

## SUB 3:30 HOUR MARATHON PLAN

The Sub 3:30 Marathon training plan is designed for experienced runners aiming to complete the marathon in under 3 hours and 30 minutes. This plan requires a consistent combination of endurance training, speed work, strength training, and mobility exercises to maintain a pace of about 4:58 minutes per kilometer over the entire marathon distance.

Running a marathon in under 3:30 hours requires careful preparation. It's not enough to just run long distances – you also need to work on your pace and ensure that your body is strong and flexible enough to handle the demands of the high speed and duration of the race.

The 12-week plan assumes that you are already running regularly and can comfortably complete distances of at least 15 kilometers.

### Weeks 1-4: Foundation Building and Speed Training

Goal: This phase focuses on solidifying your base endurance and internalizing the marathon race pace. Strength training and mobility exercises ensure you build a stable foundation for the more intense weeks ahead.

Exercise	Details	Breaks / Cool Down	Execution Tips
Week 1			
Monday			
Interval training + core training	1 km run-in, 6x800 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Bicycle crunches	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Tuesday			

Easy running + mobility	10 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	6 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	18 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	8 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 2			
Monday			
Interval training + core training	1 km run-in, 6x1000 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.

Planks with rotation	3x45 seconds		Keep your torso stable and perform slow rotations.
Russian Twists	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Tuesday			
Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, legs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	7 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	20 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	9 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

Week 3			
Monday			
Interval training + core training	1 km run-in, 5x1200 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Bicycle crunches	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Tuesday			
Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes stretching (hips, legs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	8 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	3x30 seconds per side		Keep your body stable and make sure you move slowly.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	22 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			

Recovery run + mobility	9 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 4			
Monday			
Interval training + core training	1 km run-in, 6x800 meters at 5 km pace (90 second rest), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			
Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	8 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.

Friday			
Long run	24 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

### Weeks 5-8: Increasing Speed and Strength Endurance

During weeks 5 to 8, the training becomes more intense to improve your speed, strength endurance, and overall performance. The long runs get longer and more challenging, while the tempo and interval sessions become tougher to specifically prepare you for the challenge of completing the marathon in under 3:30 hours. Mobility training and core work remain important elements to prevent injuries and improve your efficiency.

Week 5			
Monday			
Interval training + core training	5x1200 meters at 10 km pace (2 minute rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			

Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	9 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with leg raises	3x30 seconds per side		Keep your body stable and make sure your movements are slow and controlled.
Bicycle crunches	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	26 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 6			
Monday			
Interval training + core training	6x800 meters at 5 km pace (90 second rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.

Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	10 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	28 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.



Week 7			
Monday			
Interval training + core training	5x1200 meters at 10 km pace (2 minute rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes stretching (hips and legs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	11 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	3x30 seconds per side		Keep your body stable and make sure your movements are slow and controlled.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	30 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			

Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 8			
Monday			
Interval training + core training	6x1000 meters at 5 km pace (2 minute break)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	12 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.

Friday			
Long run	32 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

### Summary of Weeks 5-8

During these weeks, the focus is on longer runs and more intense tempo training. At the same time, mobility and core exercises ensure that you remain flexible and strong. You are preparing to handle longer distances at marathon race pace, while your body is getting ready for the effort required to finish under 3:30 hours.

### Weeks 9-12: Race Preparation and Tapering

In the final four weeks of your Sub 3:30 marathon training plan, the focus is on fine-tuning your form, reducing training load, and preparing optimally for race day. This is the tapering phase, where you reduce your training to ensure you arrive at the start well-rested and fresh. Mobility and core training remain important components to ensure you stay injury-free and maximize your efficiency.

Week 9			
Monday			
Interval training + core training	5x1200 meters at 10 km pace (2 minute rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 seconds		Keep your torso stable and ensure correct execution.

Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	12 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep your body stable and make sure your movements are slow and controlled.
Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	30 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 10			

Monday			
Interval training + core training	6x800 meters at 5 km pace (90 second rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	12 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	32 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			

Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 11			
Monday			
Interval training + core training	5x1000 meters at 10 km pace (2 minute break)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 seconds		Keep your torso stable and ensure clean execution.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	10 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	8 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Bicycle crunches	3x20 per page		Carry out the movement slowly and in a controlled manner.
Thursday			
Light strength training + mobility	2x8 squats, 2x6 deadlifts	Mobility: 15 minutes of light stretching or yoga	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			

Long run	22 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	8 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

## Week 12: Tapering and Race Preparation

The final week is dedicated to the tapering phase, where training is significantly reduced to ensure that you are well-rested and in peak condition on race day.

Week 12			
Monday			
Light interval training + core training	3x800 meters at a moderate pace (approx. 10 km pace), 2 minutes rest	Cool Down: 10 minutes of easy running and stretching	Run the intervals at a relaxed pace, paying attention to controlled breathing.
Planks	3x45 seconds		Keep your torso stable and ensure clean execution.
Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	8 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus on relaxation and loosening)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			

Tempo running + core training	5 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	2x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	2x15 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Rest day / light mobility training	20 minutes of light stretching or yoga		Focus on slow movements and relaxation.
Friday			
Activation unit	5 km easy run (5:45-6:00 min/km)	Cool Down: 15 minutes of light stretching and loose movements	Run at an easy pace to activate your muscles.
Saturday			
Rest day	Focus on relaxation, carb loading and hydration		Prepare mentally and physically for the competition.
Sunday			
Race day – marathon!	Do your best and put all your hard work from the last 12 weeks into action!		Make sure you start evenly, stay positive and focused.

### Summary of Weeks 9-12

These final four weeks are crucial for your marathon preparation. While the training is gradually reduced to conserve your energy, mobility and core exercises remain essential to maintain your form. The tapering phase ensures that you are in peak condition on race day and ready to achieve your goal of finishing in under 3:30 hours.