

SUB 3-HR MARATHON TRAINING PLAN

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Easy Run 3 miles	3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	7 mile long run
2	Easy Run 3 miles	3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	8 mile long run
3	Easy Run 3 miles	3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	9 mile long run
4	Easy Run 3 miles	3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	11 mile long run
5	Easy Run 3 miles	3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	9 mile long run
6	Easy Run 3 miles	3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	11 mile long run
7	Easy Run 3 miles	3 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	12 mile long run
8	Easy Run 3 miles	4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	14 mile long run
9	Easy Run 3 miles	4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	11 mile long run
10	Easy Run 3 miles	4 x 800m then leg workout	Easy Run 3 miles	Strength Training	Tempo Run 6 miles	Rest Day	14 mile long run
11	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	16 mile long run
12	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	18 mile long run
13	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	14 mile long run
14	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	17 mile long run
15	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	18 mile long run
16	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	20 mile long run
17	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	15 mile long run
18	Easy Run 4 miles	4 x 800m then leg workout	Easy Run 4 miles	Strength Training	Tempo Run 6 miles	Rest Day	21 mile long run
19	Easy Run 4 miles	Strength Training	Rest Day	Easy Run 3 miles + 45mins Strength	Easy Run 4 miles	Rest Day	12 mile long run
20	Easy Run 4 miles	Strength Training	Rest Day	Easy Run 3 miles	Rest Day	2 mile run easy pace	Marathon 26.2 miles

Easy Runs: an easy, conversational pace - think around 2-3 / 10 Rate of Perceived Exertion.

Intervals: include a 1.5 mile / 2.5 k warm-up and cool-down either side of the speedwork . Run a fast hard 800m interval (2 laps of a track) at 8-9 out of 10 RPE - not quite full-sprint, but as hard as you can maintain for the 800m. Cool down with 400m of light jogging or walking. Repeat as per the plan.

I recommend doing a LEG STRENGTH WORKOUT the same day as, but AFTER, your speed workout for maximal leg training!

Strength Training : Strength training has a massive impact on your running economy (essentially your miles per gallon as a runner), your speed, and - perhaps most importantly - injury prevention. Can't stand the gym? Then at-home bodyweight workouts, yoga, or pilates are good alternatives.

Long Runs: slow, easy pace to build endurance. 3 out of 10 RPE.

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Sub 3 hour marathon training plan is a goal that many dedicated runners aspire to achieve. Completing a marathon in under three hours requires not only physical fitness but also a well-structured training plan, mental fortitude, and an understanding of pacing, nutrition, and recovery strategies. This article will break down the essential components of a sub-3 hour marathon training plan, including training phases, workout types, nutrition, and recovery strategies, providing you with a comprehensive guide to achieving this ambitious goal.

Understanding the Sub 3 Hour Marathon Goal

To successfully run a marathon in under three hours, you need to maintain an average pace of approximately 6:52 per mile or 4:16 per kilometer. This requires a blend of speed, endurance, and mental resilience. Before diving into training specifics, let's explore the key elements that underpin this achievement.

Key Components of a Sub 3 Hour Marathon

1. **Aerobic Capacity:** A strong aerobic base is essential for long-distance running. Your body needs to efficiently transport oxygen to your muscles and utilize it during sustained efforts.
2. **Lactate Threshold:** This is the point at which lactic acid builds up in the muscles faster than it can be removed. Training at or near this threshold can increase your endurance.
3. **Speed:** Incorporating speed work into your training will improve your overall pace and running economy.
4. **Mental Toughness:** Running a marathon is as much a mental challenge as it is a physical one. Strategies for mental resilience will play a crucial role on race day.

Training Phases

A well-structured training plan typically consists of several phases. Each phase has different focuses and gradually builds your fitness level in preparation for race day.

1. Base Building Phase (12-16 weeks)

This phase is critical for establishing a strong endurance foundation.

- **Weekly Mileage:** Gradually increase your weekly mileage by 10% to avoid injury. Aim for a minimum of 40-50 miles per week.
- **Long Runs:** Incorporate long runs of 15-20 miles at an easy pace.
- **Easy Runs:** Fill in your week with easy-paced runs to promote recovery.
- **Cross-Training:** Engage in low-impact activities such as cycling or swimming to improve fitness while reducing the risk of injury.

2. Speed Development Phase (6-8 weeks)

Once you have built up your base, it's time to introduce speed work.

- Interval Training: Include 800m to 1-mile repeats at a pace faster than your target marathon pace. Aim for 4-6 repeats with rest intervals.
- Tempo Runs: These runs should be done at your lactate threshold pace. Start with 20 minutes and gradually work up to 40 minutes.
- Hill Workouts: Incorporate hill repeats to build strength and improve running economy.

