

Training month



Sub-4:30 training plan

A 4:30 marathon is approximately 10:00min/mile. To break 4:30, you should eventually be capable of a sub-2:05 half marathon (9:30min/mile) and sub-55:00 10K (approx 8.50min/mile). Right now, you should be used to running around 20 miles each week, and do at least three runs a week.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 (approx 20M)	3M easy (approx 11:00min/mile in 33 mins)	Rest	4M with middle 2M at 10K pace (approx 40 mins in total, 18 mins fast)	Rest	Rest	3M inc hill session or circuit	10M easy (approx 11:00min/mile in 110 mins)
2 (approx 23M)	Rest	4M of 1M jog, then 8:00min/mile is enough – most people will never have done track before who are running this sort of speed/ability level 8x200m at mile/5K speed (approx 60 secs) with 200m in 90 second jog recoveries, then 1M jog.	Rest	4M of half-mile jog, then 3M at half marathon pace (approx 28 mins) then half-mile jog	Rest	4M inc hill session or circuit swapped week 2 and 3 as no long run in week 3 (approx 4M)	11M easy (approx 11:00min/mile in 121 mins)
3 (approx 20M)	Rest	5M of 1M jog, then 3x1M or 1600m at 10K pace (approx 9 mins) with 400m (3-min) jog recoveries, then 1M jog	Rest	5M progression run starting at 11:00min/mile, getting faster, and finishing faster than 10:00	Rest	Parkrun or 40 mins fartlek (approx 4M)	6M steady (approx 10:00min/mile in 60 mins)
4 (approx 25M)	Rest	4M of 1M jog, then 6x400m at mile/5K speed (approx 2:05-2:10) with 200m (90-sec) jog recoveries, then 1M jog	Rest	5M alternating 11:00 and sub-10:00min/mile each mile	Rest	3M easy (approx 33 mins)	13M easy (approx 11:00min/mile in 2:23)

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THE RUNNER'S WORLD MARATHON CHALLENGE

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 (approx 31M)	Rest	6M of 1M jog, then 5x1000m at 10K speed (approx 5:30) with 200m in 90 second jog recoveries, then 1M jog	Rest	5M inc middle 3 miles at half marathon pace (9:30min/mile) - approx 50 mins in total	Rest	40 mins fartlek (approx 4M)	13M in approx 2:17 (first 7M easy in 77 mins, last 6M at marathon pace in 60 mins)
6 (approx 24M)	Rest	6M of 1M jog, then 3x2000m at 10K speed (approx 11 mins) with 400m (3-min) jog recoveries, then 1M jog	Rest	8M (middle 4min/mile at marathon pace - approx 10:00min/mile, rest at 11:00min/mile - total 84 mins)	Rest	3M easy (approx 33 mins)	14M steady (approx 10:30min/mile in 2:27)
7 (approx 34M)	Rest	4M of 1M jog, then 10-12x200m at mile/5K pace (approx 60 secs) with 200m (90-sec) jog recoveries, then half a mile jog	Rest	6M of 2M fast jog, then 2M at 10K pace (approx 18 mins), then 2M jog	Rest	Parkrun or 40 mins fartlek (4M)	10M steady (approx 10:30min/mile for 105 mins) or a 10K race and no Parkrun on Sat
8 (approx 34M)	Rest	7M of 1M jog, then 4x1M at 10K pace (approx 9 mins) with 400m (3-min) jog recoveries, then 1M jog	Rest	8M progression run starting at 11:00min/mile and finishing faster than 10:00min/mile	Rest	3M easy (approx 33 mins)	16M in approx 2:48 (first 8M at 11:00min/mile in 88 mins, last 8M at 10:00min/mile pace in 80 mins)

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9 (approx 34M)	Rest	6M of 1M jog, 6x1000m at 10K speed (approx 5:30), with 200m (or 2 mins) jog recoveries, then 1M jog	Rest	7M alternating 11 and 10 minutemin/mile each mile (approx 74 mins)	Rest	3min/mile easy	18M steady (approx 10:30min/mile for 3:09)
10 (approx 36M)	Rest	7M of 1M jog, then 6-8x800m at 10K speed (approx 4:30), with 200m in 90 sec jog recoveries, then 1M jog	Rest	7M of 1M jog, then 5M at marathon pace (approx 50 mins), then 1M jog	Rest	3M easy (approx 33 mins)	19M easy (approx 11:00min/mile in 3hrs 30)
11 (approx 30M)	Rest	6M of 1M jog, 8-10x400m at 5K speed (approx 105-110), with 400m in 3 mins jog recoveries, then 1M jog	Rest	6M of 1M jog, then 4M at half marathon pace (approx 38 mins), then 1M jog	Rest	3min/mile easy	Half marathon race, plus 1M warm up and cool down
12 (approx 38M)	Rest	6M easy run plus strides 6min/mile Wed Rest	Rest	Rest	Rest	3M easy (approx 33 mins)	20M in approx 3:30 (First 10M in 11:00min/mile in 110 mins, last 10M at 10:00min/mile in 100 mins)

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 (approx 32M)	Rest	8M of 1M jog, then 5x1M or 1600m (approx 9 mins: a bit slower than 10 k pace with 400m in 3 mins jog recoveries, then 1M jog	Rest	6M of 1M jog, then 4M at half marathon pace (approx 38 mins), then 1M jog	Rest	3M easy (approx 33 mins)	15M steady (approx 10:30min/mile for 2:37)
14 (approx 35M)	Rest	Tue 7M of 1M jog, then 6-8x800m at 10K speed (approx 4:30) with 200m in 2-minute jog recoveries, then 1M jog	Rest	7M steady (approx 10:30min/mile for 73 mins)	Rest	Parkrun 5K or 40 mins fartlek (approx 4M)	10M steady (approx 1:45)
15 (approx 22M)	Rest	Tue 5M of 1M jog, then 6-8x400m at mile/5K speed (or 2:05-2:10), with 100m (or 1 min) jog recoveries, then 1 mile jog	Rest	5M of 1M jog, then 3M at half marathon pace (approx 28 mins), then 1M jog	Rest	4M easy (approx 44 mins)	8M steady (approx 1.25)
16 (approx 10M plus race)	Rest	Tue 4M steady with strides - no speed work	Rest	4M easy (approx 44 mins) with 3 marathon pace 100m strides	Rest	2M easy (approx 22 mins) in racing kit with 2 marathon pace 100m strides	The race