



SUB 3 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	5M (miles) (approx 40 mins) easy
Tue	4M (approx 30 mins) slow with a few gentle strides
Wed	6M (approx 46 mins) slow
Thu	5M (approx 34 mins) steady
Fri	4M (approx 31 mins) easy or rest
Sat	5M (approx 32 mins) brisk hilly cross-country run or race
Sun	12M (87-93 mins) slow

WEEK TWO

Mon	5M (approx 40 mins) easy
Tue	1M jog, then 3 x 2M (or 11-12 mins) fast, with 800m (4-min) jog recoveries, then 1M jog
Wed	7M (approx 53 mins) slow
Thu	1M jog, then 3M (approx 20 mins) brisk, then 1M jog
Fri	4M (approx 31 mins) easy or rest
Sat	6M (approx 41 mins) steady off-road
Sun	14M (approx 105 mins) slow

WEEK THREE

Mon	5M (approx 40 mins) easy
Tue	1M jog, then 5 x 1M (or 6 mins) fast, with 400m (2-min) jog recoveries, then 1M jog
Wed	8M (approx 61 mins) slow
Thu	6M (approx 41 mins) steady
Fri	4M (approx 31 mins) easy or rest
Sat	8M (approx 53 mins) brisk hilly cross-country run or race
Sun	16M (approx 2hr 05) slow

WEEK FOUR

Mon	5M (approx 40 mins) easy
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Tue	1M jog, then 8 x 800m (or 3 mins) fast, with 200m (1-min) jog recoveries, then 1M jog
Wed	9M (approx 70 mins) slow
Thu	1M jog, then 3M (approx 19:30) brisk, then 1M jog
Fri	4M (approx 31 mins) easy with strides
Sat	4M (approx mins) easy or rest
Sun	1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-38:00 10K or sub-30:00 5-miler

WEEK FIVE

Mon	5M (approx 40 mins) easy
Tue	1M jog, then 6M (or 45 minutes) fartlek, then 1M jog
Wed	10M (approx 75 mins) slow
Thu	1M jog, 4M (approx 26 mins) brisk, then 1M jog
Fri	Rest or 4M (approx 31 mins) easy
Sat	6M (approx 40 mins) steady off-road
Sun	16M (approx 2hrs) slow

WEEK SIX

Mon	5M (approx 40 mins) easy
Tue	1M jog, then 10 x 2 mins up hill, jog back. Then 1M jog at end of session
Wed	11M (approx 85 mins) slow
Thu	7M (approx 48 mins) steady
Fri	Rest or 4M (approx 31 mins) easy
Sat	5M (approx 33 mins) brisk hilly cross-country run or race
Sun	18M (approx 2hrs 15) slow

WEEK SEVEN

Mon	5M (approx 40 mins) easy
Tue	1M jog, 12 x 2 mins up hill, jog back. Then 1M jog at end of session
Wed	12M (approx 92 mins) slow
Thu	8M (approx 55 mins) steady
Fri	Rest or 4M (approx 31 mins) easy
Sat	5M (approx 40 mins) easy
Sun	20M (approx 2hrs 30) slow

WEEK EIGHT

Mon	Rest
Tue	1M jog, then 14 x 2 mins up hill, jog back. Then 1M jog at end of session
Wed	13M (approx 100 mins) slow
Thu	1M jog, then 3M (approx 19:30) brisk, then 1M jog
Fri	Rest or 4M (31+ mins) easy
Sat	5M (approx 40 mins) easy
Sun	Race (5M to half-marathon)

WEEK NINE

Mon	5M (approx 40 mins) easy
Tue	1M jog, 16 x 200m (or 45 secs) fast, with 100m (or 30-sec) jog recoveries, then 1M jog
Wed	9M (approx 70 mins) slow
Thu	10M (approx 70 mins) steady
Fri	Rest or 4M (approx 30 mins) easy
Sat	5M (approx 40 mins) easy
Sun	22M (approx 2hrs 50) slow

WEEK TEN

Mon	5M (approx 40 mins) easy
Tue	1M jog, then 3 x 2M (or 12 mins) fast, with 400m (or 2-min) jog recoveries, then 1M jog
Wed	10M (approx 75 mins) slow
Thu	1M jog, then 4M (approx 26 mins) brisk, then 1M jog
Fri	Rest or 4M (approx 30 mins) easy
Sat	3M (approx 25 mins) easy
Sun	Half-marathon Aim for sub-1:23

WEEK ELEVEN

Mon	5M (approx 40 mins) easy
Tue	1M jog, then 6M (or 45 mins) fartlek, then 1M jog
Wed	7M (approx 55 mins) slow
Thu	12M (approx 80 mins) steady
Fri	Rest or 4M (approx 30 mins) easy

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Sat 5M (approx 40 mins) easy
Sun 20M (approx 2hrs 35) slow

WEEK TWELVE

Mon 5M (approx 40mins) easy
Tue 1M jog, then 3 x 2M (or 12 mins) fast, with 400m (or 2-min) jog recoveries, then 1M jog
Wed 10M (approx 75 mins) slow
Thu 1M jog, then 4M (approx 26 mins) brisk, then 1M jog
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 20M (approx 2hrs 35) slow

WEEK THIRTEEN

Mon 5M (approx 40 mins) easy
Tue 1M jog, 6 x 1M (or 6 mins) fast with 200m (or 1-min) jog recoveries, then 1M jog
Wed 8M (approx 65 mins) slow
Thu 1M jog, then 5M (approx 33 mins) brisk, then 1M jog
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 22M (approx 2hrs 50) slow

WEEK FOURTEEN

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 8 x 800m (or 3 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog
Wed 7M (approx 55 mins) slow
Thu 10M (approx 70 mins) steady
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 18M (approx 2hrs 20) slow

WEEK FIFTEEN

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 12 x 400m (or 90 secs) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed 6M (approx 45 mins) slow

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Thu 1M jog, then 3M (approx 20 mins) brisk, then 1M jog
Fri Rest or 4M (approx 30 mins) easy
Sat 5M (approx 40 mins) easy
Sun 12M (approx 80 mins) steady

WEEK SIXTEEN

Mon 5M (approx 40 mins) easy
Tue 1M jog, then 8 x 400m (or 90 secs) fast, with 200m (or 2-min) jog recoveries, then 1M jog
Wed 4M (approx 30 mins) easy
Thu Rest
Fri Rest
Sat 2M (or 15 mins) easy, in racing kit
Sun The race