**5 Hour Marathon Training Plan**

**Key Pacing Information**

Marathon Race Pace (MP): 11.30min per mile

Slow/Easy run: 12.30min per mile (6 Rate Perceived Exertion [RPE])

Hill / Interval Sessions – 8 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 45seconds but no more than 1min. 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.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |  |  |
| Week 1 |  |  | 30min Easy | Recovery | 2 Mile @ MP | Recovery | 2 Mile Easy | 60min Walk/Run |
| 2 |  | Recovery | 30min Easy | Recovery | 2 Mile @ MP | Recovery | 3 Mile Easy | 90minWalk /Run |
| 3 |  | Recovery | 30min Easy | Recovery | 3 Mile @ MP | Recovery | 3 Mile Easy | 10 Mile Easy (Every 2Mile walk for 2min) |
| 4 |  | Recovery | 35min Easy | Recovery | 4 Mile @ MP | Recovery | 3 Mile Easy | 12 Mile Easy (Every 3mile walk for 2min) |
| 5 |  | Recovery | 40min Easy | Recovery | 30min Hills | Recovery | 4 Mile Easy | 12 Mile Easy (Every 4mile walk for 2min) |
| 6 |  | Recovery | 40min Easy | Recovery | 5 Mile @ MP | Recovery | 4 Mile Easy | 8 Mile Easy |
| 7 |  | Recovery | 45min Easy | Recovery | 6 Mile @ MP | Recovery | 4 Mie Easy | 15 Mile Easy (Every 5mile walk for 2min) |
| 8 |  | Recovery | 45min Easy | Recovery | 4 Mile Quicker MP | Recovery | 5 Mile Easy | 18 Mile Easy (Every 6 mile walk for 3min) |
| 9 |  | Recovery | 50min Easy | Recovery | 7 Mile @ MP | Recovery | 5 Mile Easy | 10 Mile Easy |
| 10 |  | Recovery | 60min Easy | Recovery | 8 Mile @ MP | Recovery | 3 Mile Easy | 20 Mile Easy (Every 5mile walk for 2min) |
| 11 |  | Recovery | 45min Easy | Recovery | 4 Mile Quicker than MP | Recovery | 4 Mile Easy | 6 Mile Easy |
| 12 |  | Recovery | 30min Easy | Recovery | 25min easy with 5x 30sec Interval | Recovery | 15min Easy | MARATHON |

**Key:**

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

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