

MARATHON HANDBOOK 3:30 MARATHON TRAINING PLAN : KM

| WEEK | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
|------|------|-------------------|--------------------|----------------------|------------------|-------------------|---------------------------------|-------------------------|----------------|
| 1 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 48 k |
| | | 6 k 4:58 / km | 5 k 4:58 / km | 6X1000m CV Pace | 5 k 4:58 / km | 6 k 4:58 / km | or 20 mins of cross training | 16 k slow pace | |
| 2 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Long Run | 54 k |
| | | 8 k 4:58 / km | 5 k 4:58 / km | 5k 6-7 / 10 RPE | 5 k 4:58 / km | 8 k 4:58 / km | or 20 mins of cross training | 18 k 3k@goal pace | |
| 3 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 52 k |
| | | 8 k 4:58 / km | 5 k 4:58 / km | 6X1000m CV Pace | 5 k 4:58 / km | 8 k 4:58 / km | or 20 mins of cross training | 16 k slow pace | |
| 4 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Long Run | 56 k |
| | | 8 k 4:58 / km | 5 k 4:58 / km | 6k 6-7 / 10 RPE | 5 k 4:58 / km | 8 k 4:58 / km | or 25 mins of cross training | 19 k 5k@goal pace | |
| 5 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 61 k |
| | | 8 k 4:58 / km | 6 k 4:58 / km | 2x3k 6-7 / 10 RPE | 5 k 4:58 / km | 8 k 4:58 / km | or 30 mins of cross training | 21 k 5k@goal pace | |
| 6 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 59 k |
| | | 10 k 4:58 / km | 5 k 4:58 / km | 6X1000m CV Pace | 6 k 4:58 / km | 10 k 4:58 / km | or 30 mins of cross training | 18 k slow pace | |
| 7 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Long Run | 65 k |
| | | 10 k 4:58 / km | 5 k 4:58 / km | 10k 6-7 / 10 RPE | 5 k 4:58 / km | 10 k 4:58 / km | or 30 mins of cross training | 21 k 5k@goal pace | |
| 8 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 68 k |
| | | 10 k 4:58 / km | 5 k 4:58 / km | 3x3k 7-8 / 10 RPE | 5 k 4:58 / km | 8 k 4:58 / km | or 30 mins of cross training | 24 k 6k@goal pace | |
| 9 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Long Run | 64 k |
| | | 8 k 4:58 / km | 5 k 4:58 / km | 11k 6-7 / 10 RPE | 5 k 4:58 / km | 8 k 4:58 / km | or 20 mins of cross training | 22 k slow pace | |
| 10 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Half Mara | 66 k |
| | | 10 k 4:58 / km | 6 k 4:58 / km | 3x3k 7-8 / 10 RPE | 5 k 4:58 / km | 8 k 4:58 / km | | 21 k Race/Time Trial | |
| 11 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Long Run | 77 k |
| | | 10 k 4:58 / km | 6 k 4:58 / km | 13k 6-7 / 10 RPE | 6 k 4:58 / km | 11 k 4:58 / km | | 26 k slow pace | |
| 12 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 72 k |
| | | 13 k 4:58 / km | 6 k 4:58 / km | 6X1000m CV Pace | 6 k 4:58 / km | 13 k 4:58 / km | or 20 mins of cross training | 24 k slow pace | |
| 13 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Long Run | 78 k |
| | | 10 k 4:58 / km | 5 k 4:58 / km | 13k 6-7 / 10 RPE | 6 k 4:58 / km | 10 k 4:58 / km | | 29 k 8k@goal pace | |
| 14 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 84 k |
| | | 10 k 4:58 / km | 5 k 4:58 / km | 4x3k 7-8 / 10 RPE | 5 k 4:58 / km | 10 k 4:58 / km | | 32 k slow pace | |
| 15 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Half Marathon | 72 k |
| | | 11 k 4:58 / km | 6 k 4:58 / km | 13k 6-7 / 10 RPE | 6 k 4:58 / km | 10 k 4:58 / km | or 30 mins of cross training | 21 k 4:52 / km | |
| 16 | | Training Run | Training Run | Tempo | Training Run | Training Run | Rest Day | Long Run | 84 k |
| | | 10 k 4:58 / km | 5 k 4:58 / km | 16k 6-7 / 10 RPE | 5 k 4:58 / km | 11 k 4:58 / km | | 32 k 10k@goal pace | |
| 17 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 91 k |
| | | 8 k 4:58 / km | 8 k 4:58 / km | 5x3k 7-8 / 10 RPE | 5 k 4:58 / km | 8 k 4:58 / km | | 35 k slow pace | |
| 18 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 62 k |
| | | 10 k 4:58 / km | 5 k 4:58 / km | 6X1000m CV Pace | 5 k 4:58 / km | 10 k 4:58 / km | or 20 mins of cross training | 22 k 6k@goal pace | |
| 19 | | Training Run | Training Run | Intervals | Training Run | Training Run | Rest Day | Long Run | 54 k |
| | | 6 k 4:58 / km | 5 k 4:58 / km | 3x3k 7-8 / 10 RPE | 5 k 4:58 / km | 6 k 4:58 / km | | 16 k 5k@goal pace | |
| 20 | | Training Run | Training Run | Rest Day | Short Run | Rest Day | Training | MARATHON | 67 k |
| | | 5 k 4:58 / km | 3X1000m CV Pace | | 5 k Easy pace | | 5 k Easy Pace | 42 k 4:52 / km | |