

MARATHON TRAINING MASTER SCHEDULE

Phase: Base & Strength Building Goal: Sub-4:00 Marathon

01	Lower Body + 3mi	4mi Easy	Upper Body + Core	4mi Easy	Full Rest	8mi Long Run
02	Lower Body + 3mi	5mi Tempo	Upper Body + Core	4mi Easy	Full Rest	10mi Long Run
03	Lower Body + 4mi	5mi Intervals	Upper Body + Core	5mi Easy	Full Rest	12mi Long Run
04	Core Focus + 3mi	3mi Easy	Mobility Work	3mi Easy	Full Rest	6mi (Deload)
05	Lower Body + 4mi	6mi Tempo	Upper Body + Core	5mi Easy	Full Rest	14mi Long Run

STRENGTH FOCUS

Focus on compound movements: Squats, Deadlifts, Lunges, and Overhead Press. Prioritize form over heavy weight during high-mileage weeks.

TRAINING NOTES

Keep 'Easy' runs at a conversational pace. Always perform 10 minutes of dynamic stretching before speed work.