

Sub 4 Hour Marathon 16 Week

Training Plan

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy	30-60 minutes cross-train	2 mile warmup, 3 mile tempo, 1 mile cooldown	Rest	7 miles easy	4 miles easy

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 6 x 2 min intervals (2 min rest), 1 mile cooldown	3 miles easy	30-60 minutes cross-train	Rest	9 miles easy	3 miles easy, 6 x 100 meters strides

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 4 mile tempo, 1 mile cooldown	4 miles easy	3 miles easy, 6 x :30 second uphill sprints	30-60 minutes cross-train	11 miles, first 6 easy, last 5 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	30-60 minutes cross-train	5 miles easy	Rest

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Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 6 x 3 min intervals (2 min rest), 1 mile cooldown	4 miles easy	3 miles easy, 6 x 100 meter strides	60-90 minutes cross-train	10 miles easy	4 miles easy

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 5 mile tempo, 1 mile cooldown	4 miles easy	60-90 minutes cross-train	4 miles easy, 6 x 100 meter strides	13 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), 1 mile cooldown	5 miles easy	4 miles easy, 6 x :30 min uphill sprints	4 miles easy	15 miles, first 8 easy, last 7 race pace	4 miles easy

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 4 mile tempo, 1 mile cooldown	30-60 minutes cross-train	4 miles easy, 6 x 100 meter strides	Rest	7 miles easy	3 miles easy

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Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 5 x 4 min intervals (2 min rest), 1 mile cooldown	4 miles easy	5 miles, 8 x :30 hill sprints	4 miles easy	15 miles easy	3 miles easy

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 6 mile tempo, 1 mile cooldown	3 miles easy	4 miles, 6 x 100 meter strides	5 miles easy	17 miles easy	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	3 miles easy	19 miles, first 10 easy, last 9 race pace	4 miles easy

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 4 mile tempo, 1 mile cooldown	Rest	5 miles easy	60-90 minutes cross-train	10 miles easy	3 miles easy

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Week 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 5 x 4 min intervals (3 min rest), 1 mile cooldown	6 miles easy	4 miles, 8 x :30 hill sprints	4 miles easy	20 miles easy	3 miles easy

Week 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 8 mile tempo, 1 mile cooldown	4 miles easy	4 miles, 6 x 100 meter strides	5 miles easy	22 miles, first 12 easy, last 10 race pace	3 miles easy

Week 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 6 x 3 min intervals (2 min rest), 1 mile cooldown	4 miles easy	5 miles easy, 6 x :30 uphill sprints	30-60 minutes cross-train	10 miles easy	4 miles easy

Week 16

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