

Training month



Sub-4:00 training plan

A 4:00 marathon is approximately 9:00 per mile. To break 4:00, you should eventually be capable of a sub-1:50 half marathon (8:20 per mile) and sub-50:00 10K (8:00 per mile). Right now, you should be running at least 20min/mile per week, and be able to run for 60-80 minutes non-stop comfortably.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 (approx 23M)	3M easy (approx 10:00 min/mile for 30 mins)	5M of 1M jog, then 4x800m at approx 10K pace (4:00) with 400m jog in three minutes, then 1M jog	Rest	4M easy (approx 10:00 min/mile for 30 mins)	Rest	3M inc hill session or circuit	8M easy (approx 10:00min/mile for 80 mins)
2 (approx 28M)	Rest	5M of 1M jog, then 12x200m at mile/5K pace (approx 50-55 secs), with 200m in 90 second jog recoveries, then 1M jog	4M steady (approx 9:30min/mile in 38 mins)	5M of 1M jog, then 3M at half marathon pace (25 mins), then 1M jog	Rest	Parkrun or 35 mins fartlek (approx 4M)	10M easy (approx 10:00min/mile for 100 mins)
3 (approx 31M)	Rest	6M of 1M jog, then 3x1M or 1600m at 10K pace (approx 8 minutes, with 400m in 3 minutes jog recoveries, then 1M jog	4M easy (approx 10:00min/mile for 40 mins)	5M progression run - starting at slower than 10 min/mile and each mile faster with last two min/mile inside 9:00min/mile.	Rest	4M inc hill session or circuit	12M in approx 1:54 (First 6M easy in 60 mins, last 6M at marathon pace in 54 mins)
4 (approx 23M)	Rest	6M of 1M jog, then 5x1000m at 10K speed (approx 5 mins), with 200m in 90 secs jog recoveries, then 1M jog	6M easy (approx 10:00min/mile for 60 mins)	5M alternating 10 and sub-9min/mile each mile (approx 48 mins)	Rest	Rest	6M easy in 60 mins,

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THE RUNNER'S WORLD MARATHON CHALLENGE

Sub-4:00 training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 (approx 34M)	Rest	5M of 1M jog, then 8x400m at mile/5K speed (approx 1:45) with 200m in 90 sec jog recoveries, then 1M jog	6M easy (approx 10:00min/mile for 60 mins)	6M of 1M jog, then 4M at half marathon pace (approx 33 mins), then 1M jog	Rest	Parkrun or 35 mins fartlek (approx 4M)	14M easy (approx 10:00min/mile for 2 hrs 20 mins)
6 (approx 34M)	Rest	6M of 1M jog, then 3x2000m at 10K pace (approx 10 mins) with 400m in 3 mins jog recoveries, then 1M jog	7M easy (approx 10:00min/mile for 80 mins)	5M with middle 3M at marathon pace (sub 9:00min/mile - rest 10:00min/mile) approx 47 mins	Rest	3M easy (approx 30 mins) with strides	Race or 13M at half marathon pace
7 (approx 38M)	Rest	6M of 1M jog, then 12x200m at mile/5K pace (approx 50-55 secs) with 200m in 90 secs jog recoveries, then 1M jog	6M easy (approx 10:00min/mile for 60 mins)	6M of 1M jog, then 4M at marathon pace (approx 36 mins), then 1M jog	Rest	4M hills or hilly circuit	16M steady (approx 9:30min/mile for 2hrs 22)
8 (approx 41M)	Rest	7M of 1M jog, 4x1M or 1600m at 10K pace (approx 8 mins) fast with 400m in 2 mins 30 secs jog recoveries, then 1M jog	7M easy (approx 10:00min/mile for 70 mins)	7M progression run starting at slower than 10:00min/mile and getting faster with last fewmin/mile sub 9:00min/mile in approx 60 mins 1M jog	Rest	3M easy (approx 30 mins)	17M in approx 2:42 (First 9M easy in 90 mins, last 8M at marathon pace in 72 mins)

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9 (approx 27M)	Rest	7M of 1M jog, then 6x1000m at 10K pace (approx 5 mins) with 200m in 90 secs jog recoveries, then 1M jog	Rest	Thu 7M alternating 10 and 9 minutemin/mile each mile (approx 67 mins)	Rest	Parkrun 5K or 45 mins fartlek (approx 5M total)	8M easy in 10:00min/mile for 80 mins
10 (approx 42M)	Rest	7M of 1M jog, then 8x800m at 10K speed (approx 4:00), with 200m in 90 sec jog recoveries, then 1M jog	7M steady (approx 9:30min/mile for 67 mins)	5M of 1M jog, then 3M at marathon pace (approx 27 mins), then 1M jog	Rest	3M easy (approx 10:00min/mile for 30 mins)	20M slow in 10:00min/mile in 3 hours 20 mins
11 (approx 35M)	Rest	5M of relaxed fartlek	6M EASY (at 10:00min/mile)	7M progression run starting at slower than 10:00min/mile and getting faster with last fewmin/mile sub 9:00min/mile in approx 66 mins	Rest	Parkrun 5K or 40 mins fartlek (approx 4M total)	13 MILES STEADY (9.30 MILES, APPROX 2 HOURS)
12 (approx 42M)	Rest	7M of 10x400m at 5K pace (approx 105-110 secs) with 200m in 90 sec jog recoveries, then 1M jog	5M easy (approx 10:00min/mile for 50 mins)	7M alternating 10 and 9 minutemin/mile each mile(approx 76 mins)	Rest	3M easy (approx 30 mins)	20M in approx 3 hours 10 - first 10M easy (approx 10 minmin/mile in 100 mins) and second 10M at marathon pace (approx 9:00min/mile for 90 mins)

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THE RUNNER'S WORLD MARATHON CHALLENGE

Sub-4:00 training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 (approx 40M)	Rest	8M of 1M jog, 8x800m at 10K pace (approx 4:00), with 400m in 2 mins 30 secs jog recoveries, then 1M jog	7M easy (approx 10:00min/mile for 70 mins)	7M of 1M jog, then 5M at marathon pace (approx 9:00min/mile for 45 mins), then 1M jog	Rest	3M (approx 30 mins)	15M easy (approx 10:00min/mile for 2 hours 30)
14 (approx 33M)	Rest	5M of 1M jog, then 6x400m at 10K speed (approx 2 mins), with 200m (or 90-sec) jog recoveries, then 1M jog	6M steady (approx 9:30min/mile in 57 mins)	6M of 1M jog, then middle 4M at half marathon pace (approx 34 mins), then 1M jog	Rest	Parkrun 5K or 40 mins fartlek (approx 4M)	12M steady (in 9:30min/mile in 1 hours 54 mins)
15 (approx 25M)	Rest	5M steady run (approx 9:00min/mile for 54 mins) plus some strides	6M easy (approx 10:00min/mile for 60 mins)	Rest	1M jog, then 3M at half marathon pace (approx 25 mins), then 1M jog	Parkrun 5K or 40 mins fartlek (approx 4M total)	9M steady (at 9:30min/mile for 95 mins)
16 (approx 9M plus race)	Rest	4M easy with 4 marathon pace 100m strides	Rest	3M easy (approx 30 mins) with 3 marathon pace 100m strides	Rest	2M easy (approx 20 mins), in racing kit with 2 marathon pace 100m strides	The race