

Ultimate Marathon Schedule: Sub-4:30



A 4:30 marathon is approximately 10:00 per mile. To break 4:30, you should eventually be capable of a sub-2:00 half-marathon (9:00 per mile) and sub-53:00 10K (8:30 per mile). Right now, you should be used to running for 20-30 minutes four or five times a week.

For The Month Ahead...

Your Goal A sub-55:00 10K or sub-44:00 5-mile race (Week 4). [More...](#)

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

Week One

Mon 2M (miles) (21-22 mins) slow

Tue Rest

Wed 3M (31-33 mins) slow

Thu 2M (approx 20 mins) steady

Fri Rest

Sat Rest or 2M (21+ mins) easy

Sun 6M (65-70 mins) run/walk

Week Two

Mon Rest

Tue 1M jog, then 2 x 1.5M (or 11-14 mins) fast, with 800m (5-min) jog recoveries, then 1M jog

Wed 4M (41-44 mins) slow

Thu 1M jog, then 2M (approx 18 mins) brisk, then 1M jog

Fri Rest

Sat Rest or 3M (32+ mins) easy

Sun 7M (75-80 mins) run/walk

Week Three

Mon Rest

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

Wed 4M (41-44 mins) slow

Thu 3M (approx 30 mins) steady

Fri Rest

Sat Rest or 3M (32+ mins) easy

Sun 8M (85-90 mins) run/walk

Week Four

Mon Rest

Tue 1M jog, then 4 x 800m (or 4:30) fast, with 200m (2 min) jog recoveries, then 1M jog

Wed 5M (51-55 mins) slow

Thu 1M jog, then 2M (approx 18 mins) brisk, then 1M jog

Fri Rest

Sat Rest or 3M (32+ mins) easy

Sun 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-55:00 10K or sub-44:00 5-miler

For The Month Ahead...

Your Goal Complete a run of around 2 hours 25 mins (Week 7). [More...](#)

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

Week Five

Mon Rest

Tue 1M jog, then 3M (or 30 mins) fartlek, then 1M jog

Wed 4M (40-45 mins) slow
Thu 4M (approx 40 mins) steady
Fri Rest
Sat Rest or 3M (32+ mins) easy
Sun 10M (approx 1hrs 45) run/walk

Week Six

Mon Rest
Tue 1M jog, then 6 x 400m (or 2 mins) fast with 200m (or 90-sec) jog recoveries, then 1M jog
Wed 5M (51-55 mins) slow
Thu 1M jog, then 3M (approx 27 mins) brisk, then 1M jog
Fri Rest
Sat Rest or 3M (32+ mins) easy
Sun 12M (approx 2hrs 5) run/walk

Week Seven

Mon Rest
Tue 1M jog, 8 x 200m hill with slow jog/walk down, then 1M jog
Wed 6M (61-66 mins) slow
Thu 6M (approx 60 mins) steady
Fri Rest
Sat Rest or 3M (32+ mins) easy
Sun 14M (approx 2hrs 25) run/walk

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 7M (72-77 mins) slow
Thu 1M jog, then 2M (approx 18 mins) brisk, then 1M jog
Fri Rest
Sat Rest
Sun Race (5M to half-marathon)

For The Month Ahead...

Your Goal A sub-2:00 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, 10 x 200m (or 1 min) fast with 100m (or 1-min) jog recoveries, then 1M jog
Wed 6M (approx 65 mins) slow
Thu 8M (approx 80 mins) steady
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 16M (approx 3hrs) run/walk

Week 10

Mon Rest

Tue 1M jog, 3 x 1.5M (or 11-14 mins) fast with 400m (or 3-min) jog recoveries, then 1 mile jog
Wed 7M (approx 75 mins) slow
Thu 1M jog, then 3M (approx 27 mins) brisk, then 1M jog
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun Half-marathon Aim for sub-2:00

Week 11

Mon Rest
Tue 1M jog, then 5M (approx 50 mins) fartlek, then 1M jog
Wed 5M (approx 55 mins) slow
Thu 10M (approx 1hr 40) steady
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 18M (approx 3hrs 15) slow

Week 12

Mon Rest
Tue 1M jog, then 4 x 1M (or 9 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed 6M (approx 65 mins) slow
Thu 1M jog, then 4M (approx 35 mins) brisk, then 1M jog
Fri Rest
Sat Rest or 3M (approx 35 mins) easy
Sun 20M (approx 3hrs 30) slow

For The Month Ahead...

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

Week 13

Mon Rest
Tue 1M jog, then 6 x 800m (or 4:30 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed 5M (approx 55 mins) slow
Thu 9M (approx 90 mins) steady
Fri Rest
Sat Rest or 3M (approx 30 mins) easy
Sun 17M (approx 3hrs) slow

Week 14

Mon Rest
Tue 1M jog, then 10 x 200m hill with slow jog/walk down, then 1M jog
Wed 4M (approx 40 mins) slow
Thu 1M jog, then 3M (approx 27 mins) brisk, then 1M jog
Fri Rest
Sat Rest or 3M (approx 30 mins) easy
Sun 10M (approx 1hr 40) steady

Week 15

Mon Rest
Tue 1M jog, then 6 x 400m (or 2 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed 3M (approx 30 mins) slow
Thu Rest
Fri Rest
Sat 2M (or 20 mins) easy, in racing kit
Sun The race