

Training for sub 4H40 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@5:36/km(400M RI)	cross training	3 km warm up 3km@5:55/km:1km cool down	REST	Run:16km@6:57/KM	Easy Run:10@7/KM
W2	cross training	4x800@5:27/km(400M RI)	cross training	3 km warm up 7km@6:28/km:1km cool down	REST	Run:21km@7:06/KM	Easy Run:5@7/KM
W3	cross training	1600@5:36/km:1000@5:29/km:800@5:27/km:400@5:22/km(200m RI)	cross training	3 km warm up 7km@6:14/km:1km cool down	REST	Run:25km@7:06/KM	Easy Run:5@7/KM
W4	cross training	5x1000m@5:29/km(400M RI)	cross training	3 km warm up 6.5km@6:05/km:1km cool down	REST	Run:30km@7:15/KM	Easy Run:5@7/KM
W5	cross training	3x1600@5:36/km(400M RI)	cross training	3 km warm up 5km@5:55/km:1km cool down	REST	Run:29km@7:06/KM	Easy Run:10@7/KM
W6	cross training	2x1600@5:36(60sec RI):2x800@5:27/km(60sec RI)	cross training	3 km warm up 8km@6:05/km:1km cool down	REST	Run:32km@7:06/KM	Easy Run:10@7/KM
W7	cross training	6x800@5:27/km(400M RI)	cross training	3 km warm up 10km@6:14/km:1km cool down	REST	Run:21km@6:57/KM	Easy Run:12@7/KM
W8	cross training	2x(6x400 @5:22/km 90sec RI)3min RI between the sets	cross training	3 km warm up 5km@5:55/km:1km cool down	REST	Run:29km@6:57/KM	Easy Run:14@7/KM
W9	cross training	2x1600@5:36(60sec RI):2x800@5:27/km(60sec RI)	cross training	3 km warm up 6.5km@6:05/km:1km cool down	REST	Run:32km@6:57/KM	Easy Run:12@7/KM
W10	cross training	5x1000m@5:29/km(400M RI)	cross training	3 km warm up 16km@6:38/km:1km cool down	REST	Run:24km@6:50/KM	Easy Run:14@7/KM
W11	cross training	1000@5:29/km:2000@5:40/km:2x1000@5:29/km(400M RI)	cross training	3 km warm up 8km@6:05/km:1km cool down	REST	Run:32km@6:57/KM	Easy Run:16@7/KM
W12	cross training	3x1600@5:36/km(400M RI)	cross training	3 km warm up 16km@6:38/km:1km cool down	REST	Run:24km@6:47/KM	Easy Run:16@6/KM
W13	cross training	10x400m@5:22/km(400M RI)	cross training	3 km warm up 13km@6:38/km:1km cool down	REST	Run:32km@6:47/KM	Easy Run:16@7/KM
W14	cross training	8x800@5:27/km(400M RI)	cross training	3 km warm up 8km@6:05/km:1km cool down	REST	Run:21km@6:38/KM	Easy Run:10@7/KM
W15	cross training	5x1000m@5:29/km(400M RI)	cross training	3 km warm up 5km@5:55/km:1km cool down	REST	Run:16km@6:38/KM	Easy Run:8@7/KM
W16	cross training	6x400m@5:22/km(400M RI)	REST	REST	2 easy 2km@6:38/km: 1km cool down	Marathon @ 6:38/km	REST