

# Ultimate Marathon Schedule: Sub-3:30

07/05/00

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

## For The Month Ahead...

Your Goal

A sub-43:00 10K or sub-35:00 5-mile race (Week 4). [More...](#)

Your Theme

You build your base. [More...](#)

## Week One

**Mon** 4M (miles) (35+ mins) easy

**Tue** 4M (33-35 mins) slow with a few gentle strides

**Wed** 5M (41-44 mins) slow

**Thu** 3M (approx 24 mins) steady

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** 9M (75-79 mins) slow

## Week Two

**Mon** 4M (35+ mins) easy

**Tue** 1M jog, then 3 x 1.5M (or 9-11 mins) fast, with 800m (5-min) jog recoveries, then 1M jog

**Wed** 6M (49-53 mins) slow

**Thu** 1M jog, then 2M (approx 15 mins) brisk, then 1M jog

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** 11M (91-96 mins) slow

## Week Three

**Mon** 4M (35+ mins) easy

**Tue** 1M jog, then 4 x 1M (or 7 mins) fast, with 400m (3-min) jog recoveries, then 1M jog

**Wed** 7M (58-61 mins) slow

**Thu** 4M (approx 32 mins) steady

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** 13M (1hr 48 – 1hr 54) slow

## Week Four

**Mon** 4M (35+ mins) easy

**Tue** 1M jog, then 6 x 800m (or 3:30) fast, with 2-min (200m) jog recoveries, then 1M jog

**Wed** 8M (66-70 mins) slow

**Thu** 1M jog, then 3M (approx 23 mins) brisk, then 1M jog

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-43:00 10K or sub-35:00 5-mile race

## For The Month Ahead...

Your Goal

Complete a run of around 3 hours (Week 7). [More...](#)

Your Theme

You add volume and speed. [More...](#)

## **Week Five**

**Mon** Rest

**Tue** 1M jog, then 5M (or 40 mins) fartlek, then 1M jog

**Wed** 6M (49-53 mins) slow

**Thu** 5M (approx 40 mins) steady

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** 15M (approx 2hrs 10) slow

## **Week Six**

**Mon** 4M (35+ mins) easy

**Tue** 1M jog, then 10 x 400m (or 90 sec) fast with 200m (or 90-sec) jog recoveries, then 1M jog

**Wed** 7M (57-62 mins) slow

**Thu** 1M jog, then 4M (approx 29 mins) brisk, then 1M jog

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** 18M (approx 2hrs 35) slow

## **Week Seven**

**Mon** 4M (35+ mins) easy

**Tue** 1M jog, then 12 x 200m hill with slow jog/walk down, then 1M jog

**Wed** 8M (66-70 mins) slow

**Thu** 7M (approx 56 mins) steady

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** 20M (approx 3 hrs) slow

## **Week Eight**

**Mon** Rest

**Tue** 1M jog, then 1 min (or 200m) fast, 2 mins (or 400m), fast 4 mins (or 800m) fast, 2 mins (or 400m), fast 1 min (or 200m) fast, all with 1-min (or 100m) jog recoveries, then extra 2-min (or 200m) jog. Repeat sequence once, then 1M jog

**Wed** 9M (74-79 mins) slow

**Thu** 1M jog, then 3M (approx 23 mins) brisk, then 1M jog

**Fri** Rest

**Sat** 5M (44+ mins) easy

**Sun** Race (5M to half-marathon)

## **For The Month Ahead...**

Your Goal

A sub-1:37 half-marathon (Week 10). [More...](#)

Your Theme

You reach your highest mileage. [More...](#)

*Note that the 'approximate' targets for training sessions are exactly that, especially on longer runs. By now, your training and racing should be giving you a clearer idea of your marathon (steady) and half-marathon (brisk) paces. Also, the times in the Tuesday speed sessions are alternatives to the distances, rather than targets. You should be running them as fast yet evenly as you can; roughly between 5K and 10K pace.*

## **Week Nine**

**Mon** Rest

**Tue** 1M jog, then 15 x 200m (or 45 secs) fast, with 100m (or 1-min) jog recoveries, then 1M jog

**Wed** 8M (approx 70 mins) slow

**Thu** 9M (approx 70 mins) steady

Fri Rest

Sat 5M (approx 45 mins) easy

Sun 20M (approx 3hrs) slow

## **Week 10**

Mon 4M (approx 35 mins) easy

Tue 1M jog, then 4 x 1.5M (or 9-11 mins) fast, with 400m (or 3-min) jog recoveries, then 1M jog

Wed 9M (approx 75 mins) slow

Thu 1M jog, then 3M (approx 22 mins) brisk, then 1M jog

Fri Rest

Sat 3M (approx 30 mins) easy

Sun Half-marathon Aim for sub-1:37

## **Week 11**

Mon Rest

Tue 1M jog, 6M (approx 50 mins) fartlek, then 1M jog

Wed 6M (approx 50 mins) slow

Thu 11M (approx 90 mins) steady

Fri Rest

Sat 5M (approx 45 mins) easy

Sun 20M (approx 3hrs) slow

## **Week 12**

Mon 4M (approx 35 mins) easy

Tue 1M jog, 5 x 1M (or 7 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog

Wed 7M (approx 60 mins) slow

Thu 1M jog, then 4M (approx 30 mins) brisk, then 1M jog

Fri Rest

Sat 5M (approx 45 mins) easy

Sun 22M (approx 3hrs 15) slow

## **For The Month Ahead...**

Your Goal

*A serious taper and a rewarding marathon.* [More...](#)

## **Week 13**

Mon Rest

Tue 1M jog, then 7 x 800m (or 3-4 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog

Wed 6M (approx 50 mins) slow

Thu 10M (approx 80 mins) steady

Fri Rest

Sat 5M (approx 45 mins) easy

Sun 18M (approx 2hrs 35 mins) slow

## **Week 14**

Mon 4M (approx 35 mins) easy

Tue 1M jog, then 12 x 200m hill, with slow jog/walk down, then 1M jog

Wed 5M (approx 45 mins) slow

Thu 1M jog, then 3M (approx 22 mins) brisk, then 1M jog

Fri Rest

Sat 5M (approx 45 mins) easy

Sun 12M (approx 95 mins) steady

## **Week 15**

Mon Rest

**Tue** 1M jog, then 8 x 400m (or 90 secs) fast, with 200m (or 2-min) jog recoveries, then 1M jog

**Wed** 4M (approx 35 mins) easy

**Thu** Rest

**Fri** Rest

**Sat** 2M (or 20 mins) easy, in racing kit

**Sun** The race