

Sub 4:00 training plan: A 4:00 marathon is around 9mm so you should be capable of a sub 1:50 half marathon and a sub 50min 10km right now and running at least 20-25 miles per week over 4 sessions which includes the ability to run for 60-80 minutes non-stop

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Club run	Rest	Track	4 miles at 9:30mm or rest	REST	Parkrun	8 miles easy approx 9:30mm
2	Club run	4 miles steady approx 9mm	Track	5 miles steady approx 9mm	REST	10 miles easy 9:30mm	BFR XC event run or marshall please
3	Club run	4 miles steady approx 9mm	Track	5 miles easy approx 9:30mm	REST	12 miles steady approx 9mm	Tadley XC
4	Rest	6 miles easy approx 9:30mm	Track	5 miles easy at 9:45mm	REST	Rest	Metros XC
5	Rest	5 miles easy approx 9:30mm	Track	6 miles easy approx 10mm	REST	14m easy approx 9:30mm	TVT XC
6	Rest	6 miles easy approx 9:30mm	Track	5 miles easy approx 9:30mm	REST	3 miles easy	Wokingham half marathon or 13 miles at half marathon pace
7	rest	6 miles easy approx 9:30mm	Track	6 miles easy approx 9:30mm	REST	Parkrun	16 miles steady at approx 9:30mm pace
8	Club run	7 miles easy approx 9:30mm	Track	7 miles easy at 9:30mm	REST	3 miles easy at 9:30mm	17 miles (9m easy at 9:30mm then 8 miles at marathon pace)
9	Club run	Rest	Track	7 miles 4 miles at 9:30mm 3 miles at 9 mm	REST	Parkrun or 5km	8 miles easy (approx 9:30mm)
10	Club run	Rest	Track	5 miles at 9mm	REST	3 miles easy	20 miles slow at 10mm
11	Rest	6 miles easy at 10mm	Track	6 miles starting at 10mm getting faster each mile	REST	Parkrun or 40 mins of effort	13 miles steady at 9:30mm
12	rest	5 miles easy at 9:30mm	Track	7 miles 1m easy 5 at mp then 1 @9:30mm	REST	3 miles easy	20 miles at(10 miles at 10mm then 10miles@ 9mm)
13	rest	8 miles easy at 9:30mm	Track	7 miles 1m easy 5 at mp then 1 @9:30mm	REST	Parkrun or 3 miles easy	15 miles at 9:45mm
14	Club run	6 miles steady at 9mm	Track	6 miles easy at 9:30mm	REST	Parkrun or 40 minutes	12 miles at 9:30mm
15	Club run	5 miles steady at 9mm	Track	6 miles easy at 10mm	REST	3 miles easy	9 miles at 9:30mm
16	Easy paced hour club run	rest	4 miles easy at 9mm	3 miles easy at 9:30mm	REST	2 miles easy in race kit	23rd April London Marathon Race Day