

# **BEST OF THE BEST MARATHON 7 Week Training Programs**

Week 1 to Race Week | Structured per target finish time

## Sub 3:20 Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	10km easy + strides	16km steady	10km with 6km MP	Rest or 6km easy	8km easy	28km long run
Week 2	Rest	11km easy	18km steady	11km with 7km MP	6km easy	8km easy	30km long run
Week 3	Rest	12km hills or strides	18km steady	12km tempo or MP	6km easy	10km easy	32km long run
Week 4	Rest	12km easy	20km steady	14km with 10km MP	6km easy	10km easy	34km long run
Week 5	Rest	10km easy	16km steady	12km with 8km MP	Rest or 6km	8km easy	28km long run
Week 6	Rest	8km easy + strides	14km steady	10km with 5km MP	Rest	6km easy	20 to 22km long run
Week 7	Rest	8km easy	6km easy	Rest	5km shakeout	Rest	RACE DAY

MP = Marathon pace. Easy means comfortable talking pace. Fuel and hydrate on long runs.

# Sub 3:30 Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	9km easy	15km steady	9km with 5km MP	6km easy	7km easy	26km long run
Week 2	Rest	10km easy	16km steady	10km with 6km MP	6km easy	8km easy	28km long run
Week 3	Rest	10km hills or strides	17km steady	11km tempo or MP	6km easy	8km easy	30km long run
Week 4	Rest	11km easy	18km steady	13km with 8km MP	6km easy	8km easy	32km long run
Week 5	Rest	9km easy	15km steady	11km with 7km MP	Rest or 6km	7km easy	26 to 28km long run
Week 6	Rest	8km easy	13km steady	9km with 4km MP	Rest	6km easy	18 to 20km long run
Week 7	Rest	7km easy	6km easy	Rest	5km shakeout	Rest	RACE DAY

MP = Marathon pace. Easy means comfortable talking pace. Fuel and hydrate on long runs.

# Sub 3:50 Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	8km easy	13km steady	8km with 4km MP	5km easy	6km easy	24km long run
Week 2	Rest	9km easy	14km steady	9km with 5km MP	5km easy	7km easy	26km long run
Week 3	Rest	9km hills or strides	15km steady	10km tempo or MP	5km easy	7km easy	28km long run
Week 4	Rest	10km easy	16km steady	11km with 6km MP	5km easy	7km easy	30km long run
Week 5	Rest	8km easy	14km steady	10km with 5km MP	Rest	6km easy	24 to 26km long run
Week 6	Rest	7km easy	12km steady	8km with 3km MP	Rest	5km easy	16 to 18km long run
Week 7	Rest	6km easy	5km easy	Rest	4km shakeout	Rest	RACE DAY

MP = Marathon pace. Easy means comfortable talking pace. Fuel and hydrate on long runs.

# Sub 4:00 Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	8km easy	12km steady	8km with 4km MP	5km easy	6km easy	22km long run
Week 2	Rest	9km easy	13km steady	9km with 5km MP	5km easy	7km easy	24km long run
Week 3	Rest	9km hills or strides	14km steady	10km tempo or MP	5km easy	7km easy	26km long run
Week 4	Rest	10km easy	15km steady	11km with 6km MP	5km easy	7km easy	28km long run
Week 5	Rest	8km easy	13km steady	10km with 5km MP	Rest	6km easy	22 to 24km long run
Week 6	Rest	7km easy	11km steady	8km with 3km MP	Rest	5km easy	16 to 18km long run
Week 7	Rest	6km easy	5km easy	Rest	4km shakeout	Rest	RACE DAY

MP = Marathon pace. Easy means comfortable talking pace. Fuel and hydrate on long runs.

# Sub 4:30 Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	7km easy	10km steady	7km with 3km MP	Rest	5km easy	20km long run
Week 2	Rest	8km easy	11km steady	8km with 4km MP	Rest	6km easy	22km long run
Week 3	Rest	8km hills or strides	12km steady	9km tempo or MP	Rest	6km easy	24km long run
Week 4	Rest	9km easy	13km steady	10km with 5km MP	Rest	6km easy	26km long run
Week 5	Rest	7km easy	11km steady	9km with 4km MP	Rest	5km easy	22 to 24km long run
Week 6	Rest	6km easy	9km steady	7km with 2km MP	Rest	4km easy	14 to 16km long run
Week 7	Rest	5km easy	4km easy	Rest	4km shakeout	Rest	RACE DAY

MP = Marathon pace. Easy means comfortable talking pace. Fuel and hydrate on long runs.

# Sub 5:00 Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	6km easy	9km steady	6km with 2km MP	Rest	4km easy	16 to 18km long run
Week 2	Rest	7km easy	10km steady	7km with 3km MP	Rest	5km easy	18 to 20km long run
Week 3	Rest	7km hills or strides	11km steady	8km tempo or MP	Rest	5km easy	20 to 22km long run
Week 4	Rest	8km easy	12km steady	9km with 4km MP	Rest	5km easy	22 to 24km long run
Week 5	Rest	6km easy	10km steady	8km with 3km MP	Rest	4km easy	18 to 20km long run
Week 6	Rest	5km easy	8km steady	6km with 2km MP	Rest	4km easy	12 to 14km long run
Week 7	Rest	4km easy	4km easy	Rest	3km shakeout	Rest	RACE DAY

MP = Marathon pace. Easy means comfortable talking pace. Fuel and hydrate on long runs.