

Training month



Sub-5:00 training plan

A 5:00 marathon is approximately 11:30 per mile though a target pace training of 11:00 per mile (4:48) could be beneficial. To break 5:00, you should eventually be capable of a sub-2:15 half marathon (10:15 per mile) and sub-60:00 10K (9:30 per mile) Right now, you should be used to running comfortably for 30-60 minutes, three or four times a week. When starting training it is ok to have walk breaks if it enables you to maintain the pace, Cross

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 (approx 18M)	3M (approx 11.30 min/min/mile in 35 mins)	Rest	4M steady (approx 11 min/min/mile in 44 mins)	Rest	Rest	3M inc hill session or circuit	8M easy run (approx 11:30min/mile in 90 mins)
2 (approx 23M)	Rest	5M of 1M jog, then 3M at half marathon pace (approx 30 mins) then 1M jog	Rest	4M steady (approx 11:00min/mile in 44 mins) Fri Rest	Fri Rest	3M inc hill session or circuit (approx 3M)	8M easy run/walk (approx 11:30min/mile in 90 mins)
3 (approx 23M)	Rest	5M of 1M jog, then 3x10 minutes at 10K pace with 3 min jog then 1M jog	Rest	5M easy (approx 11:30min/mile in 57 mins)	Rest	3M inc hill session or circuit	10M run/walk in approx 1:53 (First 5M easy in 58 mins, last 5M at marathon pace or faster in 55 mins)
4 (approx 21M)	Rest	6M of 1M jog, then 4M at half marathon pace (approx 40 mins), then 1M jog	Rest	5M easy (approx 11:30min/mile in 57 mins)	Rest	Parkrun or 35 mins fartlek (3M)	7M run/walk in approx 1:55 (First 2M easy in 23 mins, last 5M at marathon pace in 55 mins)

Training month



THE RUNNER'S WORLD MARATHON CHALLENGE

Sub-5:00 training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 (approx 25M)	Rest	5M of 1M jog then 6x2 mins at mile/5k speed with 2 min jog recoveries, 1 mile easy	Rest	5M easy (approx 11:30min/mile in 57 mins)	Rest	3M easy	12M easy run/walk (approx 11:30min/mile in 2:18)
6 (approx 27M)	Rest	5M of 1M jog Tue, then 5x4 minutes at 5-10K pace with 400m in 3 minutes jog recovery, then 1M jog.	Rest	6M easy (approx 11:30min/mile in 69 mins) Fri Rest	Rest	3M easy (approx 11:30min/mile in 34 mins)	13 mile steady (approx 11:00min/mile)
7 (approx 25M)	Rest	5M of 1M jog, then 10x1 min hard at mile/5K pace with 200m in 2 minutes jog recoveries, then 1M jog	Rest	7M of 1M jog, then 5M at marathon pace (approx 55 mins), then 1M jog	Rest	3M hills or hilly circuit	10k to 10 mile race (approx 10M)
8 (approx 30M)	Rest	7M of 1M jog, 4x10 minutes at 10K pace with 400m in 3 mins jog recoveries, then 1M jog	Rest	6M easy (approx 11:30min/mile in 69 mins) Fri Rest	Rest	3M easy (approx 11:30min/mile in 34 mins)	14M run/walk in approx 2:38 (First 7M easy in 81 mins, last 7M at marathon pace in 77 mins)

Training month



THE RUNNER'S WORLD MARATHON CHALLENGE

Sub-5:00 training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 (approx 31M)	Rest	5M of 1M jog, then 5x6 minutes at 10K speed with 200m in 2 mins jog recoveries, then 1M jog	Rest	6M of 1M jog, then 4M at half marathon pace (approx 40 mins), then 1M jog	Rest	4M easy (approx 11:30min/mile in 46 mins)	16M steady run/walk (approx at 11:00 pace in 3 hours)
10 (approx 33M)	Rest	5M of 1M jog, then 8x2 minutes at mile/5K speed, with 200m (or 2 mins) jog recoveries, then 1 mile jog	Rest	7M easy (approx 11:30min/mile for 80 mins)	Rest	3M easy (approx 35 mins)	18M run/walk in approx 3:24 (First 9M easy in 105 mins, last 9M at marathon pace in 99 mins)
11 (approx 27M)	Rest	6M of 1M jog, then 6x4 minutes at 5-10K pace with 200m in 2 mins jog recoveries,	Rest	6M of 1M jog, then 4M at half marathon pace (approx 42 mins), then 1M jog	Rest	3M easy (approx 35 mins)	HALF MARATHON (plus 1M warm up and cool down)
12 (approx 33M)	Rest	4M easy (approx 12:00min/mile for 36 mins)	Rest	5M in 55 mins with middle 2min/mile at 10K pace in 19 mins) Fri Rest	Rest	4M easy (approx 11:30min/mile for 34 mins)	20M easy or 3hrs 30 mins whichever comes first

Training month



THE RUNNER'S WORLD MARATHON CHALLENGE

Sub-5:00 training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 (approx 26M)	Rest	5M of 1m easy then 10x1 minutes hard with 2 minute recoveries, 2 mins easy then 1M easy	Rest	4M of 1M jog, then 2M at half marathon pace (approx 20mins), then 1M jog	Fri Rest	3M easy (approx 11:30min/mile for 34 mins)	14M steady (approx 11:00min/mile for 2:34)
14 (approx 24M)	Rest	4M of 1M jog, then 2M at 10K pace (approx 19 mins), 1M jog	Rest	7M steady (approx 80 mins at 11:30min/mile)	Rest	Parkrun 5K or 36 mins easy (approx 3M total)	10M steady run/walk (approx 11:00min/mile for 121 mins)
15 (approx 19M)	Rest	5M of 1M jog, then 3M at half marathon pace (approx 31 mins), then 1M jog	Rest	4M at marathon pace in 44 mins	Rest	3M easy (approx 11:30min/mile for 34 mins)	7M steady (approx 11:00min/mile for 77 mins)
16 (approx 8M plus race)	Rest	3M steady (approx 11:00min/mile in 33 mins inc 3 marathon pace 100m strides at faster than marathon pace)	Rest	3M easy (approx 11:30min/mile for 34mins) with 2 faster than marathon pace 100m strides	Rest	2M (approx 23 mins) easy, in racing kit with 1 faster than marathon pace 100m stride	The race