**4 Hour Marathon Training Plan**

**Key Pacing Information**

Marathon Race Pace (MP): 9min per mile

Slow/Easy run: 9.40-10min per mile (6 Rate Perceived Exertion [RPE])

Interval Sessions – 8/9 RPE

**Structure of Interval / Hill / Marathon Pace Session**

RAMP Warm Up

1 Mile Jog

Session

1 Mile Jog

Static Stretching

**Hill Session Info**

Hill reps should last at least 1min but no more the 90 seconds. Recover by jogging back down the hill.

**Recovery Info**

Recovery can be active e.g. Swimming, Flexibility, Pilates etc or can be complete rest – individual choice.

BLOCK 1 = Build an Aerobic base and introducing body to structured Threshold training

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |  |  |
| Week 1 |  | 3 Mile Easy |  | 4 Mile Easy | 2 Mile @ MP | Recovery | 3 Mile Easy | 7 Mile Easy |
| 2 |  | Recovery | 3 x 9min on (3min off) | 5 Mile Easy | 2 Mile @ MP | Recovery | 3 Mile Easy | 8 Mile Easy |
| 3 |  | Recovery | 2 x 15min on (3min off) | 5 Mile Easy | 3 Mile @ MP | Recovery | 3 Mile Easy | 9 Mile Easy |
| 4 |  | Recovery | 5 x 6min on (2min off) | 5 Mile Easy | 4 Mile @ MP | Recovery | 3 Mile Easy | 10 Mile Easy |
| 5 |  | Recovery | 6 x 5min on (2min off) | 6 Mile Easy | 5 Mile @ MP | Recovery | 4 Mile Easy | 11 Mile Easy |
| 6 |  | Recovery | 3 x 12min on (3min off) | 6 Mile Easy | 5 Mile @ MP | Recovery | 4 Mile Easy | 12 Mile Easy |
| 7 |  | Recovery | 30min Hill reps | 6 Mile Easy | 6 Mile @ MP | Recovery | 4 Mie Easy | 13 Mile Easy |
| 8 |  | Recovery | 10 x 3min on (90secs off) | 7 Mile Easy | 4 Mile Quicker MP | Recovery | 5 Mile Easy | 15 Mile Easy |

**Key:**

Interval (8/9 RPE) MARATHON PACE EFFORTS FASTER THAN MARATHON PACE

Hills (8/9 RPE) EASY RUN (6 RPE) RACE

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |  |  |
| Week 9 |  | Recovery | 8 x 4min on (90secs off) | 7 Mile Easy | 7 Mile @ MP | Recovery | 5 Mile Easy | 16 Mile Easy |
| 10 |  | Recovery | 10 x 2min on (90 secs off) | 7 Mile Easy | 8 Mile @ MP | Recovery | 3 Mile Easy | Half Marathon Race |
| 11 |  | Recovery | 12 x 90 sec on (90 Sec off) | 8 Mile Easy | 5 Mile Quicker than MP | Recovery | 4 Mile Easy | 18 Mile Easy with last 3 mile @ MP |
| 12 |  | Recovery | 35min Hill reps | 8 Mile Easy | 9 Mile @ MP | Recovery | 4 Mile Easy | 20 Mile Easy with last 3 mile @ MP |
| 13 |  | Recovery | 8 x 4min on (90 sec off) | 8 Mile Easy | 5 Mile Quicker than MP | Recovery | 4 Mile Easy | 22 Mile Easy |
| 14 |  | Recovery | 4 x 9min on (2min off) | 6 Mile Easy | 7 Mile @ MP | Recovery | 4 Mile Easy | 18 Mile Easy with last 4 mile @ MP |
| 15 |  | Recovery | 10 x 1min on (90 secs off) | 5 Mile Easy | 3 Mile Quicker than MP | Recovery | 3 Mie Easy | 12 Mile Easy |
| 16 |  | Recovery | 8 x 45sec on (90secs off) | 3 Mile Easy | Recovery | 2 Mile Easy | Rest | Marathon |

Block 2 = Overloading Aerobic & Threshold training whilst tapering for Marathon.

**Key:**

Interval (8/9 RPE) MARATHON PACE EFFORTS FASTER THAN MARATHON PACE

Hills (8/9 RPE) EASY RUN (6 RPE) RACE