


# 1 Year Training Plan For Marathon

# SUB 4-HR MARATHON TRAINING PLAN



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	3 mile training run	2 x 800m intervals	Strength Training	3 mile training run	Rest Day	7 mile long run
2	Rest Day	3 mile training run	2 x 800m intervals	Strength Training	3 mile training run	Rest Day	8 mile long run
3	Rest Day	3 mile training run	2 x 800m intervals	Strength Training	3 mile training run	Rest Day	9 mile long run
4	Rest Day	4 mile training run	3 x 800m intervals	Strength Training	4 mile training run	Rest Day	6 mile long run
5	Rest Day	4 mile training run	3 x 800m intervals	Strength Training	4 mile training run	Rest Day	11 mile long run
6	Rest Day	4 mile training run	3 x 800m intervals	Strength Training	4 mile training run	Rest Day	12 mile long run
7	Rest Day	5 mile training run	3 x 800m intervals	Strength Training	5 mile training run	Rest Day	9 mile long run
8	Rest Day	5 mile training run	3 x 800m intervals	Strength Training	5 mile training run	Rest Day	15 mile long run
9	Rest Day	5 mile training run	3 x 800m intervals	Strength Training	5 mile training run	Rest Day	16 mile long run
10	Rest Day	6 mile training run	4 x 800m intervals	Strength Training	4 mile training run	Rest Day	13.1 mile half marathon
11	Rest Day	6 mile training run	4 x 800m intervals	Strength Training	6 mile training run	Rest Day	17 mile long run
12	Rest Day	6 mile training run	4 x 800m intervals	Strength Training	6 mile training run	Rest Day	18 mile long run
13	Rest Day	6 mile training run	4 x 800m intervals	Strength Training	6 mile training run	Rest Day	14 mile long run
14	Rest Day	6 mile training run	4 x 800m intervals	Strength Training	6 mile training run	Rest Day	20 mile long run
15	Rest Day	7 mile training run	4 x 800m intervals	Strength Training	7 mile training run	Rest Day	13.1 mile half marathon
16	Rest Day	7 mile training run	4 x 800m intervals	Strength Training	7 mile training run	Rest Day	21 mile long run
17	Rest Day	5 mile training run	4 x 800m intervals	Strength Training	5 mile training run	Rest Day	15 mile long run
18	Rest Day	4 mile training run	3 x 800m intervals	Strength Training	4 mile training run	Rest Day	12 mile long run
19	Rest Day	3 mile training run	2 x 800m intervals	Strength Training	3 mile training run	Rest Day	8 mile long run
20	Rest Day	3 mile training run	Rest Day	3 mile run easy pace	Rest Day	2 mile run easy pace	Marathon 26.2 miles

### How To Train For A Sub 4-Hr Marathon

- Training Runs :** aim to do these at your target race pace of 8mins 46 sec per mile, which is the sub 4-hr marathon pace. If you can't hit this pace from week 1, aim for a 4 out of 10 in terms of physical exertion
- Intervals :** An 800m interval means running hard - uncomfortably hard - for 800m, or 2 x laps of a running track Aim for 8-9 out of 10 for effort. Recover between intervals with 400m of walking or very gentle jogging. Do a 1.5 mile warm-up and cool-down before and after every interval workout.
- Long Runs :** Do these at a slow, comfortable pace - aim for 'conversational'. Try not to stop or break up this run. Aim for 2-3 out of 10 for effort.
- Strength Training :** Aim for 45 mins of strength training, at least once per week. Compound exercises that involve heavy lifting is the most effective, so think Squats, Deadlifts, Lunges, etc.
- More Guidance?** Visit [MarathonHandbook.com](#), where we've got oodles of free marathon training advice, and you can grab a free copy of this plan (with extended guidance notes) in PDF and Google Sheets / MS Excel formats.

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MARATHON HANDBOOK

**1 year training plan for marathon** runners is a comprehensive roadmap designed to guide athletes through the various stages of preparation, ensuring they are well-equipped to tackle the challenges of a marathon. Whether you are a novice runner or an experienced marathoner looking to improve your performance, a structured training plan is essential. This article will outline a detailed one-year training strategy, covering the necessary components for successful marathon preparation.

# Understanding the Marathon

Before diving into the training plan, it's essential to understand what a marathon entails. A marathon is a long-distance running event covering 26.2 miles (42.195 kilometers). Training for such a distance requires dedication, discipline, and a well-thought-out approach to build endurance, speed, and strength.

## Key Components of Marathon Training

A successful marathon training plan includes several key components:

- **Base Building:** Establishing a solid foundation of mileage.
- **Long Runs:** Increasing endurance through longer distances.
- **Speed Work:** Incorporating intervals and tempo runs to improve pace.
- **Recovery:** Allowing the body to heal and adapt to training stress.
- **Cross-Training:** Engaging in other forms of exercise to enhance overall fitness.
- **Nutrition:** Fueling the body with the right foods for optimal performance.

## 1-Year Training Plan Overview

The one-year marathon training plan can be divided into four main phases: Base Building, Specific Training, Tapering, and Racing. Each phase has its objectives and focuses on preparing the runner for the marathon distance.

