

MARATHON HANDBOOK

3 HOUR MARATHON TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	37 k
		5 k RPE: 2-3	3 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		11 k RPE: 2-3	
2		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	39 k
		5 k RPE: 2-3	3 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		13 k RPE: 2-3	
3		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	41 k
		5 k RPE: 2-3	3 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		15 k RPE: 2-3	
4		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	44 k
		5 k RPE: 2-3	3 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		18 k RPE: 2-3	
5		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	41 k
		5 k RPE: 2-3	3 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		15 k RPE: 2-3	
6		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	44 k
		5 k RPE: 2-3	3 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		18 k RPE: 2-3	
7		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	47 k
		5 k RPE: 2-3	4 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		20 k RPE: 2-3	
8		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	48 k
		5 k RPE: 2-3	4 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		21 k RPE: 2-3	
9		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	45 k
		5 k RPE: 2-3	4 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		18 k RPE: 2-3	
10		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	47 k
		5 k RPE: 2-3	4 x 800m then leg workout	5 k RPE: 2-3	45-60 mins	10 k RPE: 6		20 k RPE: 2-3	
11		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	57 k
		7 k RPE: 2-3	4 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		26 k RPE: 2-3	
12		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	60 k
		7 k RPE: 2-3	4 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		29 k RPE: 2-3	
13		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	51 k
		7 k RPE: 2-3	4 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		20 k RPE: 2-3	
14		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	58 k
		7 k RPE: 2-3	4 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		27 k RPE: 2-3	
15		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	60 k
		7 k RPE: 2-3	4 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		29 k RPE: 2-3	
16		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	63 k
		7 k RPE: 2-3	4 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		32 k RPE: 2-3	
17		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	56 k
		7 k RPE: 2-3	5 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		24 k RPE: 2-3	
18		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	65 k
		7 k RPE: 2-3	4 x 800m then leg workout	7 k RPE: 2-3	45-60 mins	10 k RPE: 6		34 k RPE: 2-3	
19		Easy Run	Strength Training	Rest Day	Easy Run	Easier Run	Rest Day	Long Run	38 k
		7 k RPE: 2-3	45-60 mins		5 k +45 min strength	7 k RPE: 3-4		19 k RPE: 2-3	
20		Easy Run	Strength Training	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	57 k
		7 k RPE: 2-3	45-60 mins		5 k RPE: 2-3		3 k RPE: 2-3	42 k RPE: 5	