

TRAINING PLAN MARATHON - SUB 3.30



WEEK
1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECOVERY RUN + CORE	INTERVAL RUN	EASY RUN or CROSS TRAINING + CORE	PROGRESSION RUN	REST DAY	CONTINUOUS HILLS	LONG RUN
40-50 mins Easy run	50 mins 5/4/3/2/1 mins getting faster with each interval 90s jog recovery	45 mins Easy run or cross training	45 mins Progression from steady effort to 4-word answer effort in final 15-20 mins	Rest day Crucial to adapting to your training sessions	50 mins 4 x 6 mins of continuous hills 90s rest between sets	100 mins Steady run
RPE: 6 HR: 60-70%	RPE: 7-9 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%		RPE: 8 HR: 80-85%	RPE: 7 HR: 70-75%

WEEK
2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECOVERY RUN + CORE	INTERVAL RUN	EASY RUN or CROSS TRAINING + CORE	PROGRESSION RUN	REST DAY	CONTINUOUS HILLS	LONG RUN
40-50 mins Easy run	50 mins 3/2/1 mins at 5-10K effort and getting faster for the 2/1 mins 60s jog between	45 mins Easy run or cross training	45 mins Progression from steady effort to a 4-word answer effort in final 15-20 mins	Rest day	50-60 mins 3 x 8 mins of continuous hills 2 mins rest between sets	1 hour 45 mins Steady run
RPE: 6 HR: 60-70%	RPE: 7-9 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%		RPE: 8 HR: 80-85%	RPE: 6-7 HR: 65-75%

WEEK
3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECOVERY RUN + CORE	INTERVAL RUN	EASY RUN or CROSS TRAINING + CORE	PROGRESSION RUN	REST DAY	CONTINUOUS HILLS	LONG RUN
40-50 mins Easy run	50 mins 5/5/4/3/2/1 mins getting faster with 90s jog recovery	45 mins Easy run or cross training	45 mins Progression from steady effort to 4-word answer effort in final 15-20 mins	Rest day	60 mins 5 x 6 mins of continuous hills 90s rest between sets	1 hour 50 mins Steady run
RPE: 6 HR: 60-70%	RPE: 7-9 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%		RPE: 8 HR: 80-85%	RPE: 6-7 HR: 65-75%

WEEK
4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RECOVERY RUN + CORE	PROGRESSION RUN	EASY RUN or CROSS TRAINING + CORE	EASY RUN	REST DAY	CONTINUOUS HILLS	LONG RUN
30-40 mins Easy run	45 mins Progression from steady effort to 4-word answer effort in final 15-20 mins	30-40 mins Easy run or cross training	30-40 mins Easy run	Rest day This is a lighter week to allow you to adapt to the training you've banked so far	30-40 mins Easy run Add 4 x 50m strides	90 mins Include 10K race or 30 mins at marathon pace
RPE: 6 HR: 60-70%	RPE: 8 HR: 80-85%	RPE: 6 HR: 60-70%	RPE: 6 HR: 60-70%		RPE: 6 HR: 60-70%	

USING THE PLANS

This page outlines the key elements of the plans

EASY RUN	The type of session you'll be running today
30 mins	The colour shows the key HR zone you'll work today
Easy run	
RPE: 6 HR: 60-70%	This section gives you details of volume and effort through Rate of Perceived Exertion (from 0-10 (RPE) and Heart Rate (HR) as a % of Maximum HR (MHR).
INTERVAL RUNNING	This effort will see you running at 5-10K pace. Up to 5-10/10 running effort.
CONTINUOUS HILLS & THRESHOLD RUNNING	Continuous hills - run up and down a stretch of hill or a hilly loop at threshold effort. 5/10 running effort. This is a pace where you could only speak 3-4 words at a time.
MARATHON PACED RUNS	These runs will get you used to running at race pace.
STEADY RUNNING	A bit quicker than your easy training pace.
EASY RUNNING	Recovery and easy running between 60-70% MHR. You should be running at the speed of chat. 3-5/10 effort.
REST	This would include non-running activities such as walking and some core and gym work.
CORE TRAINING	

RUNNER'S

Runners Guide To A Marathon

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Runners Guide To A Marathon:

Runners Guide To A Marathon: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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