

Training month



Sub-3:00 training plan

A 3:00 marathon is approximately 6:50min/mile. To break 3:00, you should eventually be capable of a sub-1:25 half marathon (approx 6:30min/mile) and a sub-38:00 10K (approx 6:00min/mile). Right now, you should be running at least 30 miles per week, over five sessions.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 (approx 37-41M)	5M (miles) easy (approx 8:00min/mile in 40 mins)	6M of 1M jog, then 5x800m at approx 10K pace (3:00) with 400m jog in three minutes , then 1M jog	6M steady (approx 7:30min/mile in 45 mins)	5M with middle 3M at marathon pace (sub 7:00min/mile - rest 8:00min/mile) approx 37 mins	4M easy (approx 8:00min/mile or 32 mins) or rest	5M inc hill session or circuit	10M easy (approx 8:00min/mile in 80 mins)
2 (approx 41-45M)	5M easy (approx 8:00min/mile in 40 mins)	6M of 1M jog, then 16x200m at mile/5k speed(sub 6 minute miling), with 200m (or 1-min) jog recoveries, then 1M jog	7M steady (approx 7:30min/mile in 52 mins)	5M of 1M jog, then 3M at half marathon pace (sub 6:30s) then 1M jog (approx 36 mins in total)	4M easy (approx 8:00min/mile or 32 mins) or rest	Parkrun or 40 mins fartlek (speedwork at varying pace, approx 5M)	13M easy (approx 8:00min/mile in 1:45)
3 (approx 46-50M)	5M easy (approx 8:00min/mile in 40 mins)	7M of 1M jog, then 4x1M or 1600m at 10K pace (approx 6:00) fast, with 400m (2-min) jog recoveries, then 1M jog	8M steady (approx 7:30min/mile in 60 mins)	6M progression run starting at 8:00min/mile, then run each mile faster with last two miles inside 7:00min/mile	4M easy (approx 8:00min/mile or 32 mins) or rest	5M inc hill session or circuit or cross-country race	15M steady (approx 7:30min/mile in 1:52)
4 (approx 49-53M)	5M easy (approx 8:00min/mile in 40 mins)	8M of 1M jog, then 7x1000m at 10K speed (approx 3:45) fast with 200m (1-min) jog recoveries, then 1M jog	9M easy (approx 8:00min/mile or 72 mins)	7M alternating 8:00 and 7:00min/mile each mile (approx 53 mins)	4M easy (approx 8:00min/mile or 32 mins) or rest	4M steady with some faster strides	16M in approx 2 hours (first 8M easy in 64 mins, last 8M at marathon pace in approx 55-56 mins)

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5 (approx 53-58M)	5M easy (approx 8:00min/mile in 40 mins)	7M of 1M jog, then 15x400m at mile/5K speed (6:00min/mile - approx 90 secs), with 200m (or 1-min) jog recoveries, then 1M jog	10M easy (approx 8:00min/mile or 80 mins)	7M of 1M jog, then 5M at half marathon pace (6:30min/mile), then 1M jog	Rest or 4M easy (approx 32 mins)	Parkrun or cross-country race or 45 mins fartlek (6M)	18M easy (approx 8:00min/mile in 2:24 hours)
6 (approx 42-46M)	5M easy (approx 8:00min/mile in 40 mins)	8M of 1M jog, then 4x2000m at 10K pace (or 7:30) fast with 400m (or 2-min) jog recoveries, then 1M jog	7M easy (approx 56 mins)	6M - 8:00min/mile with middle 4M at marathon pace (sub-7:00min/mile), approx 44 mins in total	Rest or 4M easy (approx 32 mins)	3M easy with some strides (approx 24 mins)	Race or 13M at marathon pace or faster
7 (approx 57-61M)	5M easy (approx 8:00min/mile in 40 mins)	7M of 1M jog, then 20x200m at mile pace (approx 40-45 secs), with 200m (or 1-min) jog recoveries, then 1M jog	11M easy (approx 88 mins)	1M jog, then 6M at half marathon pace (approx 40 mins), then 1M jog	Rest or 4M easy (approx 32 mins)	Parkrun or cross-country race or hills or hilly circuit (6M)	20M easy (approx 8:00min/mile in 2:40 hours)
8 (approx 56-60M)	5M easy (approx 8:00min/mile in 40 mins)	8M of 1M jog, 5x1M or 1600m at 10K pace (or 6:00), with 400m (or 2-min) jog recoveries, then 1M jog	12M easy (approx 96 mins)	8M progression run starting at 8:00 and getting faster with last few miles sub-7:00min/mile, approx 60 mins in total	Rest or 4M easy (32 mins)	5M easy (approx 40 mins)	18M in 2:14 hours (first 9M easy in approx 8:00min/mile in 72 mins, last 9M at marathon pace in 62 mins)

