



**16 - WEEK**

# MARATHON TRAINING PLAN

## **BREAK 4:30**

This plan will help you break four hours and 30 minutes in the marathon. You'll train to average a 10:17 pace or better on race day. The program starts with 24 miles a week and an 8-mile long run, and peaks three weeks before the race with 45 miles and a long run that's 20 miles. You'll have at least one rest day per week, but up to three, and a mix of easy runs, long runs, and speed workouts.

GET ALL THE DETAILS YOU NEED TO TRAIN FOR AND RACE 26.2 WITH OUR **MASTER THE MARATHON PROGRAM!**

**JUMP TO:**

**TRAINING PLAN • WORKOUT KEY • SPEED WORKOUTS**



# BREAK 4:30 MARATHON TRAINING PLAN

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Rest	3 miles Easy Run	<u>6-7 miles with Intervals</u>	0-3 miles Easy Run	3-4 miles Easy Run	Rest	8 miles LSD
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Rest	3 miles Easy Run	<u>7 miles with Intervals</u>	0-3 miles Easy Run	3-4 miles Easy Run	Rest	6 miles LSD
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	Rest	3 miles Easy Run	<u>8 miles with Intervals</u>	0-3 miles Easy Run	3-4 miles Easy Run	Rest	10 miles LSD
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	Rest	4 miles Easy Run	<u>7-8 miles with Intervals</u>	0-3 miles Easy Run	3-4 miles Hills	Rest	8 miles LSD
WEEK 5	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	Rest	3-4 miles Easy Run	<u>8-9 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy run	Rest	12 miles LSD
WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	Rest	3-4 miles Easy Run	<u>8-9 miles with Intervals</u>	0-3 miles Easy Run	4 miles Hills	Rest	<u>8 miles with 2 miles at Tempo</u>
WEEK 7	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
	Rest	4 miles Easy Run	<u>9 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy Run	Rest	14 miles LSD
WEEK 8	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
	Rest	4 miles Easy Run	<u>7 miles with Intervals</u>	0-3 miles Easy Run	4 miles Hills	Rest	<u>8 miles with 4 miles at Tempo</u>



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WEEK 9	DAY 57 <input type="checkbox"/>	DAY 58 <input type="checkbox"/>	DAY 59 <input type="checkbox"/>	DAY 60 <input type="checkbox"/>	DAY 61 <input type="checkbox"/>	DAY 62 <input type="checkbox"/>	DAY 63 <input type="checkbox"/>
	Rest	4 miles Easy Run	<u>8-9 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy Run	Rest	16 miles LSD
WEEK 10	DAY 64 <input type="checkbox"/>	DAY 65 <input type="checkbox"/>	DAY 66 <input type="checkbox"/>	DAY 67 <input type="checkbox"/>	DAY 68 <input type="checkbox"/>	DAY 69 <input type="checkbox"/>	DAY 70 <input type="checkbox"/>
	0-3 miles Easy Run	4 miles Easy Run	<u>9-10 miles with Intervals</u>	0-3 miles Easy Run	4 miles Hills	Rest	<u>10 miles with 6 miles at Tempo</u>
WEEK 11	DAY 71 <input type="checkbox"/>	DAY 72 <input type="checkbox"/>	DAY 73 <input type="checkbox"/>	DAY 74 <input type="checkbox"/>	DAY 75 <input type="checkbox"/>	DAY 76 <input type="checkbox"/>	DAY 77 <input type="checkbox"/>
	0-3 miles Easy Run	4-6 miles Easy Run	<u>7-8 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy Run	Rest	18 miles LSD
WEEK 12	DAY 78 <input type="checkbox"/>	DAY 79 <input type="checkbox"/>	DAY 80 <input type="checkbox"/>	DAY 81 <input type="checkbox"/>	DAY 82 <input type="checkbox"/>	DAY 83 <input type="checkbox"/>	DAY 84 <input type="checkbox"/>
	0-3 miles Easy Run	4 miles Easy Run	<u>9-10 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy Run or Hills	Rest	<u>10 miles with 6 miles at Tempo</u>
WEEK 13	DAY 85 <input type="checkbox"/>	DAY 86 <input type="checkbox"/>	DAY 87 <input type="checkbox"/>	DAY 88 <input type="checkbox"/>	DAY 89 <input type="checkbox"/>	DAY 90 <input type="checkbox"/>	DAY 91 <input type="checkbox"/>
	0-3 miles Easy Run	4 miles Easy Run	<u>10-11 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy run	Rest	20 miles LSD
WEEK 14	DAY 92 <input type="checkbox"/>	DAY 93 <input type="checkbox"/>	DAY 94 <input type="checkbox"/>	DAY 95 <input type="checkbox"/>	DAY 96 <input type="checkbox"/>	DAY 97 <input type="checkbox"/>	DAY 98 <input type="checkbox"/>
	0-3 miles Easy Run	4 miles Easy Run	<u>10-11 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy Run	Rest	<u>12 miles LSD or 5K Race</u>
WEEK 15	DAY 99 <input type="checkbox"/>	DAY 100 <input type="checkbox"/>	DAY 101 <input type="checkbox"/>	DAY 102 <input type="checkbox"/>	DAY 103 <input type="checkbox"/>	DAY 104 <input type="checkbox"/>	DAY 105 <input type="checkbox"/>
	3 miles Easy Run	3 miles Easy Run	<u>10-11 miles with Intervals</u>	0-3 miles Easy Run	4 miles Easy Run	Rest	8 miles LSD
WEEK 16	DAY 106 <input type="checkbox"/>	DAY 107 <input type="checkbox"/>	DAY 108 <input type="checkbox"/>	DAY 109 <input type="checkbox"/>	DAY 110 <input type="checkbox"/>	DAY 111 <input type="checkbox"/>	DAY 112 <input type="checkbox"/>
	Rest	0-3 miles Easy Run	<u>6-7 miles Intervals</u>	3 miles Easy Run	Rest	3 miles Easy Run	<b>RACE DAY!</b>

## WORKOUT KEY

### ▶ Rest

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

### ▶ Easy Run

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs. You can also sub in cross-training on optional easy run days. For a pace goal, aim for about 11:50/mile.

