

SUB-4:00 MARATHON TRAINING

Target Pace: 9:09/mile (5:41/km) – Weekly Peak: 45-50 Miles

Monday	Rest / Recovery	Full rest or 30 min light yoga
Tuesday	Intervals	800m Repeats @ 7:45 pace w/ 400m recovery
Wednesday	Easy Run	6-8 Miles @ 10:00 - 10:30 pace
Thursday	Tempo	2 Miles Easy + 5 Miles @ 8:50 pace + 1 Mile Cool
Friday	Easy Run	5 Miles @ 10:15 pace + Mobility work
Saturday	Long Run	16-20 Miles @ 9:45 - 10:00 pace
Sunday	Active Recovery	3 Miles Very Easy or 45 min Cycling

Training Note: Focus on "Time on Feet" for long runs. If feeling fatigued, prioritize the Thursday Tempo and Saturday Long Run. Hydrate and refuel within 30 minutes of finishing any run over 90 minutes.