

**Our Sub 4-hours Programme (with tips to help aim for a sub 3.30 and breaks to aim for a sub 4.30!!).  
22weeks starting Monday 28<sup>th</sup>January.**

For followers of this 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.

**This plan gives you an 'Easy' week every 5thweek**, where no speedwork is done. Use this week to relax, think about how far you've come and to gear up again for another 4 week burst!

**The plan has 2 rest days each week**. Take another day if you need it for whatever reason, but do try to keep the mileage around the levels specified for the week. Adding an extra mile on a couple of other runs should do the trick.

This programme is **easily adaptable** to create a **sub 3.30** plan for yourself. Add a longer steady run during the week, dropping rest days back to just 1. Do longer or more repetitions, and longer tempo runs. For example, instead of 3x1mile, do 3x2miles one week. Do at least 5mile tempo runs at about 10mile race pace. Your extra steady run midweek could go as long as 10-12 miles. You need the endurance so you're total mileage will be close to 50 on the weeks you do your longest runs.

This programme is **equally adaptable** to create a **sub 4.30** plan for yourself. The opposite to the sub 3.30 tips apply, but you still need to be aiming for close to 40 miles a week on the peak mileage weeks. All your runs are just a bit slower than someone aiming for sub 4.00, after that it's much the same! You could probably afford an extra rest day every second week. ENJOY!

**USE the plan and move days around to suit your life or preferences.**

This plan is based on a Sunday long run and a recovery run on Monday (always nice to chalk down a couple of miles early in the week to get the motivation going). You might prefer to run long on Saturday. You might prefer to do your speedwork with a group that trains on a Monday or Wednesday.

**Week 1 Monday Jan 26<sup>th</sup> (Total mileage 21-23)**

|                  |   |
|------------------|---|
| <b>Monday</b>    | 4 miles easy  |
| <b>Tuesday</b>   | 10 mins easy, then 10x30s fast/60s slow (These are at 1mile race pace, approx. 90-120s faster than your long run pace) , 10mins warm down jog.        |
| <b>Wednesday</b> | Rest  |
| <b>Thursday</b>  | 4 miles easy  |
| <b>Friday</b>    | 1 mile easy, 2 miles steady (not racing, just a slight pickup on your warmup, between 10 and 30s per mile faster than your long run pace), 1 mile jog |
| <b>Saturday</b>  | Rest  |

