

➤➤➤ SUB 3 HOUR MARATHON TRAINING PLAN - MILES

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Base	1	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 6 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Distance Run 6 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Rest Day	Long Run 8 miles RPE 3-4	35 miles
	2	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 7 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Distance Run 7 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Rest Day	Long Run 9.5 miles RPE 3-4	37 miles
	3	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Rest Day	Long Run 10 miles RPE 3-4	41 miles
	4	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 7 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Rest Day	Long Run 11 miles RPE 3-4	43 miles
	5	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	45 miles
Hills	6	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 1 mile @ 40/mile 5 miles/recovery jog 1 mile @ 40/mile	Recovery Run 6 miles RPE 2-3	Hill Repeats 10 x 30 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 6 miles RPE 2-3	Rest Day	Long Run 10.5 miles RPE 3-4	37 miles
	7	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 1.5 miles @ 40/mile 5 miles/recovery jog 1.5 mile @ 40/mile	Recovery Run 7 miles RPE 2-3	Hill Repeats 10 x 45 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 7 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	42 miles
	8	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2 miles @ 40/mile 5 miles/recovery jog 2 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Hill Repeats 8 x 90 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	45 miles
	9	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2 miles @ 40/mile 5 miles/recovery jog 2 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Hill Repeats 8 x 90 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 15 miles RPE 3-4	47 miles
Intervals	10	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2.5 miles @ 40/mile 5 miles/recovery jog 2.5 miles @ 40/mile	Recovery Run 7 miles RPE 2-3	Threshold Intervals 2 x 1 mile @ 10/mile / 1.5 miles recovery jog	Recovery Run 7 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	46 miles
	11	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2.5 miles @ 40/mile 5 miles/recovery jog 2.5 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Threshold Intervals 2 x 1 mile @ 10/mile / 1.5 miles recovery jog	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 14 miles RPE 3-4	48 miles
	12	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 3 miles @ 40/mile 5 miles/recovery jog 3 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Threshold Intervals 2 x 1 mile @ 10/mile / 1.5 miles recovery jog	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 15 miles RPE 3-4	54 miles

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JG Myers



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