

Training month



Sub-3:30 training plan

A 3:30 marathon is approximately 8:00min/mile. To break 3:30, you should eventually be capable of a sub-1:37 half marathon (7:20min/mile) and sub-43:00 10K (7:00min/mile). Right now, you should be running at least 20-25 miles per week over four sessions, and be able to run for 1:30 non-stop.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 (approx 27M)	3M (miles) easy (approx 9:00min/mile in 27 mins)	5M of 1M jog, then 4x800m at approx 10K pace (3:30) with 400m jog in three minutes, then 1M jog	4M steady (approx 8:30min/mile in 34 mins)	4M at 9:00min/mile with middle 2M at marathon pace (sub-8:00min/mile), approx 34 mins	Rest	3M inc hill session or circuit	8M easy (approx 9:00min/mile in 72 mins)
2 (approx 30M)	Rest	4M of 1M jog, then 12x200m at mile/5K speed (approx 45-50 secs) with 200m (or 1-min) jog recoveries, then 1M jog	5M steady (approx 8:30min/mile in 42 mins)	5M of 1M jog, then 3M at half marathon pace (22 mins) then 1M jog	Rest	Parkrun or 30 mins fartlek (approx 4M)	12M easy (approx 9:00min/mile in 1:48 hours)
3 (approx 35M)	Rest	6M of 1M jog, then 3x1M or 1600m at 10K pace (approx 7 mins) with 400m (or 3-min) jog recoveries, then 1M jog	6M steady (approx 8:30min/mile in 51 mins)	6M progression run – starting at 9:00min/mile and each mile faster with last twomiles inside 8:00min/mile.	Rest	Sat 4M inc hill session or circuit	13M steady (approx 8:30min/mile in 1:51)
4 (approx 38M)	Rest	6M of 1M jog, then 5x1000m at 10K speed (approx 4:15) with 200m (or 90-sec) jog recoveries, then 1M jog	7M easy (approx 9:00min/mile in 63 mins)	7M alternating 9:00 and sub-8:00 min/mile each mile (approx 60 mins)	Rest	Sat 4M easy (approx 9:00min/mile in 36 mins)	14M in approx 1:59 (first 7M in 63 mins, last 7M at marathon pace in 56 mins)

Training month



THE RUNNER'S WORLD MARATHON CHALLENGE

Sub-3:30 training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 (approx 40M)	Rest	6M of 1M jog, then 12x400m at mile/5K speed (approx 95-100) with 200m (or 90-sec) jog recoveries, then 1M jog	8M easy (approx 9:00min/mile in 72 mins)	6M of 1M jog then 4M at half marathon pace (approx 30 mins), then 1M jog	Rest	Parkrun or 35 mins fartlek (approx 4M)	16M easy (approx 9:00 at 2:24)
6 (approx 33M)	Rest	5M of 1M jog, then 16x200m at mile/5K pace (approx 45-50 secs) with 200m (or 90-sec) jog recoveries, then 1M jog	10M easy (approx 9:00 in 90 mins)	7M of 1M jog, then 5M at half marathon pace (approx 37 mins), then 1M jog	Rest	3M easy with strides	Race or 13M at half marathon pace
7 (approx 45M)	Rest	5M of 1M jog, then 16x200m at mile/5K pace (approx 45-50 secs) with 200m (or 90-sec) jog recoveries, then 1M jog	10M easy (approx 9:00 in 90 mins)	7M of 1M jog, then 5M at half marathon pace (approx 37 mins), then 1M jog	Rest	Parkrun or cross-country race or hills or hilly circuit (6M)	17M steady (approx 8:30 in 2:24)
8 (approx 45M)	Rest	7M of 1M jog, 4x1M or 1600m at 10K pace (approx 7:00) with 400m (or 2:30-min) jog recoveries, then 1M jog	7M easy (approx 9:00min/mile in 63 mins)	11M easy (9:00min/mile in approx 99 mins)	Rest	Sat 4M easy (approx 36 mins)	16M in approx 2:16 hours (first 8M easy in 9:00 in 72 mins, last 8M at marathon pace in 64 mins)

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9 (approx 49M)	Rest	7M of 1M jog, then 6x1000m at 10K pace (approx 4:15), with 200m (or 90-sec) jog recoveries, then 1M jog	10M easy (9:00min/mile in approx 90 mins)	7M alternating 9:00 and 8:00min/mile each mile (approx 60 mins)	Rest	Parkrun 5K or 40 mins fartlek (approx 5M total)	20M easy (approx 9:00min/mile in 3 hours)
10 (approx 39M)	Rest	9M of 1M jog, then 8x800m at 10K speed (approx 3:30), with 200m (or 90-sec) jog recoveries, then 1M jog	7M steady (at 8:30min/mile in approx 60 mins)	5M of 1M jog, then 3M at marathon pace (approx 24 mins), then 1M jog	Rest	3M easy (approx 27 mins) with strides	15M at half marathon race or 13M quick (plus 1M warm-up and cool-down)
11 (approx 48M)	Rest	6M of relaxed fartlek	6M easy (approx 54 mins)	7M progression run starting at slower than 9:00min/mile and getting faster with last few miles sub-8:00min/mile, in approx 60 mins	Rest	Parkrun 5K or 40 mins fartlek (approx 5M total)	20M in approx 2:50 (first 10M easy in 90 minutes, last 10M at marathon pace in 80 mins)
12 (approx 45M)	Rest	8M of 1M jog, then 15x400m at 5K pace (approx 95-100 secs) with 200m (or 90-sec) jog recoveries, then 1M jog	10M easy (approx 9:00min/mile in 90 mins)	9M alternating 9:00 and 8:00min/mile each mile (approx 76 mins)	Rest	4M easy (approx 36 mins)	22M slow in 9:00min/mile, in 3:18 hours

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13 (approx 49M)	Rest	8M of 1M jog, 5x1M (approx 7:00), with 400m (or 2:30-min) jog recoveries, then 1M jog	9M easy (approx 9:00min/mile in 81 mins)	7M of 1M jog, then 5M at marathon pace (approx 40), then 1M jog	Rest	Parkrun or 5M easy (approx 40 mins)	20M steady in 8:30min/mile in approx 2:50 hours
14 (approx 43M)	Rest	9M of 1M jog, then 10x800m at 10K speed (approx 3:30 mins), with 200m (or 90-sec) jog recoveries, then 1M jog	8M steady (at 8:30min/mile in approx 68 mins)	6M of 1M jog, then middle 4M at half marathon pace (approx 30 mins), then 1M easy	Rest	Parkrun 5K or 40 mins fartlek (approx 5M)	15M steady (at 8:30min/mile in approx 2:07 hours)
15 (approx 29M)	Rest	5M of 1M jog, then 10x400m at mile/5K speed (approx 95-100 secs) with 100m (or 1-min) jog recoveries, then 1M jog	6M easy (at 9:00min/mile in approx 54 mins)	5M of 1M jog, then 3M at half marathon pace (approx 22 mins), then 1M jog	Rest	3M easy (approx 27 mins)	10M steady (at 8:30min/mile in approx 85 mins)
16 (approx 13M + Race)	Rest	4M of 1M jog, then 12x200m at mile/5K speed (in approx 45-50 secs) with 200m (or 1-min) jog recoveries, then 1M jog	4M easy (approx 36 mins) with 4 marathon pace 100m strides	3M easy (approx 27 mins) with 3 marathon pace 100m strides	Rest	2M easy (approx 18 mins), in racing kit with 2 marathon pace 100m strides	The race