

MARATHON HANDBOOK 4 HOUR MARATHON TRAINING PLAN : MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 3 miles 8:46 / mile	Intervals 2 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 3 miles 8:46 / mile	Rest Day	Long Run 7 miles slow pace	18 miles
2		Rest Day	Training Run 3 miles 8:46 / mile	Intervals 2 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 3 miles 8:46 / mile	Rest Day	Long Run 8 miles slow pace	19 miles
3		Rest Day	Training Run 3 miles 8:46 / mile	Intervals 2 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 3 miles 8:46 / mile	Rest Day	Long Run 9 miles slow pace	20 miles
4		Rest Day	Training Run 4 miles 8:46 / mile	Intervals 3 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 4 miles 8:46 / mile	Rest Day	Long Run 6 miles slow pace	19 miles
5		Rest Day	Training Run 4 miles 8:46 / mile	Intervals 3 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 4 miles 8:46 / mile	Rest Day	Long Run 11 miles slow pace	24 miles
6		Rest Day	Training Run 4 miles 8:46 / mile	Intervals 3 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 4 miles 8:46 / mile	Rest Day	Long Run 12 miles slow pace	25 miles
7		Rest Day	Training Run 5 miles 8:46 / mile	Intervals 3 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 5 miles 8:46 / mile	Rest Day	Long Run 9 miles slow pace	24 miles
8		Rest Day	Training Run 5 miles 8:46 / mile	Intervals 3 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 5 miles 8:46 / mile	Rest Day	Long Run 15 miles slow pace	30 miles
9		Rest Day	Training Run 5 miles 8:46 / mile	Intervals 3 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 5 miles 8:46 / mile	Rest Day	Long Run 16 miles slow pace	31 miles
10		Rest Day	Training Run 6 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 4 miles 8:46 / mile	Rest Day	Half Mara 13.1 miles slow pace	29 miles
11		Rest Day	Training Run 6 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 6 miles 8:46 / mile	Rest Day	Long Run 17 miles slow pace	35 miles
12		Rest Day	Training Run 6 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 6 miles 8:46 / mile	Rest Day	Long Run 18 miles slow pace	36 miles
13		Rest Day	Training Run 6 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 6 miles 8:46 / mile	Rest Day	Long Run 14 miles slow pace	32 miles
14		Rest Day	Training Run 6 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 6 miles 8:46 / mile	Rest Day	Long Run 20 miles slow pace	38 miles
15		Rest Day	Training Run 7 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 7 miles 8:46 / mile	Rest Day	Half Marathon 13.1 miles 8:46 / mile	33 miles
16		Rest Day	Training Run 7 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 7 miles 8:46 / mile	Rest Day	Long Run 21 miles slow pace	41 miles
17		Rest Day	Training Run 5 miles 8:46 / mile	Intervals 4 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 5 miles 8:46 / mile	Rest Day	Long Run 15 miles slow pace	31 miles
18		Rest Day	Training Run 4 miles 8:46 / mile	Intervals 3 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 4 miles 8:46 / mile	Rest Day	Long Run 12 miles slow pace	25 miles
19		Rest Day	Training Run 3 miles 8:46 / mile	Intervals 2 x 800m 8-9 / 10 RPE	Strength Training 45-60 mins	Training Run 3 miles 8:46 / mile	Rest Day	Long Run 8 miles slow pace	19 miles
20		Rest Day	Training Run 3 miles 8:46 / mile	Rest Day	Short Run 3 miles Easy pace	Rest Day	Training Run 2 miles Easy Pace	MARATHON 26.2 miles 8:46 / mile	34 miles