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9 (approx 62-66M)	5M easy (approx 8:00min/mile in 40 mins)	9M of 1M jog, then 8x1000m at 10K speed (approx 3:45), with 200m (or 1-min) jog recoveries, then 1M jog	13M easy (approx 1:45)	9M alternating 8 and 7 min/mile each mile (approx 67 mins)	Rest or 4M easy (approx 32 mins)	Parkrun or cross-country race or hills or hilly circuit (6M)	20M steady (approx 2hrs 30)
10 (approx 45-49M)	5M easy (approx 8:00min/mile in 40 mins)	9M of 1M jog, then 8x800m at 10K speed (approx 3:00), with 200m (or 1-min) jog recoveries, then 1M jog	8M steady (at 7:30min/mile in approx 56 mins)	Rest or 4M easy (approx 32 mins)	4M easy (approx 8:00min/mile or 32 mins) or rest	3M easy (approx 24 mins) with strides	15M at half marathon race or 13M quick (plus 1M warm-up and cool-down)
11 (approx 54-59M)	5M easy (approx 8:00min/mile in 40 mins)	7M of relaxed fartlek	8M easy (approx 8:00min/mile in 64 mins)	9M progression run starting at slower than 8:00min/mile and getting faster with last few miles sub-7:00, approx 67 mins	Rest or 4M easy (approx 30 mins)	5M easy (approx 40 mins)	20M in approx 2:28 (first 10M easy in 80 minutes, last 10M at marathon pace in 68 mins)
12 (approx 60-64M)	5M easy (approx 8:00min/mile in 40 mins)	8M of 1M jog, then 16x400m at 5K pace (approx 80-90 secs) with 200m (or 1-min) jog recoveries, then 1M jog	9M easy (approx 8:00min/mile or 72 mins)	9M alternating 8:00 and 7:00 min/mile each mile (approx 67 mins)	4M easy (approx 8:00min/mile or 32 mins) or rest	Rest or 4M easy (approx 32 mins)	Sun 22M slow in 8 minute miles in approx 2 hours 56

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13 (approx 60-64M)	5M easy (approx 8:00min/mile in 40 mins)	9M of 1M jog, 6x1M or 1600m at 10K pace (approx 6:00min/mile) fast with 400m (or 2-min) jog recoveries, then 1M jog	12M easy (approx 8:00min/mile in 96 mins)	9M of 1M jog, then 7M at marathon pace (approx 42mins), then 1M jog	Rest or 4M easy (approx 32 mins)	Parkrun or 5M easy (approx 40 mins)	20M steady (at 7:30 min/mile in approx 2:30 hours)
14 (approx 50-54M)	5M easy (approx 8:00min/mile in 40 mins)	9M of 1M jog, then 10x800m at 10K speed (approx 3 mins), with 200m (or 1-min) jog recoveries, then 1M jog	9M steady (at 7:30min/mile in approx 67 mins)	6M of 1M easy, then middle 4M at half marathon pace (approx 25 mins), then 1M easy	Rest or 4M easy (approx 32 mins)	Parkrun or 45 mins fartlek (approx 6M total)	15M steady (at 7:30min/mile in approx 1:50)
15 (approx 37-42M)	5M easy (approx 8:00min/mile in 40 mins)	5M of 1M jog, then 10x400m at mile/5K pace (approx 80-90 secs), with 100m (or 1-min) jog recoveries, then 1M jog	7M easy (at 8:00min/mile in approx 56 mins)	5M of 1M jog, then 3M at half marathon pace (approx 18 mins), then 1M jog	Rest or 4M easy (approx 32 mins)	5M easy (at 8:00min/mile approx 40 mins)	10M steady (approx 75 mins)
16 (approx 13M plus race)	Rest	4M of 1M jog, then 12x200m at mile/5K pace in approx 40 seconds with 200m (or 1-min) jog recoveries, then 1M jog	4M easy (approx 32 mins) with 4 marathon pace 100m strides	3M (approx 24 mins) with 3 marathon pace 100m strides	4M easy (approx 8:00min/mile or 32 mins) or rest	Sat 2M (approx 16 mins) easy, in racing kit with 2 marathon pace 100m strides	The race