



## SUB 3.30 SCHEDULE

*Please note that this schedule is for guidance only. For more detail or a tailored plan you are advised to consult a club coach experienced in distance running.*

### WEEK ONE

<b>Mon</b>	4M (miles) (approx 35 mins) easy
<b>Tue</b>	4M (approx 35 mins) slow with a few gentle strides
<b>Wed</b>	5M (approx 45 mins) slow
<b>Thu</b>	3M (approx 24 mins) steady
<b>Fri</b>	Rest
<b>Sat</b>	5M (approx 45 mins) easy
<b>Sun</b>	10M (approx 90 mins) slow

### WEEK TWO

<b>Mon</b>	4M (approx 35 mins) easy
<b>Tue</b>	1M jog, then 3 x 1.5M (or 11 mins) fast, with 800m (5-min) jog recoveries, then 1M jog
<b>Wed</b>	6M (approx 53 mins) slow
<b>Thu</b>	1M jog, then 2M (approx 15 mins) brisk, then 1M jog
<b>Fri</b>	Rest
<b>Sat</b>	5M (approx 45 mins) easy
<b>Sun</b>	11M (approx 100 mins) slow

### WEEK THREE

<b>Mon</b>	4M (approx 35 mins) easy
<b>Tue</b>	1M jog, then 4 x 1M (or 7 mins) fast, with 400m (3-min) jog recoveries, then 1M jog
<b>Wed</b>	7M (approx 63 mins) slow
<b>Thu</b>	4M (approx 32 mins) steady
<b>Fri</b>	Rest
<b>Sat</b>	5M (approx 45 mins) easy
<b>Sun</b>	13M (approx 1hr 55) slow

### WEEK FOUR

<b>Mon</b>	4M (approx 35 mins) easy
<b>Tue</b>	1M jog, then 6 x 800m (or 3:30) fast, with 2-min (200m) jog recoveries, then 1M jog
<b>Wed</b>	8M (approx 72 mins) slow
<b>Thu</b>	1M jog, then 3M (approx 23 mins) brisk, then 1M jog
<b>Fri</b>	Rest

**Sat** 5M (approx 45 mins) easy  
**Sun** 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-43:00 10K or sub-35:00 5-mile race

### WEEK FIVE

**Mon** Rest  
**Tue** 1M jog, then 5M (or 40 mins) fartlek, then 1M jog  
**Wed** 8M (approx 72 mins) slow  
**Thu** 5M (approx 40 mins) steady  
**Fri** Rest  
**Sat** 5M (approx 45 mins) easy  
**Sun** 15M (approx 2hrs 15) slow

### WEEK SIX

**Mon** 4M (approx 35 mins) easy  
**Tue** 1M jog, then 10 x 500m up hill, jog back. Then 1M jog at end of session  
**Wed** 9M (approx 80 mins) slow  
**Thu** 1M jog, then 4M (approx 30 mins) brisk, then 1M jog  
**Fri** Rest  
**Sat** 5M (approx 45 mins) easy  
**Sun** 18M (approx 2hrs 40) slow

### WEEK SEVEN

**Mon** 4M (approx 35 mins) easy  
**Tue** 1M jog, then 12 x 500m up hill, jog back. Then 1M jog at end of session  
**Wed** 10M (approx 90 mins) slow  
**Thu** 7M (approx 56 mins) steady  
**Fri** Rest  
**Sat** 5M (approx 45 mins) easy  
**Sun** 20M (approx 3 hrs) slow

### WEEK EIGHT

**Mon** Rest  
**Tue** 1M jog, then 14 x 500m up hill, jog back. Then 1M jog at end of session  
**Wed** 11M (approx 100 mins) slow  
**Thu** 1M jog, then 3M (approx 23 mins) brisk, then 1M jog  
**Fri** Rest  
**Sat** 5M (approx 45 mins) easy  
**Sun** Race (5M to half-marathon)

## WEEK NINE

<b>Mon</b>	Rest
<b>Tue</b>	1M jog, then 15 x 200m (or 45 secs) fast, with 100m (or 1-min) jog recoveries, then 1M jog
<b>Wed</b>	8M (approx 70 mins) slow
<b>Thu</b>	9M (approx 70 mins) steady
<b>Fri</b>	Rest
<b>Sat</b>	5M (approx 45 mins) easy
<b>Sun</b>	20M (approx 3hrs) slow

## WEEK TEN

<b>Mon</b>	4M (approx 35 mins) easy
<b>Tue</b>	1M jog, then 4 x 1.5M (or 11 mins) fast, with 400m (or 3-min) jog recoveries, then 1M jog
<b>Wed</b>	9M (approx 80 mins) slow
<b>Thu</b>	1M jog, then 3M (approx 23 mins) brisk, then 1M jog
<b>Fri</b>	Rest
<b>Sat</b>	3M (approx 30 mins) easy
<b>Sun</b>	Half-marathon Aim for sub-1:37

## WEEK ELEVEN

<b>Mon</b>	Rest
<b>Tue</b>	1M jog, 6M (approx 50 mins) fartlek, then 1M jog
<b>Wed</b>	6M (approx 50 mins) slow
<b>Thu</b>	11M (approx 90 mins) steady
<b>Fri</b>	Rest
<b>Sat</b>	5M (approx 45 mins) easy
<b>Sun</b>	20M (approx 3hrs) slow

## WEEK TWELVE

<b>Mon</b>	4M (approx 35 mins) easy
<b>Tue</b>	1M jog, then 4 x 1.5M (or 9-11 mins) fast, with 400m (or 3-min) jog recoveries, then 1M jog
<b>Wed</b>	9M (approx 80 mins) slow
<b>Thu</b>	1M jog, then 3M (approx 22 mins) brisk, then 1M jog
<b>Fri</b>	Rest
<b>Sat</b>	5M (approx 45 mins) easy
<b>Sun</b>	20M (approx 3hrs) slow

## WEEK THIRTEEN

<b>Mon</b>	4M (approx 35 mins) easy
<b>Tue</b>	1M jog, 5 x 1M (or 7 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog

**Wed** 7M (approx 60 mins) slow  
**Thu** 1M jog, then 4M (approx 30 mins) brisk, then 1M jog  
**Fri** Rest  
**Sat** 5M (approx 45 mins) easy  
**Sun** 22M (approx 3hrs 15) slow

#### **WEEK FOURTEEN**

**Mon** Rest  
**Tue** 1M jog, then 7 x 800m (or 3-4 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog  
**Wed** 6M (approx 50 mins) slow  
**Thu** 10M (approx 80 mins) steady  
**Fri** Rest  
**Sat** 5M (approx 45 mins) easy  
**Sun** 18M (approx 2hrs 35 mins) slow

#### **WEEK FIFTEEN**

**Mon** 4M (approx 35 mins) easy  
**Tue** 1M jog, then 12 x 200m hill, with slow jog/walk down, then 1M jog  
**Wed** 5M (approx 45 mins) slow  
**Thu** 1M jog, then 3M (approx 22 mins) brisk, then 1M jog  
**Fri** Rest  
**Sat** 5M (approx 45 mins) easy  
**Sun** 12M (approx 95 mins) steady

#### **WEEK SIXTEEN**

**Mon** Rest  
**Tue** 1M jog, then 8 x 400m (or 90 secs) fast, with 200m (or 2-min) jog recoveries, then 1M jog  
**Wed** 4M (approx 35 mins) easy  
**Thu** Rest  
**Fri** Rest  
**Sat** 2M (or 20 mins) easy, in racing kit  
**Sun** The race