# BOSTON MARATHON TRAINING PLAN – LEVEL FOUR

## WEEK 1
### 3-WEEK PREP PHASE
- **MONDAY**: 4-6 mile Easy Run
- **TUESDAY**: 5-7 mile Easy Run
- **WEDNESDAY**: 7 mile Aerobic Run
- **THURSDAY**: Off Day
- **FRIDAY**: 4-6 mile Easy Run
- **SATURDAY**: 5-6 mile Easy Run
- **SUNDAY**: 11-13 mile Easy Long Run

## WEEK 2
### 3-WEEK PREP PHASE
- **MONDAY**: Off Day
- **TUESDAY**: 6-7 mile Aerobic Run
- **WEDNESDAY**: 4-6 mile Easy Run
- **THURSDAY**: 7 mile Aerobic Run
- **FRIDAY**: 4-6 mile Easy Run
- **SATURDAY**: 5 mile Aerobic Run
- **SUNDAY**: 12-13 mile Aerobic Long Run

## WEEK 3
### 3-WEEK PREP PHASE
- **MONDAY**: Off Day
- **TUESDAY**: 2 mile Warm Up
  - 6 x (300m uphill at 10k Pace, 30 seconds rest, 300m downhill at MP)
  - 90 seconds rest between sets
  - 2 mile Warm Down
- **WEDNESDAY**: 4-6 mile Easy Run
- **THURSDAY**: 4-6 mile Easy Run
- **FRIDAY**: 2 mile Warm Up
  - 2 x 2 miles at HMP with 3 minutes easy jog in between
  - 2 mile Warm Down
- **SATURDAY**: 4-6 mile Easy Run
- **SUNDAY**: 60 minutes easy
  - 10 x (1 minute at 5k Pace/ 1 minute at MP)
  - 20 minutes easy

## WEEK 4
### 6-WEEK HALF MARATHON PHASE
- **MONDAY**: Off Day
- **TUESDAY**: 2 mile Warm Up
  - 5 x 1k at 10k pace with 2 minutes rest
  - 5 x 200 at 5k Pace with 30 seconds rest
  - 2 mile Warm Down
- **WEDNESDAY**: 4-6 mile Easy Run
- **THURSDAY**: 6-7 mile Aerobic Run
- **FRIDAY**: 4-6 mile Easy Run
<table>
<thead>
<tr>
<th></th>
<th>1.5 mile Warm Up</th>
<th>4 x 3 miles at MP with 2-3 minutes rest</th>
<th>1.5 mile Warm Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>SATURDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td>7-10 mile Easy Run</td>
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</tbody>
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**WEEK 5 6-WEEK HALF MARATHON PHASE**

<table>
<thead>
<tr>
<th></th>
<th>Off Day</th>
<th>2 mile Warm Up</th>
<th>8 x (300m uphill at 10k Pace, 30 seconds rest, 300m downhill at MP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td>90 seconds rest between sets</td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td>2 mile Warm Down</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>4-6 mile Easy Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>4-6 mile Easy Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td>2 mile Warm Up</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>4-6 mile Easy Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td>14-16 mile Aerobic Long Run</td>
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**WEEK 6 6-WEEK HALF MARATHON PHASE**

<table>
<thead>
<tr>
<th></th>
<th>Off Day</th>
<th>2 mile Warm Up</th>
<th>6 x 1k at 10k pace with 2 minutes rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td>2 mile Warm Down</td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>4-6 mile Easy Run</td>
<td></td>
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<tr>
<td>THURSDAY</td>
<td>4-6 mile Easy Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td>2 mile Warm Up</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>4-6 mile Easy Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td>6-8 miles at MP</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>2 miles easy</td>
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</tbody>
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**WEEK 7 6-WEEK HALF MARATHON PHASE**

<table>
<thead>
<tr>
<th></th>
<th>Off Day</th>
<th>2 mile Warm Up</th>
<th>6 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td>90 seconds rest between sets</td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td>2 mile Warm Down</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>4-6 mile Easy Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>5-7 mile Aerobic Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td>2 mile Warm Up</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>3 x 4 miles at MP with 2-3 minutes rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td>9-11 mile Easy Run</td>
</tr>
</tbody>
</table>