### ▶ Miles With Intervals

These are your speed workouts. They're designed to get you faster via interval training. You'll start with easy running to warm up and end with easy running to cool down. Follow the workout prescriptions to gain the most benefits (don't overdo it!), and know some days you won't hit the paces perfectly. Make sure you recover between each interval, jogging or walking.

### ▶ Hills

Run the day's mileage on the hilliest route you can find. Don't worry too much about the length or grade of the hills. Just get a variety of inclines and descents. Hills help you boost your leg and lung power. Lean slightly forward from the ankles and keep your chest tall on the uphills. On the downhills, think "light, quick steps." Don't let your feet slap the pavement, and don't brake with your legs.

### ▶ LSD: Long Slow Distance Run

These workouts are all about building endurance and teaching you to run farther so you can finish your race feeling strong. Whenever you're pushing your body farther, it's extra important to start at a pace that feels conservative. That way, you have the energy to finish feeling good. So start slower than you think you need to, and remember you should be able to hold a conversation as you run. If a pace target is helpful, aim for 11:50-12:10/mile, but don't get tied to your watch.

### ▶ Tempo

You'll see tempo miles mixed into a few of your long runs. You'll run these faster than goal marathon pace, aiming for 9:33/mile, which will make your pace on race day feel easier. These efforts should feel comfortably hard, about a 6 or 7 on a scale of 1 to 10 rate of perceived exertion, with 10 being all-out effort.

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## SPEED WORKOUTS

### Day 3: 6-7 miles with Intervals

- 2 miles easy warmup
- 6 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 2 miles easy cooldown

### Day 10: 7 miles with Intervals

- 2 miles easy warmup
- 3 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 2 x 600m at 3:16 pace (8:43/mile), 400m recovery
- 2 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 2 miles easy cooldown

### Day 17: 8 miles with Intervals

- 2 miles easy warmup
- 3 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 3 x 800m at 4:30 pace (9:00/mile), 400m recovery
- 1 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 2 miles easy cooldown

### Day 24: 7-8 miles with Intervals

- 2 miles easy warmup
- 2 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 1200m at 6:40 pace (8:53/mile), 400m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1-2 miles easy cooldown

### Day 31: 8-9 miles with Intervals

- 2 miles easy warmup
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1-2 miles easy cooldown

### Day 38: 8-9 miles with Intervals

- 2 miles easy warmup
- 4-6 x 800m at 4:30 pace (9:00/mile), 400m recovery
- 2 miles easy cooldown

### Day 42: 8-mile Long Run with 2 miles at Tempo

- 4 miles easy warmup
- 2 miles at tempo (9:33/mile)
- 2 miles easy cooldown

## Day 45: 9 miles with Intervals

- 2 miles easy warmup
- 1 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1-2 miles easy cooldown

## Day 52: 7 miles with Intervals

- 2 miles easy warmup
- 8 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 2 miles easy cooldown

## Day 56: 8 miles with 4 miles at Tempo

- 2 miles easy warmup
- 4 miles at tempo (9:33/mile)
- 2 miles easy cooldown

## Day 59: 8-9 miles with Intervals

- 2 miles easy warmup
- 1 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1-2 miles easy cooldown

## Day 66: 9-10 miles with Intervals

- 2 miles easy warmup
- 4-6 x 800m at 4:30 pace (9:00/mile), 400m recovery
- 2 miles easy cooldown

## Day 70: 10 miles with 6 miles at Tempo

- 2 miles easy warmup
- 6 miles at tempo (9:33/mile)
- 2 miles easy cooldown

## Day 73: 7-8 miles with Intervals

- 2 miles easy warmup
- 10 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1-2 miles easy cooldown

## Day 80: 9-10 miles with Intervals

- 2 miles easy warmup
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1 x 1200m at 6:40 pace (8:53/mile), 400m recovery
- 1-2 miles easy cooldown

## Day 84: 10 miles with 6 miles at Tempo

- 2 miles easy warmup
- 6 miles at tempo (9:33/mile)
- 2 miles easy cooldown

## Day 87: 10-11 miles with Intervals

- 2 miles easy warmup
- 4-5 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1-2 miles easy cooldown

## Day 94: 10-11 miles with Intervals

- 2 miles easy warmup
- 1 x 1 mile at 8:55-9:05 pace, 800m recovery
- 1 x 1200m at 6:40 pace (8:53/mile), 400m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 400m at 2:11 pace (8:44/mile), 400m recovery
- 1 x 1200m at 6:40 pace (8:53/mile), 400m recovery
- 1 x 800m at 4:25 pace (8:50/mile), 400m recovery
- 1 x 400m at 2:11 pace (8:44/mile), 400m recovery
- 1-2 miles easy cooldown

## Day 98: 12 miles LSD or 5K Race

- 3 miles easy warmup
- 5K race (start around 9:10 pace)
- 3 miles easy cooldown

## Day 101: 10-11 miles with Intervals

- 2 miles easy warmup
- 6-8 x 800m at 4:30 pace (9:00/mile), 400m recovery
- 2 miles easy cooldown

## Day 108: 6-7 miles with Intervals

- 2 miles easy warmup
- 6 x 400m at 2:11 pace (8:44/mile), 200m recovery
- 1-2 miles easy cooldown