



Sub 3:15 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 experienced runners. You'll already train 5 or 6 times a week, and now you want to either break 3 hours 15 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
Week 1	Recovery 30 mins recovery run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between efforts, 10 mins cool down + stretch	Cross-training 45 mins easy cross-training	Run 45 mins steady effort run on undulation terrain + stretch	Rest	Workout run 10 mins warm up, 4 x 7 mins at threshold effort over undulating terrain with a 90 secs recovery jog, 10 mins cool down	Long run 90 mins run, alternate easy and steady effort, off-road if possible + stretch
Week 2	Recovery 30 mins recovery run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 4 x 8 mins at threshold effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Run 30 mins easy run Conditioning 30 mins conditioning work + stretch	Run 40 mins steady effort run + stretch	Rest	Workout run 10 mins warm up, 4 x 10 mins at threshold effort over undulating terrain with a 90 secs recovery jog, 10 mins cool down	Long run 105 mins run, alternate easy and steady effort, off-road if possible + stretch
Week 3	Recovery 30 mins recovery run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 3 x 12 mins at threshold effort, with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Cross-training 45 mins easy cross-training	Workout run 10 mins warm up, 2 sets of 3 x 1km at hard effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Rest	Workout run 10 mins warm up, 3 x 10 mins threshold effort (count uphill time only) with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Long run 120 mins run, alternate easy and steady effort, off-road if possible + stretch
Week 4	Recovery 40 mins recovery run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 3 x 12 mins at threshold effort, with 60 secs recovery jog between efforts, 10 mins cool down + stretch	Run 30 mins easy run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 2 sets of 3 x 1km at hard effort with 75 secs recovery jog between efforts, 10 mins cool down + stretch	Rest	Run 45 mins easy run	Long run 135 mins run easy effort + stretch
Week 5	Run 30 mins easy run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 3 x 15 mins at threshold effort, with 60 secs recovery jog between efforts, 10 mins cool down + stretch	Run 30 mins easy run Conditioning 30 mins conditioning work + stretch	Rest	Workout run 10 mins warm up, 10 mins at threshold effort, 4 x 1km at hard effort with 90 secs recovery jog between efforts, 10 mins at threshold effort, 10 mins cool down + stretch	Run 45 mins recovery run	Long run 150 mins run alternating easy and steady effort + stretch
Week 6	Rest, or swim + stretch	Workout run 10 mins warm up, 5 x 1km at threshold effort with 75 secs recovery jog between efforts, 10 mins cool down + stretch	Run 30 mins easy run + stretch	Workout run 10 mins warm up, 15 mins at threshold effort, 10 mins cool down + stretch	Rest	Run 20 mins easy effort run including some strides + stretch	Half marathon race
Week 7	Conditioning 30 mins conditioning work	Run 45 mins easy run + stretch	Workout run 10 mins warm up, 3 x 16 mins at threshold effort with a 90 secs recovery jog, 10 mins cool down	Cross-training 45 mins easy cross-training	Rest	Run 45 mins easy run	Long run 135 mins run at easy effort, last 30 mins at steady effort + stretch

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Run 30 mins easy run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 3 x 18 mins at threshold with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Run 30 mins recovery run	Cross-training 45 mins easy cross-training	Workout run 10 mins warm up, 2 x 3 x 1k at hard effort with a 75 secs recovery between reps and a 3 min recovery between sets, 10 mins cool down	Rest	Long run 135 mins run at easy effort, last 45 mins at steady effort + stretch
Week 9	Recovery 30 mins recovery run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 3 x 20 mins at threshold with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Run 30 mins easy run + stretch	Cross-training 45 mins easy cross-training	Workout run 10 mins warm up, 3 x 3 x 1k at 10k pace with a 75 secs recovery between reps and a 3 min recovery between sets, 10 mins cool down	Rest	Long run 150 mins run at easy effort, last 70 mins at steady effort + stretch
Week 10	Recovery 30 mins recovery run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 3 x 20 mins at threshold effort with a 90 secs recovery jog, 10 mins cool down	Cross-training 45 mins easy cross-training	Run 60 mins easy run	Workout run 10 mins warm up, 10 mins at threshold effort, 4 x 1km at hard effort with 90 secs recovery jog between efforts, 10 mins at threshold effort, 10 mins cool down + stretch	Run 40 mins easy run + stretch	Long run 165 mins run at easy effort, last 90 mins at steady effort + stretch
Week 11	Recovery 30 mins recovery run + stretch	Recovery 30 mins recovery run Conditioning 30 mins conditioning work + stretch	Workout run 10 mins warm up, 3 x 3 x 1k at hard effort with a 75 secs recovery between reps and a 3 min recovery between sets, 10 mins cool down	Recovery 35 mins recovery run + stretch	Rest	Recovery 30 mins recovery run + stretch	Long run 180 min long run: first 90 mins at easy effort, last 90 mins at steady effort
Week 12	Recovery 30 mins recovery run Conditioning 30 mins conditioning work + stretch	Cross-training 45 mins easy cross-training	Workout run 10 mins warm up, 3 x 20 mins at threshold effort with a 90 secs recovery jog, 10 mins cool down	Rest	Workout run 10 mins warm up, 6 x 4 mins at hard effort with a 90 secs recovery jog, 10 mins cool down	Recovery 30 mins recovery run + stretch	Long run 120 min long run, middle 90 mins at steady effort
Week 13	Rest	Recovery 30 mins recovery run + stretch	Workout run 10 mins warm up, 25 mins at threshold effort, 10 mins cool down + stretch	Cross-training 45 mins easy cross-training	Workout run 10 mins warm up, 5 x 1km at hard effort with 90 secs recovery jog between efforts, 10 mins cool down + stretch	Rest	Long run 70 min long run, middle 50 mins at steady effort
Week 14	Rest, or light yoga	Workout run 40 mins run including 3 x 6 mins at threshold effort with 60 secs recovery jog between efforts + stretch	Rest	Recovery 30 mins recovery run + stretch	Rest	Run 20 mins easy effort run including some strides + stretch	Marathon race 