**WEEK 8 6-WEEK HALF MARATHON PHASE**
MONDAY  
Off Day
2 mile Warm Up
TUESDAY  
4 x 1200 at 10k Pace with 2 minutes rest
4 x 400 at 5k Pace with 1 minute rest
2 mile Warm Down
WEDNESDAY  
4-6 mile Easy Run
THURSDAY  
4-6 mile Easy Run
2 mile Warm Up
FRIDAY  
4 miles at HMP, 3 minutes jog, 1 mile at HM-10k Pace
2 mile Warm Down
SATURDAY  
4-6 mile Easy Run
60 minutes easy
SUNDAY  
8 x (2 minutes at 10k Pace/ 2 minutes at MP)
20 minutes easy

**WEEK 9  6-WEEK HALF MARATHON PHASE**

MONDAY  
Off Day
2 mile Warm Up
TUESDAY  
8 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)
90 seconds rest between sets
2 mile Warm Down
WEDNESDAY  
4-6 mile Easy Run
THURSDAY  
4-6 mile Easy Run
FRIDAY  
3 x 2 miles at HM with 3 minutes jog
2 mile Warm Down
SATURDAY  
4-6 mile Easy Run
SUNDAY  
15-17 mile Aerobic Long Run

**WEEK 10  9-WEEK MARATHON SPECIFIC PHASE**

MONDAY  
Off Day
2 mile Warm Up
TUESDAY  
6 x 1200 at 10k pace with 2:30 rest
2 mile Warm Down
WEDNESDAY  
4-6 mile Easy Run
THURSDAY  
5-7 mile Aerobic Run
FRIDAY  
4-6 mile Easy Run
SATURDAY  
2 mile Warm Up
3 x (4 miles at MP/ 2 miles easy)
SUNDAY  
10-12 mile Easy Long Run

**WEEK 11  9-WEEK MARATHON SPECIFIC PHASE**

MONDAY  
Off Day
2 mile Warm Up
TUESDAY  
10 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)
90 seconds rest between sets
2 mile Warm Down
WEDNESDAY  
4-6 mile Easy Run
THURSDAY  
4-6 mile Easy Run
**WEEK 12**  
**9-WEEK MARATHON SPECIFIC PHASE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Off Day</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 mile Warm Up</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>4 x mile at 10k Pace with 3 minutes rest</th>
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<tbody>
<tr>
<td></td>
<td>4 x 400 at 5k Pace with 1 minute rest</td>
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<tr>
<td></td>
<td>2 mile Warm Down</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>4-6 mile Easy Run</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>4-6 mile Easy Run</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 mile Warm Up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>2 x 3 miles at HM with 3 minutes jog</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 mile Warm Down</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>4-6 mile Easy Run</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60 minutes easy</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>6 x (3 minutes at 10k Pace / 2 minutes at MP)</th>
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<tbody>
<tr>
<td></td>
<td>20 minutes easy</td>
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**WEEK 13**  
**9-WEEK MARATHON SPECIFIC PHASE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Off Day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 mile Warm Up</td>
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</tbody>
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<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>12 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)</th>
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<tbody>
<tr>
<td></td>
<td>90 seconds rest between sets</td>
</tr>
<tr>
<td></td>
<td>2 mile Warm Down</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>4-6 mile Easy Run</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>5-7 mile Aerobic Run</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>4-6 mile Easy Run</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 mile Warm Up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>10 miles at MP (start a little slower and finish faster)</th>
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<tbody>
<tr>
<td></td>
<td>2 mile Warm Down</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>9-11 mile Easy Run</th>
</tr>
</thead>
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**WEEK 14**  
**9-WEEK MARATHON SPECIFIC PHASE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Off Day</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2 mile Warm Up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>5 x 1 mile at 10k pace with 3 minutes rest</th>
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<tbody>
<tr>
<td></td>
<td>2 mile Warm Down</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>4-6 mile Easy Run</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>4-6 mile Easy Run</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>5 mile tempo at HM</th>
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<tbody>
<tr>
<td></td>
<td>2 mile Warm Down</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>4-6 mile Easy Run</th>
</tr>
</thead>
</table>
Marathon Simulation (on a rolling hill course):
- **SUNDAY**
  - 8-10 miles easy
  - 6-8 miles at MP
  - 2 miles easy

