

3.5 - 4 HOUR RUNNERS SCHEDULE

SESSION

WEEK ONE

MONDAY	5miles easy
TUESDAY	Rest
WEDNESDAY	10mins easy, then 10 x 30 secs fast, 60 secs slow, then 5 mins jog
THURSDAY	5miles easy
FRIDAY	Rest
SATURDAY	5km race (aim for 25 mins) or 3m timed run (24mins)
SUNDAY	9miles steady run

WEEK TWO

MONDAY	Rest
TUESDAY	6miles steady
WEDNESDAY	10 mins warm up.,then 8 x 40 secs uphill, jogging back down, then 10 mins warm down
THURSDAY	5-6miles easy
FRIDAY	Rest
SATURDAY	5miles steady
SUNDAY	12miles in 2 Hours

WEEK THREE

MONDAY	Rest
TUESDAY	6miles steady
WEDNESDAY	Warm up, then 4 x 60 secs fast, then 4 x 30 secs fast, both with 60 sec recoveries, then 10 mins jog
THURSDAY	6miles easy
FRIDAY	Rest
SATURDAY	20 mins jog and strides
SUNDAY	Race 5miles (Aim for 40 mins) or 10km (52mins)

WEEK FOUR

MONDAY	Rest
TUESDAY	6miles easy
WEDNESDAY	10 mins jog,8*40secs uphill, recovery back down 10min warm down
THURSDAY	6m easy
FRIDAY	Rest
SATURDAY	20 mins moderate
SUNDAY	10k at race pace

WEEK FIVE

MONDAY	6 mile fartlek
TUESDAY	Rest
WEDNESDAY	10 mins jog, then 10 x 40 secs uphill, jogging back down, then 10 mins jog
THURSDAY	5 mile easy
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	15mile training run at moderate pace

WEEK SIX

MONDAY Rest
TUESDAY 6 mile steady
WEDNESDAY 6 mile steady, including 10*1 min fast, 2 mins slow
THURSDAY 2 miles easy then 2 miles brisk, 2 miles easy
FRIDAY Rest
SATURDAY 25 mins easy
SUNDAY 10 k race or 6 mile fast

WEEK SEVEN

MONDAY Rest
TUESDAY 6mile fartlek
WEDNESDAY Warm up, then 3 * 1mile timed, 4 mins recovery, warm down.
THURSDAY 5 Mile easy
FRIDAY Rest
SATURDAY 25 mins easy
SUNDAY 10 mile race

WEEK EIGHT

MONDAY Rest
TUESDAY 2miles easy, then 3miles brisk, then 1mile jog
WEDNESDAY Warm up, then 10*40 secs fast uphill, jogging back down
THURSDAY 6miles easy
FRIDAY Rest
SATURDAY 20 mins easy
SUNDAY 18miles easy training run - aim for 3 hrs

WEEK NINE

MONDAY Rest
TUESDAY 6miles fartlek - as hard or easy as you feel like
WEDNESDAY 7miles, including 8*1 min fast and 8*30 secs fast
THURSDAY 5mile easy
FRIDAY Rest
SATURDAY 20 mins on grass, including a few strides
SUNDAY Race 10miles or half-marathon - Aim for 1:20/1:52

WEEK TEN

MONDAY Rest
TUESDAY 6miles easy
WEDNESDAY Warm up, then 4x1mile timed, with 4-min recoveries, then warm down
THURSDAY 6miles steady
FRIDAY Rest
SATURDAY 20 mins jogging and striding
SUNDAY Race half-marathon - Aim for 1:50

WEEK ELEVEN

MONDAY Rest
TUESDAY 5miles very easy, off road
WEDNESDAY 6mile fartlek
THURSDAY 7-8miles steady
FRIDAY Rest
SATURDAY 30 mins easy, on grass
20mile endurance - take drinks, walk for 2mins at the end of each
SUNDAY hour - Aim for 3:20

WEEK TWELVE

MONDAY Rest
TUESDAY 4miles very easy off-road
WEDNESDAY 6miles steady
THURSDAY 6miles, inc. 6x2mins fast, 2mins slow
FRIDAY Rest
SATURDAY 30mins steady
SUNDAY Race 6-10miles, with long warm-up and warm down

WEEK THIRTEEN

MONDAY Rest
TUESDAY 6miles easy
WEDNESDAY 6miles, inc. 8x1min fast, 1min slow
THURSDAY 5miles steady
FRIDAY Rest
SATURDAY Warm up, then 3miles at marathon pace, timed, then warm down
SUNDAY 10miles steady, in racing kit, practice your pre-race routine

WEEK FOURTEEN

MONDAY Rest
TUESDAY 5miles steady, plus 6x1min brisk
WEDNESDAY Rest or 20mins easy
THURSDAY 20mins easy, in racing shoes
FRIDAY Rest
SATURDAY 15mins jog, inc. 6x100m strides
SUNDAY RACE DAY