

SUB 3 HOUR RUNNER'S SCHEDULE

WEEK ONE

MONDAY 6miles easy, off-road
Warm up, then 4*1mile, timed, with 3 minute recoveries, then
TUESDAY warm down
WEDNESDAY 6miles steady
Warm up, then 2* (8*200m), with 40 sec recoveries, and 5 min jog
THURSDAY after each set
FRIDAY 3miles easy
SATURDAY 5km race(aim for 18.45) or 3m timed (18.00)
SUNDAY 13-15miles easy

WEEK TWO

MONDAY 6miles easy
10 min jog, then 8*60 secs uphill, jogging back down, then 10 mins
TUESDAY jog
WEDNESDAY 6miles steady
Warm up, then 6*800m on track or road, with 2 min recoveries,
THURSDAY then warm down
FRIDAY 3miles easy
SATURDAY 6miles easy, off road
SUNDAY 12miles in 90mins or less

WEEK THREE

MONDAY 6miles easy, off road
Warm up, then 1*2miles fast, then 6 mins easy, then 3*1 miles fast, with
TUESDAY 3 min recoveries
WEDNESDAY 6miles easy
THURSDAY 7-8miles fartlek
FRIDAY 3miles easy
SATURDAY 6miles easy, off road, inc strides
SUNDAY Race 5miles (30 mins) or 10km (39 mins)

WEEK FOUR

MONDAY 6miles easy
Warm up, then 6*1000m (or 3 mins) with 2 min recoveries, then
TUESDAY warm down
WEDNESDAY 6miles easy
THURSDAY Hill session as Week 2, but 9 reps
FRIDAY 5miles easy
SATURDAY 3miles easy, inc strides
SUNDAY 16-18 miles endurance run, or half-marathon

WEEK FIVE

MONDAY 5miles easy
TUESDAY 7-8mile fartlek
WEDNESDAY Warm up, then 3*2miles with 5min recoveries, then warm down
THURSDAY 6miles steady, inc bursts of 100-200m
FRIDAY 3miles easy
SATURDAY 4-5miles fartlek, off road
SUNDAY 15mile training run in 2 hrs or less

WEEK SIX

MONDAY 6miles off-road, starting slowly
Warm up, then 2x(8x400m) at 5000m pace, with 60-sec recoveries and 3mins between sets

TUESDAY

WEDNESDAY 4miles easy

THURSDAY Run 10mins to hill, then 6x2mins uphill, jogging back down

FRIDAY 5miles easy

SATURDAY 5miles off-road, inc. strides

SUNDAY 10000m race - Aim for 38mins

WEEK SEVEN

MONDAY 6miles easy, off-road

TUESDAY Warm up, then 1x2miles, then 3x1mile (both with 4-min recoveries)

WEDNESDAY 6miles easy

THURSDAY Warm up, then 6miles at threshold pace, then warm down

FRIDAY 4mile jog

SATURDAY 6miles on grass, inc. 8x100m strides

SUNDAY 10mile race - Aim for 1:02

WEEK EIGHT

MONDAY 30mins easy, off-road

TUESDAY 6miles steady

WEDNESDAY Warm up, then 8x800m with 90-sec recoveries

THURSDAY 6miles steady, inc. 6x150m strides

FRIDAY 4miles easy

SATURDAY 2miles easy, then 1mile fast, then warm down

SUNDAY 18miles training run - Aim for 2:15

WEEK NINE

MONDAY 6miles very easy, off-road

TUESDAY 6miles steady

WEDNESDAY Warm up, then 4x1mile with 4-min recoveries

THURSDAY 6mile fartlek

FRIDAY Rest

SATURDAY 3miles jog

SUNDAY Race 10miles or half-marathon - Aim for 1:00 / 1:24

WEEK TEN

MONDAY 5miles easy, off-road

TUESDAY 6miles steady, starting slowly

WEDNESDAY 8miles brisk

THURSDAY 8miles, inc. 10-12x90secs fast, 60secs slow

FRIDAY 5miles easy

SATURDAY 5miles easy, off-road

SUNDAY Race half-marathon - Aim for sub-1:23

WEEK ELEVEN

MONDAY 5miles easy

TUESDAY 6miles easy fartlek
3miles at marathon pace, then 5mins jog, then 3miles at 10secs a mile faster than marathon pace

WEDNESDAY

THURSDAY 7miles steady, inc. 8x30secs fast strides

FRIDAY Rest

SATURDAY 30mins jog

SUNDAY 20miles endurance run in approx 2:30

WEEK TWELVE

MONDAY 5miles easy, off-road
TUESDAY 6-7miles steady, starting slowly
WEDNESDAY Warm-up, then 8x1000m (or 4mins), with 2-min recoveries
THURSDAY 8miles steady
FRIDAY 30mins easy
SATURDAY 30mins jog, plus 6x100m strides
SUNDAY Race 6-10miles or 11-13miles steady

WEEK THIRTEEN

MONDAY 6miles easy, off-road
TUESDAY 6miles fartlek
WEDNESDAY 1mile easy, then 5miles at race pace, then warm down
THURSDAY 6miles easy
FRIDAY Rest
SATURDAY warm up, then 4miles at marathon pace, then warm down
SUNDAY 10miles steady. Practise your pre-race routine

WEEK FOURTEEN

MONDAY 30mins steady
TUESDAY 10mins easy, then 6x400m brisk, then 10mins jog
WEDNESDAY 20mins easy, then 6x200m brisk, then 5mins jog
THURSDAY 15mins easy, then 1mile at race pace, then 5-10mins jog
FRIDAY Rest or 20mins easy

SATURDAY 15mins jog, then 6x(100m stride plus 200m jog), then 10mins jog
SUNDAY RACE DAY