### WEEK 15 9-WEEK MARATHON SPECIFIC PHASE

| MONDAY | 2 mile Warm Up
|        | 3 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP)
| TUESDAY | 2 minutes rest between sets
|        | 6 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP)
|        | 90 seconds rest between sets
|        | 2 mile Warm Down
| WEDNESDAY | 4-6 mile Easy Run
| THURSDAY | 5-7 mile Aerobic Run
| FRIDAY | 4-6 mile Easy Run
| SATURDAY | 2 x 6 miles at MP with 5 minutes jog between reps
| SUNDAY | 9-11 mile Easy Run

### WEEK 16 9-WEEK MARATHON SPECIFIC PHASE

| MONDAY | 2 mile Warm Up
|        | 2 x (2k at HM, 1k at 10k) all with 2 minutes rest
| TUESDAY | 5 x 400 at 5k Pace with 1 minute rest
|        | 2 mile Warm Down
| WEDNESDAY | 4-6 mile Easy Run
| THURSDAY | 4-6 mile Easy Run
| FRIDAY | 2 mile Warm Up
|        | 8 mile cutdown at MP
|        | (start a little slower & increase the pace every 2 miles)
|        | 2 mile Warm Down
| SATURDAY | 4-6 mile Easy Run
| SUNDAY | 18-21 mile Aerobic Long Run

### WEEK 17 9-WEEK MARATHON SPECIFIC PHASE

| MONDAY | 2 mile Warm Up
| TUESDAY | 6 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP)
|        | 2 minutes rest between sets
| WEDNESDAY | 4-6 mile Easy Run
| THURSDAY | 4-6 mile Easy Run
| FRIDAY | 2 mile Warm Up
|        | 6 mile tempo at HMP
|        | 2 mile Warm Down
| SATURDAY | 4-6 mile Easy Run
| SUNDAY | Marathon Simulation (on a rolling hill course):
|        | 8-10 miles easy
### WEEK 18
#### 9-WEEK MARATHON SPECIFIC PHASE

**MONDAY**
- Off Day

**TUESDAY**
- 2 mile Warm Up
- 3 x (2k at HM, 1k at 10k) all with 2 minutes rest
- 2 mile Warm Down

**WEDNESDAY**
- 4-6 mile Easy Run

**THURSDAY**
- 5-7 mile Aerobic Run

**FRIDAY**
- 4-6 mile Easy Run
- 1.5 mile Warm Up

**SATURDAY**
- 12-15 miles MP Tempo
- 1.5 mile Warm Down

**SUNDAY**
- Off Day

### WEEK 19
#### 2-WEEK TAPER PHASE

**MONDAY**
- Off Day

**TUESDAY**
- 2 mile Warm Up
- 5 x 1k at 10k pace with 2 minutes rest
- 5 x 200 at 5k Pace with 30 seconds rest
- 2 mile Warm Down

**WEDNESDAY**
- 3-5 mile Easy Run

**THURSDAY**
- 3-5 mile Easy Run

**FRIDAY**
- 2 x (3 miles at HM on/ 1 miles easy)
- 2 mile Warm Down

**SATURDAY**
- 3-5 mile Easy Run

**SUNDAY**
- 8-11 mile Easy Long Run

### WEEK 20
#### 2-WEEK TAPER PHASE

**MONDAY**
- Off Day

**TUESDAY**
- 2 mile Warm Up
- 3 x 1200 at HMP with 2 minutes rest
- 4 x 400 at 5k Pace with 2 minutes rest
- 2 mile Warm Down

**WEDNESDAY**
- 2-4 mile Easy Run

**THURSDAY**
- 2-4 mile Easy Run
- 1.5 mile Warm Up

**FRIDAY**
- 3 miles at MP, 4-5 minutes rest, 1k at 10k Pace
- 1.5 mile Warm Down

**SATURDAY**
- Off Day

**SUNDAY**
- 2-3 mile Easy Run

### MONDAY

*Hill Interval Sessions to be done on a 3-5% incline*

*MP = Marathon Pace*

*HMP = Half Marathon Pace*