

Sub 5:00 training plan: A 5:00 marathon is around 11:30mm so you should be capable of a sub 2:15 half marathon and a sub 60min 10km right now and running at least 20 miles per week over 3 sessions. Walking breaks are okay to start training with

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Club run	Rest	Track	Rest	REST	Parkrun or 5km	8 miles easy approx 11:30mm
2	Club run	Rest	Track	4 miles steady at 11mm	REST	8 miles easy approx 11:30mm	Reading XC
3	Club run	Rest	Track	5 miles steady approx 10:30mm	REST	10 miles steady @11:30mm	Tadley XC
4	Rest	Rest	Track	5 miles easy approx 11:30mm	REST	4 miles easy at 11:30mm	7 miles easy at 11:30mm
5	Rest	Rest	Track	5 miles easy approx 11:30mm	REST	12 miles easy at 11:30mm	BFR XC event run or marshall please
6	Rest	Rest	Track	6 miles easy approx 11.30mm	REST	3 miles easy	10 miles steady at approx 11:30mm pace
7	rest	Rest	Track	7 miles easy approx 11.30mm	REST	REST	Wokingham half marathon or 13 miles at half marathon pace
8	rest	Rest	Track	6 miles easy at 11:30mm	REST	3 miles easy at 11:30mm	14 miles (8m easy at 11:30mm then 6 miles at 10:30mm)
9	Club run	Rest	Track	6 miles 3 miles at 11mm 3 miles at 10:00 mm	REST	parkrun or 5km	16 miles steady (approx 11:30mm)
10	Rest	Rest	Track	7 miles @11:30mm	REST	3 miles easy	18 miles easy @11:30mm
11	Rest	Rest	Track	6 miles starting at 11:30mm getting faster each mile	REST	parkrun or 40 mins of effort	13 miles at HMP (10:15mm)
12	rest	Rest	Track	5 miles in 55 minutes	REST	3 miles easy	20 miles easy at 11:30 or 3:30 hours whichever comes first.
13	rest	Rest	Track	4 miles easy at HMP	REST	parkrun or 5km easy	14 miles steady at 11:30mm
14	Rest	Rest	Track	7 miles at 11mm	REST	parkrun or 40 minutes	10 miles steady at 11:30mm
15	Club run	Rest	Track	4 miles @MP	REST	3 miles easy	7 miles steady at 11:00mm
16	club run	rest	rest	3 miles easy at 11mm	REST	2 miles easy in race kit	22nd April London Marathon Race Day