

## The Sub 3.30-hours Programme!

For followers of this and the sub-4 programme, the problem is to maintain equilibrium. You are probably doing more training than ever before, and after a long run or a repetition, you feel tired. There should be enough variety and enough rest in the programme to counter this, but everyone reacts differently. What do you do when you really feel unable to handle the day's training? Put the gear on and jog a mile. When you've done that, you may feel like doing more. If you don't, call it a rest day. But if it develops into a whole week of feeling tired, you are obviously over doing it. You should either reduce training and lower your sights or give yourself more time to adjust and move your race date back a few weeks.

### Week 1 Monday Jan 26<sup>th</sup>

<b>Monday</b>	5 miles easy
<b>Tuesday</b>	1 mile jog, then 8x2min fast/2mins slow, 1 mile jog
<b>Wednesday</b>	Rest
<b>Thursday</b>	5 miles steady
<b>Friday</b>	5-7 miles off road if possible
<b>Saturday</b>	Rest
<b>Sunday</b>	6-8 miles steady

### Week 2 Monday Feb 2

<b>Monday</b>	5 miles easy
<b>Tuesday</b>	1 mile jog, then 8x2min fast/2mins slow, 1 mile jog
<b>Wednesday</b>	Rest
<b>Thursday</b>	6miles, starting slowly, finishing strongly
<b>Friday</b>	5-7 miles off road if possible
<b>Saturday</b>	Rest
<b>Sunday</b>	7-9 miles slow, or Enniscorthy 10k <a href="http://www.slaneyolympic.com">www.slaneyolympic.com</a>

### Week 3 Monday Feb 9

<b>Monday</b>	5 miles easy
<b>Tuesday</b>	1 mile jog, then 3 miles tempo, 1 mile easy
<b>Wednesday</b>	Rest
<b>Thursday</b>	1 mile warm up, then 4x3mins fast /2mins slow
<b>Friday</b>	Rest
<b>Saturday</b>	5-7 miles off road if possible
<b>Sunday</b>	8-10 miles slow

### Week 4 Monday Feb 16<sup>th</sup>

<b>Monday</b>	4 miles easy
<b>Tuesday</b>	10 mins easy, then 10x (90s fast/90s slow), 10 mins easy to finish.
<b>Wednesday</b>	Rest
<b>Thursday</b>	5 miles easy
<b>Friday</b>	1 mile easy, 3 miles steady, 1 mile jog

**Saturday** Rest  
**Sunday** 8-10 miles slow

#### Week 5 Monday Feb 23<sup>th</sup>

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (90s fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 10-12 miles slow

#### Week 6 Monday March 2

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 10-12 miles slow

#### Week 7 Monday March 9<sup>th</sup>

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 15mins fast 10k pace, 2 miles easy  
**Saturday** Warm up, 3x1mile with 3mins rest  
**Sunday** 12-14 miles slow

#### Week 8 Monday March 16<sup>th</sup>

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 12-14 miles slow or try the Wicklow Half or 10km, [www.wicklowhalfmarathonand10km.com](http://www.wicklowhalfmarathonand10km.com))

#### Week 9 Monday March 23<sup>rd</sup>

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest

**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 14-16 miles slow

#### Week 10 Monday March 30th

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 14-16 miles slow

#### Week 11 Monday April 6<sup>th</sup>

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 16-18 miles slow

#### Week 12 Monday April 13<sup>th</sup>

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 13miles easy or try the Wexford half and 10km, [www.wexfordhalfmarathon.com](http://www.wexfordhalfmarathon.com)

#### Week 13 Monday April 20th

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 16-18 miles slow

#### Week 14 Monday April 27<sup>th</sup>

**Monday** 5 miles easy

**Tuesday** 10 mins easy then 10x (2mins fast/90s slow),10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 18-20 miles slow

**Week 15 Monday May 4<sup>th</sup>**

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow),10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 18-20 miles slow

**Week 16 Monday May 11<sup>th</sup>**

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow),10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 20-22 miles slow

**Week 17 Monday May 18<sup>th</sup>**

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow),10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 20-22 miles slow

**Week 18 Monday May 25<sup>th</sup>**

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow),10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 20 miles slow

**Week 19 Monday June 1<sup>st</sup>**

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow), 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 4 miles steady, 1 mile jog  
**Saturday** Rest  
**Sunday** 18 miles slow

**Week 20 Monday June 8<sup>th</sup>**

**Monday** 6 miles steady  
**Tuesday** Warm up, 6 x 2 mins fast/2mins slow , warm down  
**Wednesday** Rest  
**Thursday** 6 miles steady, faster if not racing tomorrow night.  
**Friday** Warm up, 3 miles steady, warm down (You could CHANCE doing the Dungarvan 5miler, see [www.westwaterfordathletics.org](http://www.westwaterfordathletics.org))  
**Saturday** Rest  
**Sunday** 13 miles slow

**Week 21 Monday June 15<sup>h</sup>**

**Monday** 6 miles easy  
**Tuesday** Warm up, 8 x 1 min fast/2mins slow , warm down  
**Wednesday** Rest  
**Thursday** 5 miles steady  
**Friday** Warm up, 3 miles steady, warm down (You could CHANCE doing the Dungarvan 5miler, see [www.westwaterfordathletics.org](http://www.westwaterfordathletics.org))  
**Saturday** Rest  
**Sunday** 8-10 miles easy. Rehearse your pre-race preparation!

**Week 22 Monday June 22<sup>th</sup>**

**Monday** 30mins easy at race pace, with some strides.  
**Tuesday** Rest  
**Wednesday** Warm up, 2 miles at race pace  
**Thursday** Rest  
**Friday** 20 mins jog very easy, get the legs ready for tomorrow!  
**Saturday** Race day!!