

»»» SUB 4 HOUR MARATHON TRAINING PLAN - MILES

| PHASE | WEEK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Miles |
|-----------|------|----------|--|--------------------------------------|--|--------------------------------------|----------|--------------------------------------|--------------|
| Base | 1 | Rest Day | Distance Run 4 miles RPE 3-4 | Recovery Run 3 miles RPE 2-3 | Distance Run 4 miles RPE 3-4 | Recovery Run 3 miles RPE 2-3 | Rest Day | Long Run 9 miles RPE 3-4 | 23 miles |
| | 2 | Rest Day | Distance Run 4.5 miles RPE 3-4 | Recovery Run 3 miles RPE 2-3 | Distance Run 4 miles RPE 3-4 | Recovery Run 3 miles RPE 2-3 | Rest Day | Long Run 9.5 miles RPE 3-4 | 24 miles |
| | 3 | Rest Day | Distance Run 5 miles RPE 3-4 | Recovery Run 3 miles RPE 2-3 | Distance Run 5 miles RPE 3-4 | Recovery Run 3 miles RPE 2-3 | Rest Day | Long Run 10 miles RPE 3-4 | 26 miles |
| | 4 | Rest Day | Distance Run 5.5 miles RPE 3-4 | Recovery Run 3 miles RPE 2-3 | Distance Run 5 miles RPE 3-4 | Recovery Run 4 miles RPE 2-3 | Rest Day | Long Run 10.5 miles RPE 3-4 | 28 miles |
| | 5 | Rest Day | Distance Run 6 miles RPE 3-4 | Recovery Run 4 miles RPE 2-3 | Distance Run 5 miles RPE 3-4 | Recovery Run 4 miles RPE 2-3 | Rest Day | Long Run 12 miles RPE 3-4 | 31 miles |
| Hills | 6 | Rest Day | Race Pace Run 1 mile (8:47/mile) .5 miles (recovery jog) .5 miles (8:47/mile) | Recovery Run 4 miles RPE 2-3 | Hill Repeats 10 x 30 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 4 miles RPE 2-3 | Rest Day | Long Run 10.5 miles RPE 3-4 | 29 miles |
| | 7 | Rest Day | Race Pace Run 1 miles (8:47/mile) .5 miles (recovery jog) 1 mile (8:47/mile) | Recovery Run 4.5 miles RPE 2-3 | Hill Repeats 10 x 45 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 4.5 miles RPE 2-3 | Rest Day | Long Run 12 miles RPE 3-4 | 32 miles |
| | 8 | Rest Day | Race Pace Run 1 miles (8:47/mile) .5 miles (recovery jog) 1 mile (8:47/mile) | Recovery Run 4.5 miles RPE 2-3 | Hill Repeats 8 x 60 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 4.5 miles RPE 2-3 | Rest Day | Long Run 13 miles RPE 3-4 | 34 miles |
| | 9 | Rest Day | Race Pace Run 1 miles (8:47/mile) .5 miles (recovery jog) 1 mile (8:47/mile) | Recovery Run 5 miles RPE 2-3 | Hill Repeats 6 x 90 sec uphill (RPE 9-10) / Jog back to start point | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 14.5 miles RPE 3-4 | 36 miles |
| Intervals | 10 | Rest Day | Race Pace Run 1 miles (8:47/mile) .5 miles (recovery jog) 1 mile (8:47/mile) | Recovery Run 4.5 miles RPE 2-3 | Threshold Intervals 3 x .5 miles (8:13/mile) / .5 miles recovery jog | Recovery Run 4.5 miles RPE 2-3 | Rest Day | Half Marathon 12 miles RPE 3-4 | 34 miles |
| | 11 | Rest Day | Race Pace Run 1 miles (8:47/mile) .5 miles (recovery jog) 1 mile (8:47/mile) | Recovery Run 5 miles RPE 2-3 | Threshold Intervals 3 x .5 miles (8:13/mile) / .5 miles recovery jog | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 14 miles RPE 3-4 | 37 miles |
| | 12 | Rest Day | Race Pace Run 1 miles (8:47/mile) .5 miles (recovery jog) 1 mile (8:47/mile) | Recovery Run 5 miles RPE 2-3 | Threshold Intervals 3 x .5 miles (8:13/mile) / .5 miles recovery jog | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 15 miles RPE 3-4 | 38 miles |

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| | 13 | Rest Day | Race Pace Run 1 mile (8:47/mile) .5 miles (recovery jog) 2 miles (8:47/mile) | Recovery Run 5 miles RPE 2-3 | Threshold Intervals 3 x .5 miles (8:13/mile) / .5 miles recovery jog | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 16 miles RPE 3-4 | 40 miles |
| Tempo | 14 | Rest Day | Race Pace Run 2 miles (8:47/mile) .5 miles (recovery jog) 2 miles (8:47/mile) | Recovery Run 4.5 miles RPE 2-3 | Tempo Run Tempo 2 miles (RPE 6-7) | Recovery Run 4.5 miles RPE 2-3 | Rest Day | Long Run 12.5 miles RPE 3-4 3 miles race pace (8:47/mile) Total: 15.5 miles | 38 miles |
| | 15 | Rest Day | Race Pace Run 2.5 miles (8:47/mile) | Recovery Run 5 miles RPE 2-3 | Tempo Run Tempo 2.5 miles (RPE 6-7) | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 6 miles RPE 3-4 3 miles race pace (8:47/mile) 4.5 miles RPE 3-4 3 miles race pace (8:47/mile) Total: 16.5 miles | 39 miles |
| | 16 | Rest Day | Race Pace Run 3 miles (8:47/mile) | Recovery Run 5 miles RPE 2-3 | Tempo Run Tempo 3 miles (RPE 6-7) | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 6 miles RPE 3-4 4 miles race pace (8:47/mile) 4 miles RPE 3-4 4 miles race pace (8:47/mile) Total: 18 miles | 40 miles |
| Peak | 17 | Rest Day | Race Pace Run 4 miles (8:47/mile) | Recovery Run 5.5 miles RPE 2-3 | Tempo Run Tempo 2.5 miles (RPE 6-7) | Recovery Run 5.5 miles RPE 2-3 | Rest Day | Long Run 19 miles RPE 3-4 | 44 miles |
| Taper | 18 | Rest Day | Race Pace Run 3 miles (8:47/mile) | Recovery Run 4.5 miles RPE 2-3 | Threshold Intervals 3 x .5 miles (8:13/mile) / .5 miles recovery jog | Recovery Run 4.5 miles RPE 2-3 | Rest Day | Long Run 15 miles RPE 3-4 | 37 miles |
| | 19 | Rest Day | Race Pace Run 2 miles (8:47/mile) | Recovery Run 4 miles RPE 2-3 | Threshold Intervals 2 x .5 miles (8:13/mile) / .5 miles recovery jog | Recovery Run 4 miles RPE 2-3 | Rest Day | Long Run 6 miles RPE 3-4 4 miles race pace (8:47/mile) Total: 10 miles | 30 miles |
| Race Week | 20 | Rest Day | Race Pace Run 3 miles (8:47/mile) | Recovery Run 4 miles RPE 2-3 | Easy Run with Strides 4.5 miles 10 x 10 sec strides RPE 3 | Rest Day | Shake Out Run 3 miles RPE 1-2 |  MARATHON DAY 26 miles 5:27 / km | |

Full training plan guidance notes + more resources:

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



MARATHON HANDBOOK