

Sub 3:10 Marathon Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Week 1	4E, 8 MP, 1 T, 1E	3	3+ Strides	8E, 2x (2T w/ 2 min rest) + 1T + 2E	3	4+ Strides	Off	42
Week 2	2E + 3T + (40min E) + 2T+ 1E	3	3+ Strides	6E + 5x(3min l w/2min jog recovery) +6x (1min R w/ 2min jog) + 2E	4	4+ Strides	Off	41
Week 3	15E	4	4+ Strides	6E + 2T + 2min E+ 2T + 2min E + 1T + 2E	4	4+ Strides	Off	46
Week 4	2E + 8M + 1E + 2M + 2E	4	4+ Strides	40min E+3x(2T w/2min rest) +2E	4	5+ Strides	Off	45
Week 5	1E+2x (2T w/2min rest) + 60 min E + 1T + 1E	4	4+ Strides	6E + 5x(4min l w/3min jog recovery) + 2E	4	5+ Strides	Off	45
Week 6	16E	4	4+ Strides	40min E + 3x(2T w/2min rest) + 2E	4	5+ Strides	Off	46
Week 7	2E + 6M + 1E + 6M + 1E	5	5+ Strides	6E + 3T + 3min E + 2T + 2min E + 1T + 2E	5	5+ Strides	Off	50
Week 8	10E + 2x(2T w/2min rest) + 2E	4	4+ Strides	8E + 5x(3min l w/2min jog) + 6x(1min R w/2min jog) + 2E	4	4+ Strides	Off	46
Week 9	16E	5	4+ Strides	2E + 12M + 2E	5	4+ Strides	Off	50
Week 10	2E + 6M + 1E + 4M + 1T + 1E	5	4+ Strides	5E + 3x(2T w/2min rest) + 1T + 2E	5	6+ Strides	Off	49
Week 11	60min E+8M+1E	4	4+ Strides	8E + 4x(4min l w/ 3 min recovery jog) + 3E	5	6+ Strides	Off	50
Week 12	18E	4	4+ Strides	2E + 8M + 3x(1T w/1min recovery jog) + 2E	4	4+ Strides	Off	49
Week 13	2E + 14M + 1E	4	5+ Strides	60min E + 3x(2T w/2min rest) + 1T + 1E	4	5+ Strides	Off	50
Week 14	2E + 3T + 60 min E + 2T+ 2E	4	5+ Strides	8E + 5x(3min l w/2min E) + 4x(1min R w/2min jog) + 3E	4	5+ Strides	Off	50
Week 15	22E	4	4+ Strides	6E + 5x(3min l w/2min E) + 4E	4	4+ Strides	Off	51
Week 16	1E + 8M + 1E + 6M + 1E	4	4+ Strides	4E + 2x(2T w/2min rest) + 3x(1T w/1min rest) + 2E	4	4+ Strides		46
Week 17	1E + 3x(2T w/2min rest) + 60min E	4	4+ Strides	4E + 1T + 2M + 1E + 1T + 2M + 2E	4	5+ Strides	Off	45
Week 18	10E	8	2E + 3x(1T w/2min rest) + 2E	6	5	Off	3	39
Race Day	Boston Marathon	walk 1	walk 2	walk 3	3		4	33