**Sunday** 6-8 miles slow

**Week 2 Monday Feb 2nd (Total mileage 22-24)**

**Monday** 4 miles easy

**Tuesday** 10 mins easy, then 10x45s fast/60s slow (1mile pace), 10mins warm down jog.

**Wednesday** Rest

**Thursday** 4 miles easy

**Friday** 1 mile easy, 2 miles steady (pace a little faster than previous week), 1 mile jog

**Saturday** Rest (Or swap your long run to today, do the **Anne Valley 5 miles** with a 1 mile warm up and down!)

**Sunday** 7-9 miles slow, or **Enniscorthy 10k** [www.slaneyolympic.com](http://www.slaneyolympic.com)

**Week 3 Monday Feb 9<sup>th</sup> (Total mileage 23-24)**

**Monday** 4 miles easy

**Tuesday** 10 mins easy, then 10x30s uphill, jog down to recover after each, 10mins warm down jog.

**Wednesday** Rest

**Thursday** 4 miles easy

**Friday** 1 mile easy, 2 miles steady (pace a little faster than previous week again), 1 mile jog

**Saturday** Rest (Or swap your long run to today, do the **Mount Juliet 10k** with a 1 mile warm up and down!)

**Sunday** 8-10 miles slow (Or do the **Kilmacthomas 5 miles** with a 2 mile warm up and down!)

**Week 4 Monday Feb 16<sup>th</sup> (Total mileage 24-26)**

**Monday** 4 miles easy

**Tuesday** 10 mins easy, then 10x (90s fast/90s slow, 1mile pace), 10 mins easy to finish.

**Wednesday** Rest

**Thursday** 4 miles easy

**Friday** 1 mile easy, 3 miles steady (pace as per week 1), 1 mile jog

**Saturday** Rest

**Sunday** 8-10 miles slow (Or do the **Dungarvan 10k** with a mile warm up and down!)

**Week 5 Monday Feb 23<sup>rd</sup> (Total mileage 26-28, no speedwork this week...enjoy!)**

**Monday** 4 miles easy

**Tuesday** 4 miles steady

**Wednesday** Rest

**Thursday** 4 miles easy

**Friday** 4 miles steady

**Saturday** Rest

**Sunday** 10-12 miles slow

**Week 6 Monday March 2nd (Total mileage 28-30)**

**Monday** 5 miles easy

**Tuesday** 10 mins easy then 10x (90s fast/90s slow, 1 mile pace), 10 mins easy to finish.

**Wednesday** Rest

**Thursday** 5 miles easy

**Friday** 1 mile easy, 3 miles steady (pace as above!), 1 mile jog  
**Saturday** Rest  
**Sunday** 10-12 miles slow

**Week 7 Monday March 9<sup>th</sup> (Total mileage 29-31)**

**Monday** 4 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow, 1 mile pace)10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 5 miles easy  
**Friday** 1 mile easy, 3 miles steady (pace slightly faster than previous week), 1 mile jog  
**Saturday** Rest  
**Sunday** 12-14 miles slow

**Week 8 Monday March 18<sup>th</sup> (Total mileage 30-32)**

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 10x (2mins fast/90s slow, 1 mile pace),10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 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), 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 25<sup>th</sup> (Total mileage 32-34)**

**Monday** 4 miles easy  
**Tuesday** 10 mins easy then 8 x (3mins fast/2mins slow, 1 mile pace),10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 15mins tempo (pace as above), 1 mile jog  
**Saturday** Rest  
**Sunday** 14-16 miles slow (Or do the **Slieve Bloom Half Marathon** with a mile warm up and down!)

**Week 10 Monday March 30<sup>th</sup> (Total mileage 30-32, no speedwork this week...enjoy!)**

**Monday** 4 miles easy (or do the **Inistiogue 10k** for variety!)  
**Tuesday** 4 miles steady  
**Wednesday** Rest  
**Thursday** 4 miles easy  
**Friday** 4 miles steady (Or do the **WIT 5k**)  
**Saturday** Rest  
**Sunday** 14-16 miles slow (Feel brave? Try the **Connemara Half Marathon!**)

**Week 11 Monday April 6<sup>th</sup> (Total mileage 34-36)**

**Monday** 4 miles easy  
**Tuesday** 10 mins easy then 8 x (3mins fast/2mins slow, 1 mile pace),10 mins easy to finish.

**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 20mins tempo (pace as above), 1 mile jog(Or push yourself up the Marine Hill in Dungarvan for the 6 mile **Marine Climb**)  
**Saturday** Rest  
**Sunday** 16-18 miles slow (Or give the **Kinsale 10** miles a go with a good warm up and down)

**Week 12 Monday April 13<sup>th</sup> (Total mileage 33-35)**

**Monday** 4 miles easy  
**Tuesday** 10 mins easy then 6 x 90s hill (Try the Folly or by the Ursuline if you live in Waterford city! 90s is a long hill!) job back down to recover, 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 8 miles easy (4 miles easy if you're racing tomorrow night)  
**Friday** 1 mile easy, 25mins tempo (pace as above), 1 mile jog (Or do the **Butlerstown 10k** to see where you're at!)  
**Saturday** Rest  
**Sunday** 13miles easy (Or perfect timing, try the **Wexford Half or 10km**, [www.wexfordhalfmarathon.com](http://www.wexfordhalfmarathon.com))

**Week 13 Monday April 20<sup>th</sup> (Total mileage 35-37)**

**Monday** 5 miles easy  
**Tuesday** 10 mins easy then 6 x 90s hill (Try the Folly or by the Ursuline if you live in Waterford city! 90s is a long hill!) job back down to recover, 10 mins easy to finish.  
**Wednesday** Rest  
**Thursday** 5 miles easy  
**Friday** 1 mile easy, 3x1mile with 3mins recovery (these should be about 5k pace, or 60 to 90s faster than your long run pace), 1 mile jog  
**Saturday** Rest  
**Sunday** 16-18 miles slow

