

Sub 3:00 training plan: A 3:00 marathon is around 6:50mm so you should be capable of a sub 1:25 half marathon and a sub 38min 10km right now and running at least 30 miles per week over 5 sessions

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Club run	6 miles steady approx 7:30mm	Track	5 miles at marathon pace	REST	Parkrun	10 miles easy approx 8mm
2	Club run	7 miles steady approx 7:30mm	Track	5 miles steady approx 7:30mm	REST	13 miles easy 8mm	BFR XC event run or marshall please
3	Club run	8 miles steady approx 8:30mm	Track	6 miles steady approx 7:30mm	REST	15 miles steady approx 7:30mm	Tadley XC
4	Club run	9 miles easy approx 8mm	Track	7 miles 4 miles at 7:30mm 3 miles at 7mm	REST	16 miles (first 7m at 8mm then 8m at marathon pace)	Metros XC
5	Club run	10 miles easy approx 8mm	Track	8 miles easy approx 8mm	REST	18m easy approx 8mm	TVT XC
6	Club run	7 miles easy approx 8mm	Track	6 miles 1x8mm 4@HMP 1@8mm cool down	REST	3 miles easy	Wokingham half marathon or 13 miles at half marathon pace
7	Club run	11 miles easy approx 8mm	Track	8 miles 1x8mm 6@HMP 1@8mm cool down	REST	Parkrun or 3 miles easy	20 miles easy at approx 8mm pace
8	Club run	12 miles easy approx 8mm	Track	8 miles starting at 8mm getting faster each mile	REST	5 miles easy at 8mm	18 miles (9m easy at 8mm then 9 miles at marathon pace)
9	Club run	13 miles easy approx 8mm	Track	9 miles 4 miles at 8mm 5 miles at 7:30 mm	REST	Parkrun or 5km	20 miles steady in 2 hours 30 mins
10	Club run	8 miles steady at 7:30mm	Track	4 miles easy at 8mm	REST	3 miles easy	15 miles at half marathon pace
11	Club run	8 miles easy at 8mm	Track	9 miles starting at 8mm getting faster each mile	REST	Parkrun or 40 mins of effort	20 miles (10 m at 8mm then 10 miles at marathon pace)
12	Club run	9 miles easy at 8mm	Track	9 miles 1m at 8mm then 7@MP, then 1m at 8mm	REST	4 miles easy	22 miles slow at 8mm
13	Club run	12 miles easy at 8mm	Track	9 miles 1m at 8mm then 7@MP, then 1m at 8mm	REST	Parkrun or 5 miles easy	20 miles steady at 7:30mm
14	Club run	9 miles steady at 7:30mm	Track	6 miles 1m at 8mm then 4@HMP, then 1m at 8mm	REST	Parkrun or 40 minutes	15 miles at 7:30mm
15	Club run	7 miles easy at 8mm	Track	5 miles easy at 8mm	REST	5 miles easy	10 miles at 7:30mm
16	club run	rest	4 miles easy at 8mm	3 miles easy at 8mm	REST	2 miles easy in race kit	23rd April London Marathon Race Day