**Sub 3:45 Training Plan**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1(26M) | 2M (miles) easy (9:30min/mile) | 5M: 1M jog, 4x800m at 10k pace with 400m recovery jogs, then 1M jog | 4M (9:00min/mile) | 4M easy | Rest | 3M easy (fartlek) | 8M easy (9:30min/mile) |
| 2(28M) | Rest | 4M: 1M jog, 12x200m at 5k speed (45-50s) with 200m jog recovery, 1M jog | 5M (9:00min/mile) | 5M easy | Rest | 4M easy (fartlek) | 10M easy (9:30min/mile) |
| 3(32M) | Rest | 6M: 1M jog, 3x1M repeats (approx. 7 mins) with 400m jog recovery, 1M jog | 5M (9:00min/mile) | 5M easy | Rest | 4M easy (fartlek) | 12M (9:00min/mile) |
| 4(35M) | Rest | 6M: 1M jog, 5x1000m at 10k speed (approx. 4:15) with 200m jog recovery, 1M jog | 6M (9:30min/mile) | 6M easy | Rest | 4M easy (9:30 min/mile) | 13M (last 6M at marathon pace) |

 *A* ***3:45 marathon*** *is around* ***8:35min/mile****. I use miles based on running location and mile roads as easy markers. Starting this plan, you should be running around* ***20-25 miles per week****, the miles will add up quickly so it’s a good idea to have a strong base going in.*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5(38M) | Rest | 6M: 1M jog, 12x400m at 5k pace (approx. 100s) with 200m recovery jogs, then 1M jog | 7M easy (9:30min/mile) | 6M easy | Rest | 4M easy (fartlek) | 15M easy (9:30min/mile) |
| 6(36M) | Rest | 5M: 1M jog, 16x200m at 5k pace (45-50s) with 200m recovery jogs, 1M jog | 9M easy (9:30min/mile) | 6M easy, 2 miles at half marathon pace | Rest | 3M easy (fartlek) | 13M at half marathon pace |
| 7(43M) | Rest | 5M: 1M jog, 16x200m at 5k pace (45-50s) with 200m recovery jogs, 1M jog | 10M easy (9:30min/mile) | 6M easy, 2 miles at half marathon pace | Rest | 6M easy (fartlek) | 16M (9:00min/mile) |
| 8(43M) | Rest | 7M: 1M jog, 4x1M at 10k pace (approx. 7:30) with 400m recovery jogs, 1M jog | 7M easy (9:30min/mile) | 10M easy (9:30min/mile) | Rest | 4M easy (9:30 min/mile) | 15M (last 7M at marathon pace) |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 9(47M) | Rest | 7M: 1M jog, 6x1000m at 10k pace (approx. 4:30) with 200m recovery jogs, then 1M jog | 9M (9:30min/mile) | 7M alternating 9:30 & 8:30min/mile every mile | Rest | 5M easy (fartlek) | 19M easy (9:30min/mile) |
| 10(37M) | Rest | 9M: 1M jog, 8x800m at 10k pace (approx. 3:45) with 200m recovery jogs, 1M jog | 6M (9:00min/mile) | 5M easy, 2 miles at half marathon pace | Rest | 3M easy (fartlek) | 14M easy (9:30min/mile) |
| 11(42M) | Rest | 6M easy (fartlek) | 5M easy (9:30min/mile) | 7M easy, 3 miles at half marathon pace | Rest | 5M easy (fartlek) | 19M, last 10M at marathon pace |
| 12(51M) | Rest | 8M: 1M jog, 15x400m at 5k pace (approx. 100s) with 200m recovery jogs, 1M jog | 9M easy (9:30min/mile) | 9M alternating 9:30 & 8:30min/mile every mile | Rest | 4M easy (9:30 min/mile) | 21M (9:30min/mile) |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 13(49M) | Rest | 8M: 1M jog, 5x1M (7:30) with 400m recovery jogs, then 1M jog | 9M easy (9:30min/mile) | 7M: 1M jog then 5M at marathon pace, 1M jog | Rest | 5M easy (fartlek) | 20M easy (9:00min/mile) |
| 14(43M) | Rest | 9M: 1M jog, 10x800m at 10k pace (3:45) with 200m recovery jogs, 1M jog | 8M (9:00min/mile) | 6M: 1M jog then 4M at half marathon pace, 1M jog | Rest | 5M easy (fartlek) | 15M easy (9:00min/mile) |
| 15(29M) | Rest | 5M: 1M jog, 10x400m at 5k pace (approx. 100s with 100m recovery jogs, 1M jog | 6M easy (9:30min/mile) | 5M easy | Rest | 3M easy (fartlek) | 10M (9:00min/mile) |
| 16(13M)+RACE! | Rest | 4M: 1M jog, 12x200m at 5k pace (approx. 50s) with 200m recovery jogs, 1M jog | 4M easy, with strides | 3M easy, with strides | Rest | 2M easy (9:30 min/mile), with strides  | Race Day |