

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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MARATHON HANDBOOK

Sub 3 marathon training plan is a rigorous yet rewarding undertaking for any dedicated marathon runner. Achieving a sub 3-hour marathon is a significant milestone that requires meticulous planning, disciplined training, and a robust understanding of both physical and mental endurance. In this article, we will explore the various components of a successful training plan, the importance of different training phases, nutritional strategies, mental preparation, and tips for race day to help you achieve your goal of running a marathon in under three hours.

Understanding the Sub 3 Hour Marathon Goal

Achieving a marathon time of under three hours translates to maintaining a pace of approximately 6:52 minutes per mile or 4:17 minutes per kilometer. This goal not only demands exceptional physical conditioning but also mental fortitude. Runners aiming for this milestone often have a solid foundation of running experience, typically having completed a few marathons or long-distance races.

Prerequisites for a Sub 3 Marathon

Before embarking on a sub 3 training plan, consider the following prerequisites:

1. Running Experience: Ideally, you should have completed at least one marathon and have a strong base of mileage.
2. Current Fitness Level: A recent half marathon time of around 1:25 or better is often a good indicator that you can target a sub 3 marathon.
3. Commitment: This goal requires a serious commitment to training, nutrition, recovery, and mental preparation.

Components of a Sub 3 Marathon Training Plan

To successfully train for a sub 3 marathon, you need to focus on several key components:

1. Base Mileage

Establishing a strong base is crucial in the early stages of your training plan. This phase typically lasts 6-8 weeks.

- Aim for a weekly mileage of 30-50 miles.
- Include a long run each week, gradually increasing the distance to build endurance (start with 12 miles and work up to 20+ miles).
- Incorporate easy runs to recover and adapt to increased mileage.

2. Speed Work

Speed workouts help improve your pace and running economy. Incorporate the following types of workouts into your weekly routine:

- Interval Training: Short, high-intensity efforts followed by rest (e.g., 5x1,000 meters at 5K pace with equal rest).
- Tempo Runs: Sustained efforts at a pace that is challenging but manageable (e.g., 6-8 miles at 15-30 seconds slower than goal marathon pace).
- Fartleks: Unstructured speed play that involves varying your pace throughout a run.

3. Long Runs

Long runs are the cornerstone of marathon training. Aim to build your long runs to around 20-22 miles, focusing on endurance.

- Schedule one long run each week, gradually increasing the distance by about 10% each week.
- Include marathon pace segments in some long runs to simulate race day conditions (e.g., 12 miles easy followed by 8 miles at marathon pace).

4. Tapering

Tapering is the process of reducing mileage leading up to race day to allow your body to recover and perform at its best.

- Begin the taper 2-3 weeks before race day.
- Gradually decrease your weekly mileage by 20-30%.
- Maintain intensity in your workouts but reduce overall volume to keep your legs fresh.

Nutritional Strategies for Sub 3 Marathon Training

Nutrition plays a vital role in maximizing your performance. Here are essential dietary strategies to support your training:

1. Carbohydrate Loading

In the lead-up to the race, increase your carbohydrate intake to maximize glycogen stores.

- Aim for 70% of your daily caloric intake from carbohydrates.
- Focus on whole grains, fruits, and starchy vegetables.

2. Hydration

Staying hydrated is crucial for performance and recovery.

- Drink plenty of water throughout the day and during training.
- Consider electrolyte drinks during long runs and races to replenish lost salts.

3. Pre-Race Nutrition

What you eat before the race can significantly impact your performance.

- Consume a familiar, carbohydrate-rich meal the night before the race.
- On race day, have a light breakfast about 3 hours before the start. Options include oatmeal, a bagel with peanut butter, or a banana.

Mental Preparation for Race Day

Mental toughness is as critical as physical conditioning when aiming for a sub 3 marathon. Here are strategies to build your mental resilience:

1. Visualization

Practice visualization techniques to imagine yourself successfully completing the race.

- Visualize every aspect of the race, including the start, key points along the course, and the finish line.
- Picture yourself overcoming challenges and maintaining focus.

2. Positive Self-Talk

Develop a repertoire of positive affirmations to use during training and the race.

- Repeat phrases like "I am strong," "I can do this," or "I am ready" to boost confidence.
- Use these phrases during tough workouts to reinforce mental strength.

3. Race Strategy

Having a clear strategy can help you stay focused and calm on race day.

- Break the race into segments (e.g., first 10 miles, middle 10 miles, last 6.2 miles) and plan your pacing for each.
- Anticipate challenges and have a plan to address them (e.g., fatigue, weather conditions).

Race Day Tips for a Successful Sub 3 Marathon

As race day approaches, keep these tips in mind to ensure you perform at your best:

1. Arrive Early: Give yourself plenty of time to check-in, warm up, and mentally prepare.
2. Stick to Your Plan: Follow your pacing strategy and resist the urge to start too fast.
3. Fueling During the Race: Plan your nutrition strategy during the race, such as consuming gels or chews every 30-45 minutes.
4. Stay Positive: Focus on maintaining a positive mindset throughout the race. Remind yourself of

your training and preparation.

5. Enjoy the Experience: Embrace the atmosphere and enjoy the journey you've undertaken.

Conclusion

In conclusion, a sub 3 marathon training plan is both a challenging and fulfilling endeavor that requires a comprehensive approach involving physical training, nutrition, mental preparation, and race strategy. By adhering to the guidelines outlined in this article, you can maximize your performance and approach race day with confidence. Remember that every runner's journey is unique, so adapt the plan to suit your needs and capabilities. With dedication and persistence, you can achieve the remarkable goal of completing a marathon in under three hours.

Frequently Asked Questions

What is a sub 3 marathon training plan?

A sub 3 marathon training plan is a structured program designed to help runners complete a marathon in under 3 hours, focusing on specific pacing, mileage, and workouts.

How many miles should I run each week in a sub 3 marathon training plan?

Typically, runners aiming for a sub 3 marathon should run between 50 to 70 miles per week, depending on their experience level and fitness.

What types of workouts are essential in a sub 3 marathon training plan?

Essential workouts include long runs, tempo runs, interval training, and recovery runs, each targeting different aspects of endurance and speed.

How long should a sub 3 marathon training cycle be?

A typical sub 3 marathon training cycle lasts between 12 to 16 weeks, allowing adequate time for building mileage and recovery.

What is the ideal long run pace for a sub 3 marathon?

The ideal long run pace is usually around 30-60 seconds per mile slower than your goal marathon pace, ensuring you build endurance without overtraining.

How important is nutrition during sub 3 marathon training?

Nutrition is crucial as it supports recovery, energy levels, and overall performance; runners should focus on a balanced diet rich in carbohydrates, proteins, and healthy fats.

Should I incorporate strength training into my sub 3 marathon training plan?

Yes, incorporating strength training can improve running efficiency, reduce injury risk, and enhance overall performance, especially in the weeks leading up to the marathon.

What should I do if I miss a training run?

If you miss a training run, it's best not to panic; focus on getting back on track without trying to make up for it by overtraining, which could lead to injury.

How can I prevent injuries while training for a sub 3 marathon?

To prevent injuries, incorporate rest days, listen to your body, gradually increase mileage, and include cross-training and strength workouts to balance your training.

What is the best way to taper before a sub 3 marathon?

The best tapering method involves gradually reducing your mileage over the last 2-3 weeks before the marathon while maintaining intensity to keep your legs fresh.

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