

Sub 3:30 training plan: A 3:30 marathon is around 8mm so you should be capable of a sub 1:37 half marathon and a sub 43min 10km right now and running at least 20-25 miles per week over 4 sessions which includes the ability to run for 90 minutes non-stop

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------------------------|------------------------------|---------------------|--|--------|------------------------------|---|
| 1 | Club run | 4 miles steady approx 8:30mm | Track | 4 miles at 9mm or rest | REST | Parkrun | 8 miles easy approx 9mm |
| 2 | Club run | 5 miles steady approx 8:30mm | Track | 5 miles steady approx 8:30mm | REST | 12 miles easy 9mm | Reading XC |
| 3 | Club run | 6 miles steady approx 8:30mm | Track | 6 miles steady approx 8:30mm | REST | 13 miles steady approx 9mm | Tadley XC |
| 4 | Rest | 7 miles easy approx 9mm | Track | 7 miles 4 miles at 9mm 3 miles at 8:30 mm | REST | Parkrun or 5km at effort | 14 miles at 9mm |
| 5 | Rest | 8 miles easy approx 9mm | Track | 8 miles easy approx 9mm | REST | 16m easy approx 9mm | BFR XC event run or marshall please |
| 6 | Rest | 10 miles easy approx 9mm | Track | 7 miles easy approx 9mm | REST | 3 miles easy | 17 miles steady at approx 9mm pace |
| 7 | rest | 10 miles easy approx 9mm | Track | 7 miles easy approx 9mm | REST | rest | Wokingham half marathon or 13 miles at half marathon pace |
| 8 | Club run | 7 miles easy approx 9mm | Track | 11 miles easy at 9mm | REST | 4 miles easy at 9mm | 16 miles at 9mm |
| 9 | Club run | 10 miles easy approx 9mm | Track | 7 miles 4 miles at 9mm 3 miles at 8:30 mm | REST | Parkrun or 5km | 20 miles easy (approx 9mm) |
| 10 | Club run | 7 miles steady at 8:30mm | Track | 6 miles easy at 9mm | REST | 3 miles easy | 15 miles (1m warm up 13 miles quick 1m cool down) |
| 11 | Rest | 6 miles easy at 9mm | Track | 6 miles starting at 9mm getting faster each mile | REST | Parkrun or 40 mins of effort | 20 miles at 9mm |
| 12 | rest | 10 miles easy at 9mm | Track | 8 miles easy at 9mm | REST | 4 miles easy | 22 miles at 9mm |
| 13 | rest | 9 miles easy at 9mm | Track | 9 miles easy at 9mm | REST | Parkrun or 5 miles easy | 20 miles at 9mm |
| 14 | Club run | 8 miles steady at 8:30mm | Track | 8 miles easy at 9mm | REST | Parkrun or 40 minutes | 15 miles at 9mm |
| 15 | Club run | 6 miles easy at 9mm | Track | 5 miles easy at 9mm | REST | 3 miles easy | 10 miles at 9mm |
| 16 | Easy paced hour club run | rest | 4 miles easy at 9mm | 3 miles easy at 9mm | REST | 2 miles easy in race kit | 22nd April London Marathon Race Day |