

MARATHON HANDBOOK 3 HOUR MARATHON TRAINING PLAN: MILES

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	25 miles
		3 miles RPE: 2-3	3 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		7 miles RPE: 2-3	
2		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	26 miles
		3 miles RPE: 2-3	3 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		8 miles RPE: 2-3	
3		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	27 miles
		3 miles RPE: 2-3	3 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		9 miles RPE: 2-3	
4		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	29 miles
		3 miles RPE: 2-3	3 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		11 miles RPE: 2-3	
5		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	27 miles
		3 miles RPE: 2-3	3 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		9 miles RPE: 2-3	
6		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	29 miles
		3 miles RPE: 2-3	3 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		11 miles RPE: 2-3	
7		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	31 miles
		3 miles RPE: 2-3	4 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		12 miles RPE: 2-3	
8		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	33 miles
		3 miles RPE: 2-3	4 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		14 miles RPE: 2-3	
9		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	30 miles
		3 miles RPE: 2-3	4 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		11 miles RPE: 2-3	
10		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	33 miles
		3 miles RPE: 2-3	4 x 800m then leg workout	3 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		14 miles RPE: 2-3	
11		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	37 miles
		4 miles RPE: 2-3	4 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		16 miles RPE: 2-3	
12		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	39 miles
		4 miles RPE: 2-3	4 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		18 miles RPE: 2-3	
13		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	35 miles
		4 miles RPE: 2-3	4 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		14 miles RPE: 2-3	
14		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	38 miles
		4 miles RPE: 2-3	4 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		17 miles RPE: 2-3	
15		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	39 miles
		4 miles RPE: 2-3	4 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		18 miles RPE: 2-3	
16		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	41 miles
		4 miles RPE: 2-3	4 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		20 miles RPE: 2-3	
17		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	37 miles
		4 miles RPE: 2-3	5 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		15 miles RPE: 2-3	
18		Easy Run	Intervals	Easy Run	Strength Training	Tempo Run	Rest Day	Long Run	42 miles
		4 miles RPE: 2-3	4 x 800m then leg workout	4 miles RPE: 2-3	45-60 mins	6 miles RPE: 6		21 miles RPE: 2-3	
19		Easy Run	Strength Training	Rest Day	Easy Run	Easier Run	Rest Day	Long Run	23 miles
		4 miles RPE: 2-3	45-60 mins		3 miles +45 min strength	4 miles RPE: 3-4		12 miles RPE: 2-3	
20		Easy Run	Strength Training	Rest Day	Easy Run	Rest Day	Easy Run	MARATHON	35 miles
		4 miles RPE: 2-3	45-60 mins		3 miles RPE: 2-3		2 miles RPE: 2-3	26.2 miles RPE: 5	