

Training for sub 4H00 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	cross training	3x1600@4:41/km(400M RI)	cross training	3 km warm up 3km@5/km:1km cool down	REST	Run:16km@5:53/KM	Easy Run:10@6/KM
W2	cross training	4x800@4:31/km(400M RI)	cross training	3 km warm up 7km@5:34/km:1km cool down	REST	Run:21km@6:02/KM	Easy Run:5@6/KM
W3	cross training	1600@4:41/km:1000@4:34/km:800@4:31/km:400@4:27/km(200m RI)	cross training	3 km warm up 7km@5:19/km:1km cool down	REST	Run:25km@6:02/KM	Easy Run:5@6/KM
W4	cross training	5x1000m@4:34/km(400M RI)	cross training	3 km warm up 6.5km@5:10/km:1km cool down	REST	Run:30km@6:18/KM	Easy Run:5@6/KM
W5	cross training	3x1600@4:41/km(400M RI)	cross training	3 km warm up 5km@5:00/km:1km cool down	REST	Run:29km@6:02/KM	Easy Run:10@6/KM
W6	cross training	2x1600@4:41(60sec RI):2x800@4:31/km(60sec RI)	cross training	3 km warm up 8km@5:10/km:1km cool down	REST	Run:32km@6:09/KM	Easy Run:10@6/KM
W7	cross training	6x800@4:31(90 sec RI)	cross training	3 km warm up 10km@5:19/km:1km cool down	REST	Run:21km@5:53/KM	Easy Run:12@6/KM
W8	cross training	2x(6x400 @4:27/km 90sec RI)3min RI between the sets	cross training	3 km warm up 5km@5:00/km:1km cool down	REST	Run:29km@6/KM	Easy Run:14@6/KM
W9	cross training	2x1600@4:41(60sec RI):2x800@4:31/km(60sec RI)	cross training	3 km warm up 6.5km@5:10/km:1km cool down	REST	Run:32km@6/KM	Easy Run:12@6/KM
W10	cross training	5x1000m@4:34/km(400M RI)	cross training	3 km warm up 16km@5:34/km:1km cool down	REST	Run:24km@5:46/KM	Easy Run:14@6/KM
W11	cross training	1000@4:34/km:2000@4:44/km:2x1000@4:34(400M RI)	cross training	3 km warm up 8km@5:34/km:1km cool down	REST	Run:32km@6/KM	Easy Run:16@6/KM
W12	cross training	3x1600@4:41/km(400M RI)	cross training	3 km warm up 16km@5:34/km:1km cool down	REST	Run:24km@5:43/KM	Easy Run:16@6/KM
W13	cross training	10x400m@4:27/km(400M RI)	cross training	3 km warm up 13km@5:34/km:1km cool down	REST	Run:32km@6/KM	Easy Run:16@6/KM
W14	cross training	8x800@4:31/km(400M RI)	cross training	3 km warm up 8km@5:10/km:1km cool down	REST	Run:21km@5:43/KM	Easy Run:10@6/KM
W15	cross training	5x1000m@4:34/km(400M RI)	cross training	3 km warm up 5km@5:00/km:1km cool down	REST	Run:16km@5:34/KM	Easy Run:8@6/KM
W16	cross training	6x400m@4:27/km(400M RI)	REST	REST	2km easy 2km@5:34/k m:1km cool down	Marathon @ 5:34/km	REST