### Phase 1: Base Building (Months 1-3)

During the base building phase, the goal is to build a solid foundation of aerobic fitness and endurance. This phase focuses on increasing weekly mileage gradually.

- **Weeks 1-4:**

1. Run 3-4 times per week.
2. Start with a total weekly mileage of 10-15 miles.
3. Incorporate one long run of 5-7 miles on the weekends.

- **Weeks 5-8:**

1. Increase weekly mileage to 15-20 miles.
2. Long run should be extended to 8-10 miles.
3. Add a fourth running day, focusing on easy-paced runs.

## **Phase 2: Specific Training (Months 4-8)**

The specific training phase is where runners start to incorporate more targeted workouts, including tempo runs and speed intervals. This phase aims to increase both endurance and speed in preparation for race day.

- **Weeks 9-16:**

1. Continue running 4-5 times per week.
2. Weekly mileage should range from 20-30 miles.
3. Incorporate a weekly tempo run (3-5 miles at a challenging pace).
4. Long runs should reach 12-16 miles by the end of this phase.

- **Weeks 17-24:**

1. Increase weekly mileage to 30-40 miles.
2. Add interval training (e.g., 400m repeats) once a week.
3. Long runs should peak at 18-20 miles.
4. Begin practicing marathon pace during the long runs.

## **Phase 3: Tapering (Months 9-10)**

The tapering phase is crucial for allowing the body to recover and adapt to the training. This phase typically lasts for about three to four weeks.

- **Weeks 25-28:**

1. Gradually reduce weekly mileage by 20-30% each week.
2. Maintain intensity during workouts, focusing on shorter tempo runs.
3. Long runs should not exceed 8-10 miles during this phase.
4. Prioritize rest and recovery to allow the body to heal.

## **Phase 4: Racing (Month 11)**

The racing phase is the culmination of all your hard work. It's time to put your training to the test.

- **Weeks 29-32:**

1. Stay fresh with shorter, easy runs in the first two weeks.
2. In the final week, do a shakeout run to keep your legs loose.
3. Focus on nutrition and hydration leading up to race day.
4. Stay mentally prepared and visualize your race strategy.

## **Additional Training Considerations**

As you embark on your marathon training journey, keep these additional

considerations in mind:

## Nutrition

Proper nutrition is vital for optimal performance. Your diet should include:

- **Carbohydrates:** For energy, focus on whole grains, fruits, and vegetables.
- **Proteins:** Incorporate lean meats, fish, legumes, and dairy for muscle recovery.
- **Fats:** Healthy fats from nuts, seeds, and avocados support overall health.

## Cross-Training

Cross-training can help improve overall fitness while reducing the risk of injury. Consider activities such as:

- Swimming
- Cycling
- Yoga or Pilates for flexibility and core strength

## Listening to Your Body

It's crucial to pay attention to your body throughout the training process. If you experience pain or fatigue:

- Take rest days as needed.
- Consider consulting a coach or physical therapist.
- Incorporate stretching and foam rolling into your routine.

# Conclusion

A well-structured **1 year training plan for marathon** preparation can make all the difference in achieving your race goals. By following the outlined phases, focusing on key components, and listening to your body, you'll be well on your way to crossing the finish line of a marathon. Remember, consistency and dedication are key to a successful training experience. Embrace the journey, and enjoy the process of becoming a stronger, more resilient runner.

## Frequently Asked Questions

### **What does a 1-year training plan for a marathon typically include?**

A 1-year training plan for a marathon typically includes a mix of long runs, speed workouts, rest days, cross-training, and tapering phases. It often starts with building a base of mileage, gradually increasing long run distances, and incorporating interval training to improve speed.

### **How should I structure my weekly training schedule in a 1-year marathon plan?**

A typical weekly schedule might include 4-5 running days, with one long run on the weekend, an interval or tempo run mid-week, a recovery run, and one or two easy runs. It's also important to include rest days and cross-training to prevent injury.

### **What are some key milestones to track during a 1-year marathon training plan?**

Key milestones include completing a 5K or 10K race after a few months, hitting specific weekly mileage goals, successfully completing long runs of up to 20 miles, and maintaining a consistent pace in speed workouts. Regularly assessing your progress helps in making necessary adjustments.

### **How can I prevent injuries during a year-long marathon training plan?**

To prevent injuries, focus on proper warm-up and cool-down routines, listen to your body, incorporate strength training, ensure adequate rest, and gradually increase mileage. It's also helpful to cross-train and vary workouts to reduce repetitive strain.

## What nutrition strategies should I follow during marathon training?

Nutrition strategies include eating a balanced diet rich in carbohydrates, proteins, and healthy fats, staying hydrated, and practicing fueling strategies during long runs. It's important to experiment with gels, bars, and electrolyte drinks to find what works best for your body.

## How important is mental preparation in a 1-year marathon training plan?

Mental preparation is crucial in marathon training. Building mental resilience through visualization techniques, setting realistic goals, and developing a race-day plan can help you cope with the physical and psychological challenges of running a marathon.

## What should I do in the month leading up to the marathon?

In the month leading up to the marathon, focus on tapering your mileage to allow your body to recover and store energy. Maintain intensity with shorter runs, practice your race-day nutrition, and ensure you get adequate rest and sleep in preparation for the race.

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