

RW's Ultimate Marathon Schedule: Sub-3:00

07/05/00

A 3:00 marathon is approximately 6:50 per mile. To break 3:00, you should eventually be capable of a sub-1:25 half-marathon (6:30 per mile) and sub-38:00 10K (6:00 per mile) Right now, you should be running at least 35-40 miles per week, over six or seven sessions.

For The Month Ahead...

Your Goal A sub-38:00 10K or sub-30:00 5-mile race (Week 4). [More...](#)

Your Theme *You build your base.* [More...](#)

Week One

Mon 5M (miles) (39+ mins) easy

Tue 4M (29-31 mins) slow with a few gentle strides

Wed 6M (44-47 mins) slow

Thu 5M (approx 34 mins) steady

Fri 4M (31+ mins) easy or rest

Sat 5M (approx 32 mins) brisk hilly cross-country run or race

Sun 10M (73-78 mins) slow

Week Two

Mon 5M (39+ mins) easy

Tue 1M jog, then 3 x 2M (or 11-12 mins) fast, with 800m (4-min) jog recoveries, then 1M jog

Wed 7M (51-55 mins) slow

Thu 1M jog, then 3M (approx 19:30) brisk, then 1M jog

Fri 4M (31+ mins) easy or rest

Sat 6M (approx 41 mins) steady off-road

Sun 12M (88-94 mins) slow

Week Three

Mon 5M (39+ mins) easy

Tue 1M jog, then 5 x 1M (or 6 mins) fast, with 400m (2-min) jog recoveries, then 1M jog

Wed 8M (58-62 mins) slow

Thu 6M (approx 41 mins) steady

Fri 4M (31+ mins) easy or rest

Sat 8M (approx 52 mins) brisk hilly cross-country run or race

Sun 14M (1hr 40 – 1hr 50) slow

Week Four

Mon 5M (39+ mins) easy

Tue 1M jog, then 8 x 800m (or 3 mins) fast, with 200m (1-min) jog recoveries, then 1M jog

Wed 9M (66-70 mins) slow

Thu 1M jog, then 3M (approx 19:30) brisk, then 1M jog

Fri 4M (31+ mins) easy with strides

Sat 4M (31+ mins) easy or rest

Sun 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-38:00 10K or sub-30:00 5-miler

For The Month Ahead...

Your Goal Complete a run of around 2 hours 20 mins (Week 7). [More...](#)

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

Week Five

Mon 5M (39+ mins) easy

Tue 1M jog, then 6M (or 45 minutes) fartlek, then 1M jog

Wed 8M (58-63 mins) slow

Thu 1M jog, 4M (approx 26 mins) brisk, then 1M jog
Fri Rest or 4M (31+ mins) easy
Sat 6M (approx 40 mins) steady off-road
Sun 16M (approx 2hrs) slow

Week Six

Mon 5M (39+ mins) easy
Tue 1M jog, then 12 x 400m (or 90 sec) fast with 200m (or 60-sec) jog recoveries, then 1M jog
Wed 9M (65-70 mins) slow
Thu 7M (approx 48 mins) steady
Fri Rest or 4M (31+ mins) easy
Sat 5M (approx 32 mins) brisk hilly cross-country run or race
Sun 18M (approx 2hrs 15) slow

Week Seven

Mon 5M (39+ mins) easy
Tue 1M jog, 12 x 200m hill with slow jog/walk down, then 1M jog
Wed 10M (or 72-77 mins) slow
Thu 8M (approx 54 mins) steady
Fri Rest or 4M (31+ mins) easy
Sat 5M (39+ mins) easy
Sun 20M (approx 2hrs 20) steady

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 twice, then 1M jog
Wed 11M (80-86 mins) slow
Thu 1M jog, then 3M (approx 19:30) brisk, then 1M jog
Fri Rest or 4M (31+ mins) easy
Sat 5M (39+ mins) easy
Sun Race (5M to half-marathon)

For The Month Ahead...

Your Goal A sub-1:23 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 5M (approx 40 mins) easy
Tue 1M jog, 16 x 200m (or 45 secs) fast, with 100m (or 30-sec) jog recoveries, then 1M jog
Wed 9M (approx 70 mins) slow
Thu 10M (approx 70 mins) steady
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 22M (approx 2hrs 45) slow

Week 10

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 3 x 2M (or 10 mins) fast, with 400m (or 2-min) jog recoveries, then 1M jog
Wed 10M (approx 75 mins) slow
Thu 1M jog, then 4M (approx 26 mins) brisk, then 1M jog

Fri Rest or 4M (approx 30 mins) easy
Sat 3M (approx 25 mins) easy
Sun Half-marathon Aim for sub-1:23

Week 11

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 6M (or 45 mins) fartlek, then 1M jog
Wed 7M (approx 55 mins) slow
Thu 12M (approx 80 mins) steady
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 20M (approx 2hrs 30) slow

Week 12

Mon 5M (approx 40 mins) easy
Tue 1M jog, 6 x 1M (or 5 mins) fast with 200m (or 1-min) jog recoveries, then 1M jog
Wed 8M (approx 65 mins) slow
Thu 1M jog, then 5M (approx 32 mins) brisk, then 1M jog
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 22M (approx 2hrs 45) slow

For The Month Ahead...

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

Week 13

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 8 x 800m (or 3 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed 7M (approx 50 mins) slow
Thu 10M (approx 70 mins) steady
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 18M (approx 2hrs 15) slow

Week 14

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 15 x 200m hill, with slow jog/walk down, then 1M jog
Wed 6M (approx 45 mins) slow
Thu 1M jog, then 3M (approx 19 mins) brisk, then 1M jog
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 12M (approx 80 mins) steady

Week 15

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 8 x 400m (or 90 secs) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed 4M (approx 30 mins) easy
Thu Rest
Fri Rest
Sat 2M (or 15 mins) easy, in racing kit
Sun The race