**Week 14 Monday April 27<sup>th</sup> (Total mileage 38-40)**

**Monday** 4 miles easy  
**Tuesday** 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)  
**Wednesday** Rest  
**Thursday** 7 miles easy  
**Friday** 1 mile easy, 6x800m with 3mins recovery (these should be just under 5k pace, or 90 to 100s faster than your long run pace), 1 mile jog  
**Saturday** Rest (Or do the **Waterford to Tramore 7.5mile** race...but really cut back the long run mileage tomorrow if you do)  
**Sunday** 18-20 miles slow (Or do a **Half Marathon in Limerick** with a decent warm up and down)

**Week 15 Monday May 6<sup>th</sup> (Total mileage 36-38, no speedwork this week...enjoy!)**

**Monday** 4 miles easy  
**Tuesday** 3 miles steady  
**Wednesday** Rest  
**Thursday** 8 miles easy  
**Friday** 3 miles steady  
**Saturday** Rest

**Sunday** 18-20 miles slow (Or do a **Half Marathon in Kildare!**)

**Week 16 Monday May 13<sup>th</sup> (Total mileage 37-39)**

**Monday** 4 miles easy  
**Tuesday** 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.  
**Wednesday** Rest  
**Thursday** 6 miles easy  
**Friday** 1 mile easy, 3x1mile with 3mins recovery (these should be about 5k pace, or 60 to 90s faster than your long run pace), 1 mile jog  
**Saturday** Rest  
**Sunday** 20-22 miles slow (Or take a break if you'd like to try the **Stoneyford 10k**)

**Week 17 Monday May 20<sup>th</sup> (Total mileage 39-41)**

**Monday** 3 miles easy  
**Tuesday** 4 miles to include 8x60s fast and another 8x30 pickups  
**Wednesday** Rest  
**Thursday** 7 miles easy  
**Friday** 1 mile easy, 6x800m with 3mins recovery (these should be just under 5k pace, or 90 to 100s faster than your long run pace), 1 mile jog (**Ras na Rinne 6** on tonight if you're feeling brave!)  
**Saturday** Rest  
**Sunday** 20-22 miles slow (Or try the **Strawberry Half Marathon** in Wexford with long warm up and down)

**Week 18 Monday May 25<sup>th</sup> (Total mileage 41)**

**Monday** 3 miles easy  
**Tuesday** 4 miles to include 8x60s fast and another 8x30 pickups  
**Wednesday** Rest  
**Thursday** 8 miles easy  
**Friday** 1 mile easy, 4 miles tempo (half marathon pace...about 10-30s per mile faster than your long run), 1 mile jog  
**Saturday** Rest  
**Sunday** 20 miles slow

**Week 19 Monday June 1<sup>st</sup> (Total mileage 39-41)**

**Monday** 4 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, 5 miles tempo (half marathon pace...about 10-30s per mile faster than your long run), 1 mile jog  
**Saturday** Rest  
**Sunday** 18 miles slow

**Week 20 Monday June 8<sup>th</sup> Start tapering! (Total mileage approx. 33)**

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

**Wednesday** Rest  
**Thursday** 6 miles steady, faster if not racing tomorrow night.  
**Friday** 1 mile easy, 3 miles steady, 1 mile easy (Else Clashmore 5miles, [www.westwaterfordathletics.org](http://www.westwaterfordathletics.org))  
**Saturday** Rest  
**Sunday** 13 miles steady

**Week 21 Monday June 15<sup>th</sup> (Total mileage 20-22)**

**Monday** Rest  
**Tuesday** 10 mins warm up, 8 x 1 min fast/2mins slow ,10 mins warm down  
**Wednesday** Rest  
**Thursday** 5 miles steady  
**Friday** Warm up, 2 miles steady, warm down  
(You could CHANCE doing the Dromana 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>nd</sup> RACE WEEK!!**

**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!!