

Training Paces for a sub 3H40' marathon

RI= resting interval between the repeats

NB 3 km warm up before starting with speed repeats and 1 km easy cool down after completion

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
W1	Easy Run:5@6:00/KM	<u>3x1600@4:24/km(400M RI)</u>	cross training	3 km warm up 3km@4:42/km:1 km cool down	REST	Run:16km@5:31/KM	Easy Run:10@5:50/KM
W2	Easy Run:8@6:00/KM	<u>4x800@4:14/km(400M RI)</u>	cross training	3 km warm up 7km@5:14/km:1 km cool down	REST	Run:21km@5:41/KM	Easy Run:5@5:50/KM
W3	Easy Run:8@6:00/KM	<u>1600@4:24/km:1000@4:16/km:800@4:14/km:400@4:07km(200m RI)</u>	cross training	3 km warm up 7km@5:01/km:1 km cool down	REST	Run:25km@5:41/KM	Easy Run:5@5:50/KM
W4	Easy Run:10@6:00/KM	<u>5x1000m@4:16/km(400M RI)</u>	cross training	3 km warm up 6.5km@4:52/km:1 km cool down	REST	Run:30km@5:50/KM	Easy Run:5@5:50/KM
W5	Easy Run:10@6:00/KM	<u>3x1600@4:24/km(400M RI)</u>	cross training	3 km warm up 5km@4:42/km:1 km cool down	REST	Run:29km@5:41/KM	Easy Run:10@5:50/KM
W6	Easy Run:10@6:00/KM	<u>2x1600@4:24/km(60sec RI):2x800@4:14/km(60sec RI)</u>	cross training	3 km warm up 8km@4:52/km:1 km cool down	REST	Run:35km@5:55/KM	Easy Run:10@5:50/KM
W7	Easy Run:10@6:00/KM	<u>6x800@4:14/km(400M RI)</u>	cross training	3 km warm up 10km@5:01/km:1 km cool down	REST	Run:21km@5:22/KM	Easy Run:12@5:50/KM
W8	Easy Run:10@6:00/KM	2x(6x400 @4:07/km 90sec RI)3min RI between the sets	cross training	3 km warm up 5km@4:42/km:1 km cool down	REST	Run:29km@5:31/KM	Easy Run:14@5:50/KM
W9	Easy Run:10@6:00/KM	<u>2x1600@4:24(60sec RI):2x800@4:14/km(60sec RI)</u>	cross training	3 km warm up 6.5km@4:52/km:1 km cool down	REST	Run:35km@5:55/KM	Easy Run:12@5:50/KM
W10	Easy Run:10@6:00/KM	<u>5x1000m@4:16/km(400M RI)</u>	cross training	3 km warm up 16km@5:14/km:1 km cool down	REST	Run:24km@5:25/KM	Easy Run:14@5:50/KM
W11	Easy Run:10@6:00/KM	<u>1000@4:16/km:2000@4:26/km:2x1000@4:16(400M RI)</u>	cross training	3 km warm up 8km@5:14/km:1 km cool down	REST	Run:35km@5:55/KM	Easy Run:16@5:50/KM
W12	Easy Run:10@6:00/KM	<u>3x1600@4:24/km(400M RI)</u>	cross training	3 km warm up 16km@5:14/km:1 km cool down	REST	Run:24km@5:25/KM	Easy Run:16@5:50/KM
W13	Easy Run:10@6:00/KM	<u>10x400m@4:07/km(400M RI)</u>	cross training	3 km warm up 13km@5:14/km:1 km cool down	REST	Run:35km@5:55/KM	Easy Run:16@5:50/KM
W14	Easy Run:8@6:00/KM	<u>8x800@4:14/km(400M RI)</u>	cross training	3 km warm up 8km@4:52/km:1 km cool down	REST	Run:21km@5:13/KM	Easy Run:10@5:50/KM
W15	Easy Run:8@6:00/KM	<u>5x1000m@4:16/km(400M RI)</u>	cross training	3 km warm up 5km@4:52/km:1 km cool down	REST	Run:16km@5:13/KM	Easy Run:8@5:50/KM
W16	Easy Run:5@6:00/KM	<u>6x400m@4:07/km(400M RI)</u>	REST	REST	2 km easy 2km@5:14/ 1km cool	Marathon @ 5:13/km	REST

