

# Sub 4 Hour Marathon 20 Week

## Training Plan

### Week 1

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

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 mile warmup, 5 x 2 min intervals (2 min rest), 1 mile cooldown	3 miles easy	30-60 minutes cross-train	Rest	8 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	10 miles easy	4 miles easy

### Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 12 x 1 min intervals (90 sec rest), 1 mile cooldown	Rest	3 miles easy	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, 5 x 3 min intervals (2 min rest), 1 mile cooldown	4 miles easy	3 miles easy, 6 x 100 meter strides	30-60 minutes cross-train	10 miles easy	3 miles easy

### Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 5 mile tempo, 1 mile cooldown	4 miles easy	3 miles easy, 6 x 100 meter strides	30-60 minutes cross-train	12 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	3 miles easy, 6 x :30 min uphill sprints	30-60 minutes cross-train	14 miles, first 10 easy, last 4 race pace	3 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	30-60 minutes cross-train	14 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	30-60 minutes cross-train	16 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	30-60 minutes cross-train	18 miles, first 12 easy, last 8 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, 3 x 8 min intervals (3 min rest), 1 mile cooldown	6 miles easy	4 miles, 8 x :30 hill sprints	4 miles easy	18 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	20 miles easy	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	4 miles easy	22 miles, first 12 easy, last 10 race pace	3 miles easy

### Week 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy, 6 x 100 meter strides	Rest	5 miles easy	60-90 minutes cross-train	10 miles easy	3 miles easy

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### Week 17

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	18 miles easy	3 miles easy

### Week 18

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	16 miles, first 8 easy, last 8 race pace	10 miles easy

### Week 19

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 20

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