

Coyne on the Run - Ultimate Marathon Schedule: Sub-3:45

A 3:45 marathon is approximately 8:30 per mile. To break 3:45, you should eventually be capable of a sub-1:45 half-marathon (8:00 per mile) and sub-46:00 10K (7:30 per mile). Right now, you should be running at least 25 miles per week, and be able to run for 1:15 non-stop.

For The Month Ahead...

Your Goal A sub-47:00 10K or sub-37:00 5-mile race (Week 4).

Your Theme - To *build your base*.

Week One (1 January 2007)

Mon 4M (miles) (approx. 38 mins) slow

Tue Rest

Wed 5M (approx. 48 mins) slow

Thu 3M (approx. 26 mins) steady

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 8M (approx. 75 mins) slow

Week Two (8 January 2007)

Mon Rest

Tue 1M jog, then 3 x 1.5M (or 12 mins) fast, with 800m (5-min) jog recoveries, then 1M jog

Wed 6M (approx. 58 mins) slow

Thu 1M jog, then 2M (approx. 16 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 9M (approx. 86 mins) slow

Week Three (15 January 2007)

Mon Rest

Tue 1M jog, then 4 x 1M (or 7 mins) fast, with 400m (3-min) jog recoveries, then 1M jog

Wed 7M (approx. 70 mins) easy

Thu 4M (approx. 34 mins) steady

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 10M (approx. 95 mins) slow

Week Four (22 January 2007)

Mon Rest

Tue 1M jog, then 5 x 800m (or 4 mins) fast, with 2-min (200m) jog recoveries, then 1M jog

Wed 8M (approx. 80 mins) easy

Thu 1M jog, then 3M (approx. 25 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 1M jog, then race 10K or 5M, then 1M jog. Aim for a sub-47:00 10K or sub-37:00 5-miler

For The Month Ahead...

Your Goal - To complete a run of around 2 hours 25 mins (Week 7).

Your Theme - *To add volume and speed.*

Week Five (29 January 2007)

Mon Rest

Tue 1M jog, then 4M (or 35 mins) **fartlek**, then 1M jog

Wed 6M (approx. 57 mins) slow

Thu 5M (approx. 43 mins) steady

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 12M (approx. 1hr 55) slow

Week Six (5 February 2007)

Mon Rest

Tue 1M jog, then 9 x 400m (or 2 mins) fast with 200m (or 90-sec) jog recoveries, then 1M jog

Wed 7M (approx. 67 mins) slow

Thu 1M jog, then 4M (approx. 33 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 14M (approx. 2hrs 15) slow

Week Seven (12 February 2007)

Mon Rest

Tue 1M jog, then 10 x 2 mins up hill with slow jog/walk down, then 1M jog

Wed 8M (approx. 75 mins) slow

Thu 7M (approx. 60 mins) steady

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 16M (approx. 2hrs 30) slow

Week Eight (19 February 2007)

Mon Rest

Tue 1M jog, then 1 min (or 200m) fast, 2 mins (or 400m) fast, 4 mins (or 800m) fast, 2 mins (or 400m) fast 1 min (or 200m) fast, all with 1-min (or 100m) jog recoveries, then extra 2-min (or 200m) jog. Repeat sequence once, then 1M jog

Wed 9M (approx. 86 mins) slow

Thu 1M jog, then 3M (approx. 24 mins) brisk, then 1M jog

Fri Rest

Sat 3M (approx. 30 mins) easy

Sun Race (5M to half-marathon)

For The Month Ahead...

Your Goal - A sub-1:45 half-marathon (Week 10).

Your Theme – *To reach your highest mileage.*

Note that the 'approximate' targets for training sessions are exactly that, especially on longer runs. By now, your training and racing should be giving you a clearer idea of your marathon (steady) and half-marathon (brisk) paces. Also, the times in the Tuesday speed

sessions are alternatives to the distances, rather than targets. You should be running them as fast yet evenly as you can; roughly between 5K and 10K pace.

Week Nine (26 February 2007)

Mon Rest

Tue 1M jog, then 14 x 200m (or 1 min) fast, with 100m (or 1-min) jog recoveries, then 1M jog

Wed 8M (approx. 75 mins) slow

Thu 9M (approx. 77 mins) steady

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 18M (approx. 2hrs 35) steady

Week Ten (5 March 2007)

Mon Rest

Tue 1M jog, then 3 x 1.5M (or 10 mins) fast, with 400m (or 3-min) jog recoveries, then 1M jog

Wed 9M (approx. 85 mins) slow

Thu 1M jog, then 3M (approx. 24 mins) brisk, then 1M jog

Fri Rest

Sat 3M (approx. 30 mins) easy

Sun Half-marathon Aim for sub-1:45

Week Eleven (12 March 2007)

Mon Rest

Tue 1M jog, then 6M (or 50 mins) fartlek, then 1M jog

Wed 6M (approx. 58 mins) slow

Thu 11M (approx. 95 mins) steady

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 20M (approx. 3hrs 10) slow

Week Twelve (19 March 2007)

Mon Rest

Tue 1M jog, then 3 x 1.5M (or 10mins) fast, with 400m (or 3-min) jog recoveries, then 1M jog

Wed 9M (approx. 85 mins) slow

Thu 1M jog, then 3M (approx. 24 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 20M (approx. 3hrs 10) slow

For The Month Ahead...

Your Goal - A serious taper and a rewarding marathon.

Week Thirteen (26 March 2007)

Mon Rest

Tue 1M jog, then 5 x 1M (or 8 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog

Wed 7M (approx. 65 mins) slow

Thu 1M jog, then 4M (approx. 32 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 22M (approx. 3hrs 30) slow

Week Fourteen (2 April 2007)

Mon Rest

Tue 1M jog, then 6 x 800m (or 4 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog

Wed 6M (approx. 58 mins) slow

Thu 10M (approx. 85 mins) steady

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 18M (approx. 3 hrs) easy

Week Fifteen (9 April 2007)

Mon Rest

Tue 1M jog, then 12 x 2 mins up hill, with slow jog/walk down, then 1M jog

Wed 5M (approx. 48 mins) slow

Thu 1M jog, then 3M (approx. 24 mins) brisk, then 1M jog

Fri Rest

Sat 4M (approx. 40 mins) easy

Sun 12M (approx. 1hr 45) steady

Week Sixteen (16 April 2007)

Mon Rest

Tue 1M jog, then 8 x 400m (or 2 mins) fast, with 200m (or 2-min) jog recoveries, then 1M jog

Wed 4M (approx. 40 mins) slow

Thu Rest

Fri Rest

Sat 2M (or 20 mins) easy, in racing kit

Sun The race