



## Sub 4:30 marathon training plan

### Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid

this and perform at your best is to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each session should feel in its effort and intensity. Here's a guide for just that.

### Is this plan suitable for me?

This plan for fairly experienced runners. You'll already train regularly, and now you want to either complete the marathon in 4 hours 30 minutes or beat your personal best. Ask yourself if the plan

matches your current fitness level, and take care to see that it fits your availability to train each week. Be honest. Think carefully about your work, family and social commitments. While you want to challenge yourself, your training should be enjoyable and stress free.

Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

\*Perceived effort =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<b>Cross-training</b> 30 mins cross-training + stretch	<b>Workout run</b> 10 mins warm up, 4 x 5 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Conditioning</b> 30 mins conditioning work	<b>Cross-training</b> 45 mins easy cross-training	<b>Rest</b>	<b>Workout run</b> 45 mins steady undulating run	<b>Long run</b> 90 mins run, alternating easy and steady effort + stretch
<b>Week 2</b>	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 4 x 6 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 45 mins easy cross-training	<b>Conditioning</b> 30 mins conditioning work	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 3 x 6 mins at threshold effort over undulating terrain with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Long run</b> 105 mins run, alternating easy and steady effort + stretch
<b>Week 3</b>	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 5 x 5 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 45 mins easy cross-training	<b>Workout run</b> 10 mins warm up, 10 mins at threshold, 10 mins cool down <b>Conditioning</b> 30 mins conditioning work	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 3 x 6 mins at threshold effort over undulating terrain with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Long run</b> 120 mins run, alternating easy and steady effort + stretch
<b>Week 4</b>	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 5 x 5 mins at threshold effort with 75 secs jog recovery between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 45 mins easy cross-training	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 3 x 6 mins at threshold effort over undulating terrain with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Long run</b> 135 mins run, alternating easy and steady effort + stretch
<b>Week 5</b>	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 6 x 5 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 45 mins easy cross-training	<b>Recovery</b> 45 mins easy run	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 3 x 6 mins at threshold effort over undulating terrain with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Long run</b> 135 mins run, easy effort + stretch
<b>Week 6</b>	<b>Rest</b>	<b>Recovery</b> 40 mins easy run + stretch	<b>Workout run</b> 10 mins warm up, 4 x 5 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Rest</b>	<b>Workout run</b> 30 mins easy run, include 6 x 1 mins at hard effort with 60 secs recovery jog between efforts	<b>Rest</b>	<b>Half marathon race</b>
<b>Week 7</b>	<b>Rest</b>	<b>Cross-training</b> 60 mins easy cross-training + stretch	<b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 4 x 7 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Rest</b>	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Long run</b> 165 mins easy effort long run, last 30 mins at steady effort + stretch

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 8</b>	Rest	<b>Recovery</b> 30 mins easy run + stretch	<b>Workout run</b> 10 mins warm up, 4 x 8 mins at threshold effort with 120 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 60 mins easy cross-training + stretch	<b>Workout run</b> 10 mins warm up, 5 x 3 mins at hard effort with 2 mins recovery jog between efforts, 10 mins cool down + stretch	Rest	<b>Long run</b> 180 mins easy effort long run, last 60 mins at steady effort + stretch
<b>Week 9</b>	Rest	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 4 x 8 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Rest	<b>Workout run</b> 10 mins warm up, 4 x 5 mins at threshold effort over undulating terrain with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 30 mins easy cross-training <b>Conditioning</b> 30 mins conditioning work	<b>Long run</b> 90 mins run, alternating easy and steady effort + stretch
<b>Week 10</b>	Rest	<b>Workout run</b> 10 mins warm up, 4 x 10 mins at threshold effort with 120 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 45 mins easy cross-training	<b>Recovery</b> 30 mins easy run <b>Conditioning</b> 30 mins conditioning work	Rest	<b>Cross-training</b> 40 mins easy cross-training	<b>Long run</b> 180 mins easy effort long run, last 90 mins at steady effort + stretch
<b>Week 11</b>	Rest	<b>Recovery</b> 45 mins easy run	<b>Workout run</b> 10 mins warm up, 4 x 10 mins at threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 45 mins easy cross-training	<b>Workout run</b> 10 mins warm up, 6 x 4 mins at hard effort with a 90 secs recovery, 10 mins cool down	Rest	<b>Long run</b> 165 mins easy effort long run, last 60 mins at steady effort + stretch
<b>Week 12</b>	Rest	<b>Recovery</b> 30 mins recovery run <b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 4 x 10 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	<b>Cross-training</b> 45 mins easy cross-training	<b>Workout run</b> 10 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between efforts, 10 mins cool down + stretch	Rest	<b>Long run</b> 120 mins run, middle 90 mins at steady effort
<b>Week 13</b>	Rest	<b>Recovery</b> 30 mins recovery run <b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 12 mins at threshold effort, 2 mins recovery, 4 x 2 mins at hard effort with a 60 secs recovery, 10 mins cool down	<b>Cross-training</b> 45 mins easy cross-training	<b>Workout run</b> 10 mins warm up, 4 x 5 mins at threshold effort with 60 secs recovery jog between efforts, 10 mins cool down + stretch	Rest	<b>Long run</b> 70 mins run, middle 40 mins at steady effort
<b>Week 14</b>	Rest	<b>Workout run</b> 10 mins warm up, 3 x 4 mins at threshold effort with a 60 secs recovery, 10 mins cool down	Rest	<b>Recovery</b> 30 mins easy run + stretch	Rest	<b>Recovery</b> 20 mins easy run + strides	<b>Marathon Race</b> 