



SUB 4 HOUR 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

Mon	3M (miles) (approx 30 mins) slow
Tue	Rest
Wed	4M (approx 40 mins) slow
Thu	2M (approx 18 mins) steady
Fri	Rest
Sat	3M (approx 30 mins) easy
Sun	7M (approx 72 mins) slow

WEEK TWO

Mon	Rest
Tue	1M jog, then 2 x 1.5M (or 11-12 mins) fast, with 800m (5-min) jog recoveries, then 1M jog
Wed	5M (approx 50 mins) slow
Thu	1M jog, then 2M (approx 18 mins) brisk, then 1M jog
Fri	Rest
Sat	4M (approx 42 mins) easy
Sun	8M (approx 82 mins) slow

WEEK THREE

Mon	Rest
Tue	1M jog, then 3 x 1M (or 8 mins) fast, with 400m (3-min) jog recoveries, then 1M jog
Wed	6M (approx 60 mins) slow
Thu	1M jog, then 3M (approx 27 mins) steady, then 1M jog
Fri	Rest
Sat	4M (approx 42 mins) easy
Sun	9M (approx 90 mins) slow

WEEK FOUR

Mon	Rest
Tue	1M jog, then 4 x 800m (or 4 mins) fast, with 200m (2-min) jog recoveries, then 1M jog
Wed	7M (approx 70 mins) slow
Thu	1M jog, then 2M (approx 16 mins) brisk, then 1M jog
Fri	Rest

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Sat 4M (approx 42 mins) easy
Sun 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-50:00 10K or sub-40:00 5-miler

WEEK FIVE

Mon Rest
Tue 1M jog, then 4M (or 40 mins) fartlek, then 1M jog
Wed 5M (approx 51 mins) slow
Thu 5M (approx 45 mins) steady
Fri Rest
Sat 4M (approx 42 mins) easy
Sun 11M (approx 1hr 50) slow

WEEK SIX

Mon Rest
Tue 1M jog, then 8 x 400m (or 2 mins) fast with 200m (or 90-sec) jog recoveries, then 1M jog
Wed 6M (approx 60 mins) slow
Thu 1M jog, then 3M (approx 25 mins) brisk, then 1M jog
Fri Rest
Sat 4M (approx 42 mins) easy
Sun 13M (approx 2hrs 10) slow

WEEK SEVEN

Mon Rest
Tue 1M jog, then 9 x 200m hill with slow jog/walk down, then 1M jog
Wed 7M (approx 70 mins) slow
Thu 6M (approx 55 mins) steady
Fri Rest
Sat 4M (approx 42 mins) easy
Sun 15M (approx 2hrs 35) slow

WEEK EIGHT

Mon Rest
Tue 1M jog, then 3 x 1M (or 9 mins) fast, with 400m (3-min) jog recoveries, then 1M jog
Wed 8M (approx 82 mins) slow
Thu 1M jog, then 2M (approx 16 mins) brisk, then 1M jog
Fri Rest
Sat 3M (approx 30 mins) easy
Sun Race (5M to half-marathon)

WEEK NINE

Mon	Rest
Tue	1M jog, 12 x 200m (or 1 min) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed	7M (approx 70 mins) slow
Thu	8M (approx 73 mins) steady
Fri	Rest
Sat	4M (approx 42 mins) easy
Sun	17M (approx 2hrs 55) slow

WEEK TEN

Mon	Rest
Tue	1M jog, 3 x 1.5M (or 12mins) fast with 400m (or 3-min) jog recoveries, then 1M jog
Wed	8M (approx 82 mins) slow
Thu	1 mile jog, then 3M (approx 25 mins) brisk, then 1M jog
Fri	Rest
Sat	3M (approx 30 mins) easy
Sun	Half-marathon Aim for sub-1:50

WEEK ELEVEN

Mon	Rest
Tue	1M jog, 6M (approx 55 mins) fartlek, then 1M jog
Wed	6M (approx 55 mins) slow
Thu	10M (approx 90 mins) steady
Fri	Rest
Sat	4M (approx 40 mins) easy
Sun	19M (approx 3hrs 15) slow

WEEK TWELVE

Mon	Rest
Tue	1M jog, 3 x 1.5M (or 12 mins) fast with 400m (or 3-min) jog recoveries, then 1M jog
Wed	8M (approx 82 mins) slow
Thu	1M jog, then 3M (approx 25 mins) brisk, then 1M jog
Fri	Rest
Sat	4M (approx 40 mins) easy
Sun	19M (approx 3hrs 15) slow

WEEK THIRTEEN

Mon	Rest
Tue	1M jog, 5 x 1M (or 8 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog

Wed 7M (approx 70 mins) slow
Thu 1M jog, 4M (approx 35 mins) brisk, then 1M jog
Fri Rest
Sat 4M (approx 40 mins) easy
Sun 22M (approx 3hrs 45) slow

WEEK FOURTEEN

Mon Rest
Tue 1M jog, then 6 x 800m (or 4 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed 6M (approx 60 mins) slow
Thu 9M (approx 82 mins) steady
Fri Rest
Sat 4M (approx 40 mins) easy
Sun 18M (approx 3hrs 05) slow

WEEK FIFTEEN

Mon Rest
Tue 1M jog, then 12 x 200m hill, with slow jog/walk down, then 1M jog
Wed 5M (approx 50 mins) slow
Thu 1M jog, then 3M (approx 25 mins) brisk, then 1M jog
Fri Rest
Sat 4M (approx 40 mins) easy
Sun 12M (approx 1hr 50) steady

WEEK SIXTEEN

Mon Rest
Tue 1M jog, then 6 x 400m (or 2 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed 4M (approx 40 mins) slow
Thu Rest
Fri Rest
Sat 2M (or 20 mins) easy, in racing kit
Sun The race