 4 mins rest, warmdown
WEDNESDAY	6 Mile Steady
THURSDAY	10 mins jog, then 8 x 40 secs uphill, jogging back down, then 10 mins jog
FRIDAY	Rest
SATURDAY	5 Mile easy
SUNDAY	15 mile brisk

WEEK SIX	
MONDAY	5 mile easy, off-road
TUESDAY	3 x 10mins at half-marathon pace, with 4-min recoveries
WEDNESDAY	4 miles easy
THURSDAY	6 miles steady, inc. surges
FRIDAY	Rest
SATURDAY	30mins easy, inc. a few strides
SUNDAY	10000m race - Aim for 44mins

WEEK SEVEN	
MONDAY	4miles easy, off-road
TUESDAY	6miles, inc. 6x1min fast
WEDNESDAY	Warm up, then 4x1mile timed, with 4-min recoveries
THURSDAY	6miles steady
FRIDAY	Rest or 3miles easy
SATURDAY	5miles easy, inc. 6x100m strides
SUNDAY	10mile race - Aim for 1:12

WEEK EIGHT	
MONDAY	5miles easy, off-road
TUESDAY	6mile fartlek, inc. bursts of 100-250m
WEDNESDAY	Warm up, then 10x40secs uphill, jogging back down
THURSDAY	6miles steady
FRIDAY	Rest
SATURDAY	Warm up, then 3-4miles brisk
SUNDAY	18miles training run - Aim for 2:40

WEEK NINE	
MONDAY	5miles very easy, off-road
TUESDAY	5miles easy, inc. a few strides
WEDNESDAY	8miles steady
THURSDAY	6mile fartlek, inc. 8x30secs fast, 60secs slow
FRIDAY	Rest or 3mile jog
SATURDAY	2miles easy, then 2miles brisk, then 2miles easy
SUNDAY	Race 10miles or half-marathon - Aim for 1:10 / 1:38

WEEK TEN	
MONDAY	5miles very easy, off-road
TUESDAY	5miles easy, inc. a few strides
WEDNESDAY	8miles steady
THURSDAY	6mile fartlek, doing 30secs fast, 60secs slow
FRIDAY	Rest
SATURDAY	5miles steady, inc. a few strides
SUNDAY	Race half-marathon - Aim for 1:36

WEEK ELEVEN	
MONDAY	5miles easy, off-road
TUESDAY	6miles steady
WEDNESDAY	7mile fartlek, inc. 10x1min fast
THURSDAY	8miles, inc. 2x3miles at marathon pace
FRIDAY	3miles jog
SATURDAY	Rest
SUNDAY	20miles endurance run, start slowly, take drinks - Aim for 2:55

WEEK TWELVE	
MONDAY	30mins easy, off-road
TUESDAY	7-8miles steady
WEDNESDAY	Warm up, then 6x800m (or 3mins), with 2-min recoveries
THURSDAY	6miles easy, inc. a few strides
FRIDAY	Rest
SATURDAY	Warm up, then 5miles at marathon pace, then warm down
SUNDAY	Race 6-10miles or 10-12miles steady

WEEK THIRTEEN	
MONDAY	5miles easy

TUESDAY	6miles steady
WEDNESDAY	6mile fartlek, inc. 10x1min fast
THURSDAY	5miles easy
FRIDAY	Rest
SATURDAY	Warm up, then 3miles at marathon pace, then warm down
SUNDAY	10miles steady, in your racing kit. Practise your pre-race routine

WEEK FOURTEEN

MONDAY	Rest
TUESDAY	30mins steady, inc. 6x1min fast
WEDNESDAY	20mins easy
THURSDAY	10mins jog, then 1mile at race pace, then 5mins jog
FRIDAY	Rest
SATURDAY	20mins jog, inc. a few strides
SUNDAY	RACE DAY