



SUB 5 HOUR MARATHON 12 WEEK TRAINING PLAN (PART 2 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
7	5 Miles Easy	5 Miles Easy	1 Mile WU 10x600m @ GP (1 min rest between sets) 1 Mile CD	6 Miles Easy	4 Miles Easy	4 Miles WU 4 Miles @ GP 2 miles Easy 4 miles @ GP 3 Mile CD	Rest
8	4 Miles Easy	6 Miles Easy	2 Mile WU 20x400m @ GP (60 seconds rest between sets) 2 Mile CD	6 Miles Easy	5 Miles Easy	20 Miles Easy	Rest
9	4 Miles Easy	5 Miles Easy	5 Miles Easy	8 Miles Easy	4-5 Miles Easy	6 Mile WU 8 miles @ 90-95% of GP 2 Mile CD	Rest
10	4 Miles Easy	5 Miles Easy	1 Mile WU 12x800m @ GP (1 minute rest between sets) 1 Mile CD	7 Miles Easy	6 Miles Easy	5 Mile WU 2 Mile @ GP 2 Mile Easy 2 Mile @GP 4 Mile CD	Rest
11	4 Miles Easy	5 Miles Easy	2 Mile WU 5x1 Mile @ GP (2 minutes rest between sets) 1 Mile CD	6 Miles Easy	6 Miles Easy	10 Miles Easy	Rest
12	4 Miles Easy	5 Miles Easy	2 Mile WU 2 miles @ GP 2 Mile CD	4 Miles Easy	Rest	2 Miles Easy	Race Day