

Sub 4 Hour Marathon 12 Week

Training Plan

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy	60-90 minutes cross-train	2 mile warmup, 3 mile tempo, 1 mile cooldown	Rest	8 miles easy	4 miles easy

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 8 x 2 min intervals (2 min rest), 1 mile cooldown	4 miles easy	60-90 minutes cross-train	Rest	10 miles easy	4 miles easy, 6 x 100 meters strides

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 4 mile tempo, 2 mile cooldown	5 miles easy	4 miles easy, 6 x :30 second uphill sprints	60-90 minutes cross-train	12 miles, first half easy, second half race pace	4 miles easy

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 15 x 1 min intervals (1 min rest), 1 mile cooldown	Rest	3 miles easy, 6 x 100 meter strides	60-90 minutes cross-train	6 miles easy	Rest

Sub 4 Hour Marathon 12 Week

Training Plan

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 6 x 3 min intervals (2 min rest), 2 mile cooldown	5 miles easy	4 miles easy, 6 x 100 meter strides	60-90 minutes cross-train	12 miles easy	5 miles easy

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 6 mile tempo, 1 mile cooldown	4 miles easy	60-90 minutes cross-train	4 miles easy, 6 x 100 meter strides	15 miles easy	3 miles easy

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 3 x 6 min intervals (3 min rest), 2 mile cooldown	6 miles easy	4 miles easy, 8 x :30 min uphill sprints	5 miles easy	18 miles, first half easy, second half race pace	4 miles easy

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 4 mile tempo, 1 mile cooldown	60-90 minutes cross-train	5 miles easy, 6 x 100 meter strides	Rest	8 miles easy	3 miles easy

Sub 4 Hour Marathon 12 Week

Training Plan

Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 5 x 4 min intervals (2 min rest), 1 mile cooldown	7 miles easy	4 miles, 8 x :30 hill sprints	4 miles easy	20 miles easy	3 miles easy

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 8 mile tempo, 1 mile cooldown	3 miles easy	4 miles, 6 x 100 meter strides	6 miles easy	22 miles, first half easy, second half race pace	3 miles easy

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 10 x 2 min intervals (90 seconds rest), 1 mile cooldown	6 miles easy	5 miles easy, 6 x :30 uphill sprints	60-90 minutes cross-train	10 miles easy	4 miles easy

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles race pace, 6 x 100 meter strides	Rest	3 miles easy	Rest	MARATHON DAY!	Rest & Reflect