

Name:	Race:	Date:
Sub 4 hrs	Marathon	

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins cross training / strength and conditioning + stretch	30 minutes Recovery Run	REST	40 mins Steady undulating run + Stretch	75 minutes Easy Long Run
Week 2	30 mins cross training / strength and conditioning + stretch	40 minutes Easy Run	10 mins warm-up, 5 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins cross training / strength and conditioning + stretch	REST	40 minutes Steady Undulating Run, in the middle of the run include 1,2,3,2,1 minutes at 90 pct effort with a 60 second jog recovery between efforts	80 minutes Easy Long Run
Week 3	REST	10 mins warm-up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins cross training / strength and conditioning + stretch	30 minutes Recovery Run	REST	10 minutes Warm Up, 4 x 6 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down	90 mins Long run - Easy/Steady effort + Stretch
Week 4	REST	10 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins cross training / strength and conditioning + stretch	30 minutes Recovery Run	REST	10 minutes Warm Up, 3 x 8 minutes at Threshold effort over undulating terrain with a 120 second recovery, 10 minutes Cool Down	105 mins Long run - Easy/Steady effort + Stretch
Week 5	REST	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	20 mins Easy Effort run	parkrun	75 minutes Easy Long Run
Week 6	REST	10 mins warm-up, 5 x 6 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength and conditioning + stretch	REST	30 mins cross training / strength and conditioning + stretch	10 minutes Warm Up, 3 x 8 minutes at Threshold effort over undulating terrain with a 120 second recovery, 10 minutes Cool Down	120 mins Long run - Easy/Steady effort + Stretch

Week 7	REST	10 mins warm-up, 2 x 12 mins at Threshold effort with 120 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 minutes Recovery Run	45 mins cross training / strength and conditioning + stretch	REST	40 minutes Steady Undulating Run, in the middle of the run include 1,2,3,2,1 minutes at 90 pct effort with a 60 second jog recovery between efforts	135 mins Long run - Easy/Steady effort + Stretch
Week 8	REST	40 minutes Easy Run	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength and conditioning + stretch	REST	30 mins Recovery run + Stretch	150 mins Long run - Easy / Steady effort
Week 9	REST	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins cross training / strength and conditioning + stretch	45 minutes Easy Run	10 minutes Warm Up, 1,2,3,4,3,2,1 minutes at 90 pct effort with a 90 second recovery between efforts, 10 minutes Cool Down	REST	90 mins Long run - Easy/Steady effort + Stretch
Week 10	REST	10 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength and conditioning + stretch	40 minutes Easy Run	10 minutes Warm Up, 5 x 3 minutes at 90 pct effort with a 90 second recovery between efforts, 10 minutes Cool Down	REST	165 mins Long run - Easy/Steady effort + Stretch
Week 11	REST	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength and conditioning + stretch	10 minutes Warm Up, 5 x 3 minutes at 90 pct effort with a 90 second recovery between efforts, 10 minutes Cool Down	REST	180 mins Long run - Easy/Steady effort + Stretch
Week 12	REST	10 mins warm-up, 3 x 12 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	45 mins cross training / strength and conditioning + stretch	10 minutes Warm Up, 6 x 3 minutes at 90 pct effort with a 90 second recovery between efforts, 10 minutes Cool Down	REST	180 mins Long run Easy effort with last 60 mins at Marathon Pace + Stretch
Week 13	REST	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 3 x 12 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength and conditioning + stretch	REST	30 mins Recovery run + Stretch	90 mins Long run Easy effort with last 30 mins at Half Marathon Pace + Stretch

Week 14	REST	15 minutes Easy, 15 minutes Threshold, 15 minutes Easy	REST	10 minutes Warm Up, 5 x 2 minutes at 90 pct effort with a 90 second recovery between efforts, 10 minutes Cool Down	REST	20 minutes Easy Run + Stretch	Half Marathon Race
Week 15	REST	45 mins cross training / strength and conditioning + stretch	10 mins warm-up, 3 x 15 mins at Threshold effort with 120 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	45 minutes Easy Run	REST	180 mins Long run Easy effort with last 60 mins at Marathon Pace + Stretch
Week 16	REST	45 mins cross training / strength and conditioning + stretch	10 mins warm-up, 3 x 15 mins at Threshold effort with 120 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	10 minutes Warm Up, 6 x 3 minutes at 90 pct effort with a 90 second recovery between efforts, 10 minutes Cool Down	REST	150 minute Long Run; First 75 minutes Easy, Second 75 minutes at Marathon Pace
Week 17	REST	45 mins cross training / strength and conditioning + stretch	10 mins warm-up, 20 mins Threshold effort, 10 mins cool-down + Stretch	40 minutes Easy Run	10 minutes Warm Up, 2 x 5 x 2 minutes at 90 pct effort with a 60 second recovery between reps and a 4 minute recovery between sets, 10 minutes Cool Down	REST	180 mins Long run Easy effort with last 90 mins at Marathon Pace + Stretch
Week 18	REST	45 mins cross training / strength and conditioning + stretch	10 mins warm-up, 4 x 10 mins at Threshold effort with 120 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 minutes Easy Run + Stretch	10 minutes Warm Up, 2 x 5 x 2 minutes at 90 pct effort with a 60 second recovery between reps and a 4 minute recovery between sets, 10 minutes Cool Down	REST	120 minute Long Run; Pick up middle 90 minutes to Marathon Pace
Week 19	45 mins cross training / strength and conditioning + stretch	10 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	45 minutes Easy Run	10 minutes Warm Up, 6 x 3 minutes at 90 pct effort with a 90 second recovery between efforts, 10 minutes Cool Down	REST	70 minute Long Run; Pick up middle 50 minutes to Marathon Pace
Week 20	REST	10 mins warm-up, 3 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	30 minutes Easy Run + Stretch	REST	20 minutes Easy Run + Strides	Marathon