3. Specific Marathon Training Phase (6-8 weeks)

This phase focuses on specific marathon pacing and race simulation.

- Long Runs with Pace: Integrate segments of your long runs at target marathon pace. For example, run the last 10 miles of a 20-mile run at marathon pace.
- Race Pace Runs: Incorporate weekly runs where you run 8-12 miles at your goal marathon pace.
- Tapering: Begin to taper your mileage 2-3 weeks out from the race. Reduce your weekly mileage while maintaining intensity to allow your body to recover and peak on race day.

Sample Weekly Training Plan

Here's a sample weekly training plan during the Specific Marathon Training Phase:

- Monday: Rest Day or Cross-Training
- Tuesday: Speed Work (e.g., 5-7 miles with 5 x 800m at 5K pace)
- Wednesday: Easy Run (6-8 miles at conversational pace)
- Thursday: Tempo Run (8 miles including 5 miles at tempo pace)
- Friday: Rest Day
- Saturday: Long Run (20 miles with last 10 miles at marathon pace)
- Sunday: Recovery Run (4-6 miles at easy pace)

Nutrition for Marathon Training

Fueling your body properly is crucial for optimal performance during training and on race day.

Pre-Training Nutrition

- Carbohydrates: Prior to long runs, consume a carbohydrate-rich meal the night before and a light breakfast high in carbs on the day of the run.
- Hydration: Ensure you are well-hydrated before training sessions. Drink water or electrolyte drinks as necessary.

During Training Nutrition

- Gels and Chews: Practice using energy gels or chews during long runs to determine what works best for your stomach.
- Hydration: Stay hydrated during your runs. Aim for 16-24 ounces of water or electrolyte drink per hour.

Post-Training Nutrition

- Recovery Meals: Within 30 minutes after your workout, consume a meal or snack rich in carbohydrates and protein to aid recovery.
- Balanced Diet: Maintain a balanced diet rich in whole foods, lean proteins, healthy fats, and plenty of fruits and vegetables.

Recovery Strategies

Recovery is just as important as the training itself. It allows your muscles to repair and grow stronger.

1. Rest Days

Incorporate at least one full rest day per week to prevent overtraining.

2. Active Recovery

Engage in low-intensity activities such as walking, yoga, or swimming on recovery days to promote blood flow without stressing your body.

3. Sleep

Aim for 7-9 hours of quality sleep each night to facilitate recovery and improve performance.

4. Injury Prevention

- Strength Training: Include strength workouts 1-2 times a week to strengthen muscles and improve running form.
- Stretching and Foam Rolling: Incorporate regular stretching and foam rolling to maintain flexibility and reduce muscle soreness.

Race Day Strategy

As race day approaches, it's essential to have a clear strategy for pacing, nutrition, and hydration.

- Pacing: Start at a controlled pace, aiming to run even splits throughout the race. Avoid going out too fast.
- Nutrition: Stick to the nutrition plan you practiced during training. Take gels or chews at regular intervals.
- Hydration: Drink water or electrolyte drinks at aid stations as needed, but don't overdo it to avoid gastrointestinal distress.

Conclusion

Achieving a sub 3 hour marathon training plan requires dedication, consistency, and smart training strategies. By following a structured training plan, focusing on nutrition, and allowing for adequate recovery, you can put yourself in a strong position to cross the finish line in under three hours. Remember to listen to your body, stay flexible in your training approach, and maintain a positive mindset as you embark on this challenging yet rewarding journey. Good luck, and happy running!

Frequently Asked Questions

What is a sub 3 hour marathon training plan?

A sub 3 hour marathon training plan is a structured training schedule designed for runners aiming to complete a marathon in under three hours, typically involving specific workouts, long runs, speed sessions,

and recovery periods to build endurance and speed.

How many weeks should a sub 3 hour marathon training plan last?

Most sub 3 hour marathon training plans span between 12 to 20 weeks, allowing sufficient time for gradual mileage increase, speed work, and recovery to prepare for race day.

What type of workouts are included in a sub 3 hour marathon training plan?

A sub 3 hour marathon training plan typically includes long runs, tempo runs, interval training, easy recovery runs, and possibly hill workouts to enhance both endurance and speed.

What is the ideal weekly mileage for a sub 3 hour marathon training plan?

The ideal weekly mileage can vary, but runners aiming for a sub 3 hour marathon often run between 40 to 70 miles per week, depending on their experience level and specific training phase.

How should nutrition be adjusted during sub 3 hour marathon training?

During sub 3 hour marathon training, runners should focus on a balanced diet rich in carbohydrates for energy, protein for muscle recovery, and adequate hydration, while also considering race day nutrition strategies such as gel intake and electrolyte balance.

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