

# Sub 4 Hour Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1	3	Cross Train	3	Strength	3	8 LSD	Rest	18
Week 2	4	Cross Train	3	Strength	3	10 LSD	Rest	20
Week 3	4	Cross Train	4	Strength	3	12 LSD	Rest	23
Week 4	4	Cross Train	4	Strength	4	6 LSD	Rest	18
Week 5	4	Cross Train	5 (4 x 400)	Strength	4	12 LSD	Rest	25
Week 6	4	Cross Train	4 (6 x 400)	Strength	5	6 LSD	Rest	19
Week 7	4	Cross Train	7 (4 x 400, 3 x 800)	Strength	4	14 LSD	Rest	28
Week 8	4	Cross Train	5 (2 x 400, 2 x 800, 1 x 400)	Strength	4	8 LSD	Rest	21
Week 9	4	Cross Train	6 (1 x 1, 1 x 800, 1 x 400, x2)	Strength	4	12 LSD	Rest	26
Week 10	4	Cross Train	8 (5 x 800)	Strength	5	8 (2 @ tempo)	Rest	25
Week 11	4	Cross Train	8 (1 x 400, 1 x 800, 1 x 1, x2)	Strength	5	14 LSD	Rest	31

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Week 12	4	Cross Train	7 (8 x 400)	Strength	6	8 (4 @ tempo)	Rest	25
Week 13	4	Cross Train	8 (1 x 400, 1 x 800, 1 x 1, 1 x 800, 1 x 1)	Strength	5	16 LSD	Rest	33
Week 14	4	Cross Train	9 (5 x 800)	Strength	6	10 (6 @ tempo)	Rest	29
Week 15	4	Cross Train	7 (10 x 400)	Strength	4	18 LSD	Rest	33
Week 16	4	Cross Train	9 (1 x 800, 1 x 1, 1 x 800, 1 x 1, 1 x 400)	Strength	5	10 (6 @ tempo)	Rest	32
Week 17	4	Cross Train	10 (4 x 1)	Strength	4	20 LSD	Rest	38
Week 18	4	Cross Train	6 (1 x 1, 1 x 800, 1 x 400, 1 x 800, 1 x 400)	Strength	4	13 LSD	Rest	27
Week 19	4	Cross Train	10 (8 x 800s)	Strength	4	8 LSD	Rest	26
Week 20	3	Strength	5 (6 x 400)	Easy, 3	Rest	26.2!	Rest	38.2

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## Paces & Intervals

1 mile repeats - 7:45

800 meter – 3:52

800 meter – 3:45

400 meter – 1:53

LSD (easy runs) – 10:35

Tempo pace – 8:15

Race pace – 9:09

## Interval Recovery Distances

1 mile interval – ½ mile recovery

800 m interval – 400 m recovery

400 m interval – 200 m recovery