

4 Week Marathon Training Plan

20 WEEK ADVANCED MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
2	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 11 miles
3	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 9 miles
4	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
5	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 13 miles
6	Easy Run 3 miles	Intervals 3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 10 miles
7	Easy Run 3 miles	Intervals 4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 15 miles
8	Easy Run 3 miles	Intervals 4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 16 miles
9	Easy Run 3 miles	Intervals 5 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
10	Easy Run 3 miles	Intervals 5 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 17 miles
11	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 18 miles
12	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
13	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
14	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
15	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
16	Easy Run 4 miles	Intervals 6 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Half Marathon
17	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 20 miles
18	Easy Run 4 miles	Intervals 5 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	Long Run 12 miles
19	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Easy Run 3 miles & 45 mins	Easier Run 4 miles	Rest Day	Long Run 8 miles
20	Easy Run 4 miles	Strength Training 45-60 mins	Rest Day	Strength Easy Run 3 miles	Rest Day	Easy Run 2 miles	Marathon

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MARATHON HANDBOOK

4 week marathon training plan is designed for those who want to prepare for a marathon in a short amount of time. Whether you're a beginner looking to complete your first race or an experienced runner seeking to improve your pace, a structured training plan can make a significant difference in your performance. This article will guide you through a comprehensive 4-week marathon training plan, including essential workouts, tips for nutrition, recovery strategies, and mental preparation.

Understanding the 4-Week Marathon Training Plan

A 4-week marathon training plan is an intensive, focused regimen aimed at building endurance, strength, and speed. While traditional marathon training plans span several months, a 4-week plan is ideal for experienced runners who may already have a solid fitness base. Here's what to expect:

Who Should Consider a 4-Week Plan?

This plan is generally recommended for:

- Runners who have previously completed a marathon or long-distance race.
- Athletes returning to running after a break.
- Those with a solid base of running, ideally having completed at least 15-20 miles per week prior to starting the plan.

Key Components of the Training Plan

The 4-week training plan includes several key components:

1. Long Runs: These are crucial for building endurance.
2. Speed Work: Involves interval training to improve pace.
3. Recovery Runs: Shorter, easier-paced runs to promote recovery.
4. Rest Days: Essential for allowing your body to recover and adapt.

Weekly Breakdown of the 4-Week Marathon Training Plan

Here's a detailed breakdown of the training plan over the four weeks:

Week 1: Building the Base

- Monday: Rest Day
- Tuesday: 4 miles at an easy pace
- Wednesday: Speed Work: 6 x 400 meters at 5K pace with 90 seconds rest in between
- Thursday: 5 miles at a moderate pace
- Friday: Rest Day or Cross-Training (swimming, cycling, etc.)
- Saturday: Long Run: 10 miles at a comfortable pace
- Sunday: Recovery Run: 3 miles at an easy pace

Week 2: Increasing Intensity

- Monday: Rest Day
- Tuesday: 5 miles at an easy pace
- Wednesday: Speed Work: 8 x 400 meters at 5K pace with 90 seconds rest in between
- Thursday: 6 miles at a moderate pace
- Friday: Rest Day or Cross-Training
- Saturday: Long Run: 12 miles at a comfortable pace
- Sunday: Recovery Run: 4 miles at an easy pace

Week 3: Peak Mileage

- Monday: Rest Day
- Tuesday: 6 miles at an easy pace
- Wednesday: Speed Work: 4 x 800 meters at 10K pace with 2 minutes rest in between
- Thursday: 7 miles at a moderate pace
- Friday: Rest Day or Cross-Training
- Saturday: Long Run: 14 miles at a comfortable pace
- Sunday: Recovery Run: 5 miles at an easy pace

Week 4: Tapering and Preparation

- Monday: Rest Day
- Tuesday: 5 miles at an easy pace
- Wednesday: Speed Work: 3 x 800 meters at 10K pace with 2 minutes rest in between
- Thursday: 4 miles at a moderate pace
- Friday: Rest Day
- Saturday: Long Run: 8 miles at a comfortable pace
- Sunday: Rest Day

