

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	BFR XC event run or marshall please
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	14 miles at 9mm	Metros XC
5	Rest	8 miles easy approx 9mm	Track	8 miles easy approx 9mm	REST	16m easy approx 9mm	TVT XC
6	Rest	10 miles easy approx 9mm	Track	7 miles easy approx 9mm	REST	3 miles easy	Wokingham half marathon or 13 miles at half marathon pace
7	rest	10 miles easy approx 9mm	Track	7 miles easy approx 9mm	REST	Parkrun	17 miles steady at approx 9mm 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	23rd April London Marathon Race Day