



SUB 5 HOUR MARATHON 12 WEEK TRAINING PLAN (PART 1 OF 2)

*WU = WARM UP / CD = COOL DOWN / GP = GOAL PACE (11:26/MILE OR 7:06/KILOMETER)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4 Miles Easy	5 Miles Easy	1 Mile WU 10x400m @ GP (90 seconds rest between sets) 1 Mile CD	4 Miles Easy	6 Miles Easy	8 Miles Easy	Rest
2	4 Miles Easy	5 Miles Easy	1 Mile WU 4x800m @ GP (90 seconds rest between sets) 1 Mile CD	4 Miles Easy	5 Miles Easy	9 Miles Easy	Rest
3	5 Miles Easy	5 Miles Easy	7 Miles Easy	4 Miles Easy	5 Miles Easy	2 Mile WU 3x1 Miles @ GP w/ 1.5 Miles Easy between sets 2 Mile CD	Rest
4	4 Miles Easy	5 Miles Easy	2 Mile WU 12x400m @ GP (1 minute rest between sets) 1 Mile CD	5 Miles Easy	5 Miles Easy	3 Mile WU 4x1 Mile @ GP w/ 1 Mile Easy between sets 2 Mile CD	Rest
5	5 Miles Easy	5 Miles Easy	1 Mile WU 10x800m @ GP (60 seconds rest between sets) 1 Mile CD	5 Miles Easy	8 Miles Easy	12 Miles Easy	Rest
6	5 Miles Easy	6 Miles Easy	2 Mile WU 5x1 Mile @ GP (2 min rest between sets) 2 Mile CD	5 Miles Easy	5 Miles Easy	14 Miles Easy	Rest