

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 | 8 miles easy approx 11:30mm |
| 2 | Club run | Rest | Track | 4 miles steady at 11mm | REST | 8 miles easy approx 11:30mm | BFR XC event run or marshall please |
| 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 | 7 miles easy at 11:30mm | Metros XC |
| 5 | Rest | Rest | Track | 5 miles easy approx 11:30mm | REST | 12 miles easy at 11:30mm | TVT XC |
| 6 | Rest | Rest | Track | 6 miles easy approx 11.30mm | REST | 3 miles easy | Wokingham half marathon or 13 miles at half marathon pace |
| 7 | rest | Rest | Track | 7 miles easy approx 11.30mm | REST | parkrun | 10 miles steady at approx 11:30mm 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 | 23rd April London Marathon Race Day |