

## 20 Week Sub 4 Hr Waterford Viking Marathon 2019 Training Plan!

	WEEK	Monday	Tuesday (Always include 10mins Warm Up and Cool Down)	Wednesday	Thursday (10mins Warm Up and Cool Down)	Friday	Saturday (Long Run)	Sunday	Total Mileage
Feb-04	1	4 mile easy run	10x30s fast/60s slow (These are at 1mile race pace, approx. 90-120s faster than your long Run Pace)	Off	4 mile easy run	Off	6Mi	Off	19
Feb-11	2	4 mile easy run	10x45s fast/60s slow (1mile pace)	Off	2 miles steady (not racing, just a slight pickup on your warmup, between 10 and 30s per mile faster than your Long Run Pace)	Off	7Mi	Off	20
Feb-18	3	4 mile easy run	10x45s fast/60s slow (1mile pace)	Off	2 miles steady (not racing, just a slight pickup on your warmup, between 10 and 30s per mile faster than your Long Run Pace)	Off	8Mi	Off	21
Feb-25	4	4 mile easy run	10x60s fast/60s slow (1mile pace)	Off	2 miles steady (not racing, just a slight pickup on your warmup, between 10 and 30s per mile faster than your Long Run Pace)	Off	9Mi	Off	22
Mar-04	5	5 mile easy run	10x60s fast/60s slow (1mile pace)	Off	3 miles steady (not racing, just a slight pickup on your warmup, between 10 and 30s per mile faster than your Long Run Pace)	Off	10Mi	Off	25
Mar-11	6	5 mile easy run	10x (2mins fast/90s slow, 1 mile pace)	Off	5 mile easy run	Off	8Mi	Off	23

Mar-18	<b>7</b>	5 mile easy run	10x (2mins fast/90s slow, 1 mile pace)	Off	15mins tempo (nifty enough, 10k pace, controlled but holding on ok till the end, between 30 and 60s per mile faster than your long run pace)	Off	11Mi	Off	26
Mar-25	<b>8</b>	5 mile easy run	8 x (3mins fast/2mins slow, 1 mile pace)	Off	20mins tempo (pace as above)	Off	12Mi	Off	27
Apr-01	<b>9</b>	6 mile easy run	8 x (3mins fast/2mins slow, 1 mile pace)	Off	20mins tempo (pace as above)	Off	14Mi	Off	31
Apr-08	<b>10</b>	6 mile easy run	8 x (3mins fast/2mins slow, 1 mile pace)	Off	25mins tempo (pace as above)	Off	16Mi	Off	33
Apr-15	<b>11</b>	6 mile easy run	6 x 90s hill (Try the Folly or by the Ursuline if you live in Waterford city! 90s is a long hill! Jog back down to recover)	Off	25mins tempo (pace as above)	Off	12mi	Off	29
Apr-22	<b>12</b>	6 mile easy run	6 x 90s hill (Try the Folly or by the Ursuline if you live in Waterford city! 90s is a long hill! Jog back down to recover)	Off	30mins tempo (pace as above)	Off	18Mi	Off	35
Apr-29	<b>13</b>	6 mile easy run	4 miles tartiek (THIS IS FUN speedwork, just pick it up for 150-400m as you run, recover as long as needed and go again! Run with a buddy, you decide the first pickup	Off	6 mile easy run	Off	18Mi	Off	35

May-06	14	6 mile easy run	4 miles fartlek (this is FUN speedwork, just pick it up for 150-400m as you run, recover as long as needed and go again! Run with a buddy, you decide the first pickup, they decide the next etc)	Off	30mins tempo (pace as above)	Off	14mi Or Stoneyford 10k with 2 mile warm up and down. Skip tempo Thurs if racing Sunday	Off	31
May-13	15	6 mile easy run	No speed work this week! Enjoy! 6 miles easy	Off	6 mile easy run	Off	20Mi	Off	37
May-20	16	6 mile easy run	3x1mile with 3mins recovery (these should be about 5k pace, or 60 to 90s faster than your long run pace	Off	35mins tempo (pace as above)	Off	18Mi	Off	35
May-27	17	5 mile easy run	3x1mile with 3mins recovery (these should be about 5k pace, or 60 to 90s faster than your long run pace	Off	5 mile easy run	Off	21Mi	Off	36
Jun-03	18	4 mile easy run	8x60s fast and another 8x30 pickups	Off	20mins tempo (pace as above)	Off	12Mi	Off	25
Jun-10	19	3 mile easy run	3 mile run	Off	3 mile easy run	Off	8mi	Off	17
Jun-17	20	3 mile easy run	2 mile run	Off	3 mile easy run	Off	<b>Marathon</b>	Off	8 + MARATHON