

Ultimate Marathon Schedule: Sub-4:00



A 4:00 marathon is approximately 9:00 per mile. To break 4:00, you should eventually be capable of a sub-1:50 half-marathon (8:20 per mile) and sub-50:00 10K (8:00 per mile). Right now, you should be running at least 20 miles per week, and be able to run for an hour non-stop.

For The Month Ahead...

Your Goal A sub-50:00 10K or sub-40:00 5-mile race (Week 4). [More...](#)

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

Week One

Mon 3M (miles) (28-30 mins) slow

Tue Rest

Wed 4M (37-39 mins) slow

Thu 2M (approx 18 mins) steady

Fri Rest

Sat 3M (29+ mins) easy

Sun 7M (65-69 mins) slow

Week Two

Mon Rest

Tue 1M jog, then 2 x 1.5M (or 11-12 mins) fast, with 800m (5-min) jog recoveries, then 1M jog

Wed 5M (46-49 mins) slow

Thu 1M jog, then 2M (approx 16 mins) brisk, then 1M jog

Fri Rest

Sat 4M (39 mins+) easy

Sun 8M (74-78 mins) slow

Week Three

Mon Rest

Tue 1M jog, then 3 x 1M (or 8 mins) fast, with 400m (3-min) jog recoveries, then 1M jog

Wed 6M (56-59 mins) slow

Thu 1M jog, then 3M (approx 27 mins) steady, then 1M jog

Fri Rest

Sat 4M (39 mins+) easy

Sun 9M (85-90 mins) slow

Week Four

Mon Rest

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

Wed 7M (65-69 mins) slow

Thu 1M jog, then 2M (approx 16 mins) brisk, then 1M jog

Fri Rest

Sat 4M (39 mins+) easy

Sun 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-50:00 10K or sub-40:00 5-miler

For The Month Ahead...

Your Goal Complete a run of around 2 hours 40 mins (Week 7). [More...](#)

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

Week Five

Mon Rest

Tue 1M jog, then 4M (or 40 mins) fartlek, then 1M jog

Wed 5M (47-49 mins) slow
Thu 5M (approx 45 mins) steady
Fri Rest
Sat 4M (39+ mins) easy
Sun 11M (approx 1hr 45) slow

Week Six

Mon Rest
Tue 1M jog, then 8 x 400m (or 2 mins) fast with 200m (or 90-sec) jog recoveries, then 1M jog
Wed 6M (55-59 mins) slow
Thu 1M jog, then 3M (approx 25 mins) brisk, then 1M jog
Fri Rest
Sat 4M (39+ mins) easy
Sun 13M (approx 2hrs 5) slow

Week Seven

Mon Rest
Tue 1M jog, then 9 x 200m hill with slow jog/walk down, then 1M jog
Wed 7M (64-69 mins) slow
Thu 6M (approx 54 mins) steady
Fri Rest
Sat 4M (39+ mins) easy
Sun 15M (approx 2hrs 25) 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 8M (74-78 mins) slow
Thu 1M jog, then 2M (approx 16 mins) brisk, then 1M jog
Fri Rest
Sat 3M (29+ mins) easy
Sun Race (5M to half-marathon)

For The Month Ahead...

Your Goal A sub-1:50 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, 12 x 200m (or 1 min) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed 7M (approx 65 mins) slow
Thu 8M (approx 70 mins) steady
Fri Rest
Sat 4M (approx 40 mins) easy
Sun 17M (approx 2hrs 45) slow

Week 10

Mon Rest
Tue 1M jog, 3 x 1.5M (or 12mins) fast with 400m (or 3-min) jog recoveries, then 1M jog
Wed 8M (approx 75 mins) slow

Thu 1 mile jog, then 3M (approx 25 mins) brisk, then 1M jog

Fri Rest

Sat 3M (approx 30 mins) easy

Sun Half-marathon Aim for sub-1:50

Week 11

Mon Rest

Tue 1M jog, 6M (approx 55 mins) fartlek, then 1M jog

Wed 6M (approx 55 mins) slow

Thu 10M (approx 90 mins) steady

Fri Rest

Sat 4M (approx 40 mins) easy

Sun 19M (approx 3hrs 15) slow

Week 12

Mon Rest

Tue 1M jog, 5 x 1M (or 8 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog

Wed 7M (approx 65 mins) slow

Thu 1M jog, 4M (approx 33 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx 40 mins) easy

Sun 22M (approx 3hrs 40) 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 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog

Wed 6M (approx 55 mins) slow

Thu 9M (approx 85-90 mins) steady

Fri Rest

Sat 4M (approx 40 mins) easy

Sun 18M (approx 3hrs) slow

Week 14

Mon Rest

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

Wed 5M (approx 50 mins) slow

Thu 1M jog, then 3M (approx 25 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx 40 mins) easy

Sun 12M (approx 1hr 50) 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 4M (approx 40 mins) slow

Thu Rest

Fri Rest

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

Sun The race