Nutrition for Marathon Training

Nutrition plays a vital role in your training and recovery. Here are some guidelines to follow:

Macronutrient Balance

- Carbohydrates: Essential for fueling your workouts. Aim for 60-70% of your daily caloric intake from carbohydrates, including whole grains, fruits, and vegetables.
- Proteins: Important for muscle repair and recovery. Include lean meats, fish, dairy, legumes, and nuts to meet your protein needs.
- Fats: Healthy fats, such as avocados, nuts, and olive oil, should make up about 20-30% of your diet.

Hydration

Staying hydrated is crucial, especially during long runs. Follow these tips:

- Drink water consistently throughout the day.
- Consider electrolyte drinks during longer workouts to replenish lost minerals.
- Practice hydration strategies during your long runs to determine what works best for you.

Recovery Strategies

Recovery is as important as the training itself. Here are some effective recovery strategies:

Active Recovery

Engaging in low-impact activities, such as yoga or swimming, can help reduce muscle soreness and improve flexibility.

Sleep

Aim for 7-9 hours of quality sleep per night to allow your body to recover and rebuild.

Foam Rolling and Stretching

Incorporate foam rolling and stretching into your routine to alleviate muscle tightness and improve mobility.

Mental Preparation for Race Day

Mental preparation is often overlooked but is essential for marathon success. Here are some strategies to help you get ready:

Visualization Techniques

Spend time visualizing the race, including how you will feel at various points throughout the course. Picture yourself crossing the finish line strong.

Setting Goals

Set realistic and achievable goals for your marathon. These could be time-based goals or simply completing the race.

Race Day Strategy

Develop a race day strategy that includes pacing, nutrition, and hydration plans. Make sure to practice this strategy during your long runs.

Final Thoughts

A **4 week marathon training plan** can be a challenging yet rewarding endeavor. By following this structured approach, focusing on nutrition, recovery, and mental preparation, you can maximize your performance on race day. Remember to listen to your body, adjust your training as needed, and enjoy the journey toward conquering the marathon distance. With dedication and the right plan, you'll be crossing that finish line with pride.

Frequently Asked Questions

What is a 4-week marathon training plan?

A 4-week marathon training plan is a short-term training regimen designed to prepare runners for a marathon distance, typically aimed at those who already have a base level of fitness and experience in running.

Who is a 4-week marathon training plan suitable for?

This plan is suitable for intermediate runners who have previously completed shorter races or for those who have a solid running base and are looking to complete a marathon with limited time to train.

What are the key components of a 4-week marathon training plan?

Key components include long runs, tempo runs, speed work, recovery runs, and rest days, all designed to build endurance, speed, and overall fitness leading up to the marathon.

How many miles should I run each week in a 4-week marathon training plan?

The mileage can vary, but a common approach is to gradually increase weekly mileage, starting around 20-25 miles in the first week and peaking at 40-50 miles by the last week, depending on your

experience level.

Can a beginner successfully complete a marathon with just 4 weeks of training?

While it's possible for some beginners to complete a marathon with 4 weeks of training, it is generally not recommended due to the high risk of injury and the need for proper conditioning.

What should I focus on during the last week of a 4-week marathon training plan?

During the last week, focus on tapering your mileage, ensuring adequate rest, hydration, nutrition, and mental preparation for race day.

What type of cross-training can complement a 4-week marathon training plan?

Activities like cycling, swimming, yoga, or strength training can enhance overall fitness and help prevent injuries while complementing your running workouts.

How should I fuel my body during a 4-week marathon training plan?

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Additionally, practice fueling strategies during long runs to determine what works best for you on race day.

What are some common mistakes to avoid in a 4-week marathon training plan?

Common mistakes include increasing mileage too quickly, neglecting rest days, skipping long runs, and not properly hydrating or fueling during training and on race day.

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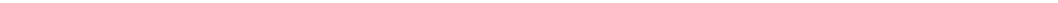

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