


»»» SUB 4 HOUR MARATHON TRAINING PLAN - KM

| PHASE | WEEK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly KM |
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| Base | 1 | Rest Day | Distance Run 6k RPE 3-4 | Recovery Run 5k RPE 2-3 | Distance Run 6k RPE 3-4 | Recovery Run 5k RPE 2-3 | Rest Day | Long Run 14 k RPE 3-4 | 36k |
| | 2 | Rest Day | Distance Run 7k RPE 3-4 | Recovery Run 5k RPE 2-3 | Distance Run 7k RPE 3-4 | Recovery Run 5k RPE 2-3 | Rest Day | Long Run 15 k RPE 3-4 | 39k |
| | 3 | Rest Day | Distance Run 8k RPE 3-4 | Recovery Run 5k RPE 2-3 | Distance Run 7k RPE 3-4 | Recovery Run 5k RPE 2-3 | Rest Day | Long Run 16 k RPE 3-4 | 41k |
| | 4 | Rest Day | Distance Run 9k RPE 3-4 | Recovery Run 5k RPE 2-3 | Distance Run 8k RPE 3-4 | Recovery Run 6k RPE 2-3 | Rest Day | Long Run 17.0 k RPE 3-4 | 45k |
| | 5 | Rest Day | Distance Run 10.0 k RPE 3-4 | Recovery Run 6k RPE 2-3 | Distance Run 9k RPE 3-4 | Recovery Run 6k RPE 2-3 | Rest Day | Long Run 19.0 k RPE 3-4 | 50 k |
| Hills | 6 | Rest Day | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 1k (5:27 / km) | Recovery Run 6k RPE 2-3 | Hill Repeats 10 x 30 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 6k RPE 2-3 | Rest Day | Long Run 17 k RPE 3-4 | 46 k |
| | 7 | Rest Day | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 2k (5:27 / km) | Recovery Run 7k RPE 2-3 | Hill Repeats 10 x 45 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 7k RPE 2-3 | Rest Day | Long Run 19.0 k RPE 3-4 | 51 k |
| | 8 | Rest Day | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 2k (5:27 / km) | Recovery Run 7k RPE 2-3 | Hill Repeats 8 x 60 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 7k RPE 2-3 | Rest Day | Long Run 21 k RPE 3-4 | 54 k |
| | 9 | Rest Day | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 2k (5:27 / km) | Recovery Run 8k RPE 2-3 | Hill Repeats 6 x 90 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 8k RPE 2-3 | Rest Day | Long Run 23 k RPE 3-4 | 58 k |
| Intervals | 10 | Rest Day | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 2k (5:27 / km) | Recovery Run 7k RPE 2-3 | Threshold Intervals 3 x 1k (5:06/km) / 1k recovery jog | Recovery Run 7k RPE 2-3 | Rest Day | Half Marathon 19.0 k RPE 3-4 | 54 k |
| | 11 | Rest Day | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 2k (5:27 / km) | Recovery Run 8k RPE 2-3 | Threshold Intervals 3 x 1k (5:06/km) / 1k recovery jog | Recovery Run 8k RPE 2-3 | Rest Day | Long Run 22 k RPE 3-4 | 59 k |
| | 12 | Rest Day | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 2k (5:27 / km) | Recovery Run 8k RPE 2-3 | Threshold Intervals 3 x 1k (5:06/km) / 1k recovery jog | Recovery Run 8k RPE 2-3 | Rest Day | Long Run 24 k RPE 3-4 | 61 k |

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| | 13 | <i>Rest Day</i> | Race Pace Run 2k (5:27 / km) 1k (recovery jog) 3k (5:27 / km) | Recovery Run 8k RPE 2-3 | Threshold Intervals 3 x 1k (5:06/km) / 1k recovery jog | Recovery Run 8k RPE 2-3 | <i>Rest Day</i> | Long Run 26.0 k RPE 3-4 | 64 k |
| Tempo | 14 | <i>Rest Day</i> | Race Pace Run 3k (5:27 / km) 1k (recovery jog) 3k (5:27 / km) | Recovery Run 7k RPE 2-3 | Tempo Run Tempo 3k (RPE 6-7) | Recovery Run 7k RPE 2-3 | <i>Rest Day</i> | Long Run 20 k RPE 3-4 5 k race pace 5:27/km Total: 25k | 61 k |
| | 15 | <i>Rest Day</i> | Race Pace Run 4k (5:27 / km) | Recovery Run 8k RPE 2-3 | Tempo Run Tempo 4k (RPE 6-7) | Recovery Run 8k RPE 2-3 | <i>Rest Day</i> | Long Run 10k RPE 3-4 5k race pace 5:27/km 7k RPE 3-4 5k race pace 5:27/km Total: 27k | 63 k |
| | 16 | <i>Rest Day</i> | Race Pace Run 5k (5:27 / km) | Recovery Run 8k RPE 2-3 | Tempo Run Tempo 5k (RPE 6-7) | Recovery Run 8k RPE 2-3 | <i>Rest Day</i> | Long Run 10k RPE 3-4 6k race pace 5:27/km 6k RPE 3-4 6k race pace 5:27/km Total: 28k | 64 k |
| Peak | 17 | <i>Rest Day</i> | Race Pace Run 6k (5:27 / km) | Recovery Run 9k RPE 2-3 | Tempo Run Tempo 4k (RPE 6-7) | Recovery Run 9k RPE 2-3 | <i>Rest Day</i> | Long Run 30k RPE 3-4 | 70 k |
| Taper | 18 | <i>Rest Day</i> | Race Pace Run 5k (5:27 / km) | Recovery Run 7k RPE 2-3 | Threshold Intervals 3 x 1k (5:06/km) / 1k recovery jog | Recovery Run 7k RPE 2-3 | <i>Rest Day</i> | Long Run 25 k RPE 3-4 | 60 k |
| | 19 | <i>Rest Day</i> | Race Pace Run 3k (5:27 / km) | Recovery Run 6k RPE 2-3 | Threshold Intervals 2x 1k (5:06/km) / 1k recovery jog | Recovery Run 6k RPE 2-3 | <i>Rest Day</i> | Long Run 10 k RPE 3-4 7 k race pace 5:27/km Total: 17k | 48 k |
| Race Week | 20 | <i>Rest Day</i> | Race Pace Run 5k (5:27 / km) | Recovery Run 6k RPE 2-3 | Easy Run with Strides 7k 10 x 10 sec strides RPE 3 | Rest Day | Shake Out Run 5 k RPE 1-2 |  MARATHON DAY 42.2 k 5:27 / km | |

Full training plan guidance notes + more resources:

<https://marathonhandbook.com/4-hour-marathon-pace>



MARATHON HANDBOOK