

TEAM VITALITY

Bruce Fordyce's sub-4 hour marathon training programme

A note from Bruce:

"We now know that it is only possible to train specifically and hard for a marathon or ultra-marathon for about 8-10 weeks so my programmes are for that specific period. I am assuming that all serious runners have been training for a while beforehand and that they have a base and a running foundation on which to build. I have also allowed a few days to taper and build up strength before race day."

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	rest	5km	8km	6km hilly run	8km	5km easy	15km
WEEK 2	rest	8km	10km	8km hilly run	10km	5km parkrun	15km
WEEK 3	rest	8km	12km	8km hilly run	10km	5km easy	18km
WEEK 4	rest	8km	12km	10km hilly run	12km	5km parkrun	20km
WEEK 5	rest	8km	15km	10km hilly run	12km	5km easy	30km

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 6	rest	10km	15km	10km hilly run	12km	5km easy	20km
WEEK 7	rest	10km	15km	10km hilly run	12km	5km easy	30km
WEEK 8	rest	10km	15km	10km hilly run	10km	5km easy	25km
WEEK 9	rest	8km	10km	8km hilly run	8km	5km easy	15km
WEEK 10	rest	10km light jog	8km light jog	5km hilly run	rest	rest	race

This is a sub-4 hour training programme for those who have the ability. I have included a weekly rest day though that is not always required. I only take rest days when I feel I need one and not because the programme says I have to have one. Saturday parkruns should be run as races (hard). A PB at parkrun on the final Saturday is a good indication that everything is coming together nicely. The Sunday long run should be run at a slow pace.

