



**THE BOSTON
MARATHON®**

John Hancock

BOSTON MARATHON TRAINING PLAN – LEVEL FOUR

| WEEK 1 | 3-WEEK PREP PHASE |
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| 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 |
| | 2 mile Warm Up |
| TUESDAY | 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 |
| | 2 mile Warm Up |
| FRIDAY | 2 x 2 miles at HMP with 3 minutes easy jog in between 2 mile Warm Down |
| SATURDAY | 4-6 mile Easy Run |
| | 60 minutes easy |
| SUNDAY | 10 x (1 minute at 5k Pace/ 1 minute at MP) 20 minutes easy |
| WEEK 4 | 6-WEEK HALF MARATHON PHASE |
| MONDAY | Off Day |
| | 2 mile Warm Up |
| TUESDAY | 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 |

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| SATURDAY | 1.5 mile Warm Up 4 x 3 miles at MP with 2-3 minutes rest 1.5 mile Warm Down |
| SUNDAY | 7-10 mile Easy Run |

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| WEEK 5 | 6-WEEK HALF MARATHON PHASE |
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| MONDAY | Off Day |
| TUESDAY | 2 mile Warm Up 8 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 5 x 1 mile at HMP with 2 minutes rest 2 mile Warm Down |
| SATURDAY | 4-6 mile Easy Run |
| SUNDAY | 14-16 mile Aerobic Long Run |

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| WEEK 6 | 6-WEEK HALF MARATHON PHASE |
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| MONDAY | Off Day |
| TUESDAY | 2 mile Warm Up 6 x 1k at 10k pace with 2 minutes rest 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 HM with 3 minutes jog, 1 x mile at HM-10k Pace 2 mile Warm Down |
| SATURDAY | 4-6 mile Easy Run |
| SUNDAY | Marathon Simulation (on a rolling hill course): 6 miles easy 6-8 miles at MP 2 miles easy |

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| WEEK 7 | 6-WEEK HALF MARATHON PHASE |
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| MONDAY | Off Day |
| TUESDAY | 2 mile Warm Up 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 mile Warm Up 3 x 4 miles at MP with 2-3 minutes rest 2 mile Warm Down |
| SUNDAY | 9-11 mile Easy Run |

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| WEEK 8 | 6-WEEK HALF MARATHON PHASE |
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| 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

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| 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 |
| | 2 mile Warm Up |
| 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

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| 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 |
| | 2 mile Warm Up |
| SATURDAY | 3 x (4 miles at MP/ 2 miles easy) |
| SUNDAY | 10-12 mile Easy Long Run |

WEEK 11 9-WEEK MARATHON SPECIFIC PHASE

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| 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 |

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| | 2 mile Warm Up |
| FRIDAY | 3 miles at HMP, 3 minutes jog, 2 miles at HMP, 2 minutes jog |
| | 1 mile at 10k pace |
| | 2 mile Warm Down |
| SATURDAY | 4-6 mile Easy Run |
| | Marathon Simulation (on a rolling hill course): |
| SUNDAY | 8 miles easy |
| | 6-8 miles at MP |
| | 2 miles easy |

WEEK 12 9-WEEK MARATHON SPECIFIC PHASE

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| MONDAY | Off Day |
| | 2 mile Warm Up |
| TUESDAY | 4 x mile at 10k Pace with 3 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 | 2 x 3 miles at HM with 3 minutes jog |
| | 2 mile Warm Down |
| SATURDAY | 4-6 mile Easy Run |
| | 60 minutes easy |
| SUNDAY | 6 x (3 minutes at 10k Pace/ 2 minutes at MP) |
| | 20 minutes easy |

WEEK 13 9-WEEK MARATHON SPECIFIC PHASE

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| MONDAY | Off Day |
| | 2 mile Warm Up |
| TUESDAY | 12 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 |
| | 2 mile Warm Up |
| SATURDAY | 10 miles at MP (start a little slower and finish faster) |
| | 2 mile Warm Down |
| SUNDAY | 9-11 mile Easy Run |

WEEK 14 9-WEEK MARATHON SPECIFIC PHASE

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| MONDAY | Off Day |
| | 2 mile Warm Up |
| TUESDAY | 5 x 1 mile at 10k pace with 3 minutes rest |
| | 2 mile Warm Down |
| WEDNESDAY | 4-6 mile Easy Run |
| THURSDAY | 4-6 mile Easy Run |
| | 2 mile Warm Up |
| FRIDAY | 5 mile tempo at HM |
| | 2 mile Warm Down |
| SATURDAY | 4-6 mile Easy Run |

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| | Marathon Simulation (on a rolling hill course): 8-10 miles easy 6-8 miles at MP 2 miles easy |
| SUNDAY | |

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| WEEK 15 | 9-WEEK MARATHON SPECIFIC PHASE |
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| MONDAY | Off Day 2 mile Warm Up 3 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP) 2 minutes rest between sets |
| TUESDAY | 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 2 mile Warm Up |
| SATURDAY | 2 x 6 miles at MP with 5 minutes jog between reps 2 mile Warm Down |
| SUNDAY | 9-11 mile Easy Run |

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| WEEK 16 | 9-WEEK MARATHON SPECIFIC PHASE |
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| MONDAY | Off Day 2 mile Warm Up |
| TUESDAY | 2 x (2k at HM, 1k at 10k) all with 2 minutes rest 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 2 mile Warm Up |
| FRIDAY | 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 |

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| WEEK 17 | 9-WEEK MARATHON SPECIFIC PHASE |
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| MONDAY | Off Day 2 mile Warm Up |
| TUESDAY | 6 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP) 2 minutes rest between sets 2 mile Warm Down |
| WEDNESDAY | 4-6 mile Easy Run |
| THURSDAY | 4-6 mile Easy Run 2 mile Warm Up |
| FRIDAY | 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 |

8-10 miles at MP
2 miles easy

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| WEEK 18 | 9-WEEK MARATHON SPECIFIC PHASE |
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| MONDAY | Off Day |
| | 2 mile Warm Up |
| TUESDAY | 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 |

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| WEEK 19 | 2-WEEK TAPER PHASE |
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| MONDAY | Off Day |
| | 2 mile Warm Up |
| TUESDAY | 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 |
| | 2 mile Warm Up |
| 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 |

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| WEEK 20 | 2-WEEK TAPER PHASE |
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| MONDAY | Off Day |
| | 2 mile Warm Up |
| TUESDAY | 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 |

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| MONDAY | RACE DAY |
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Hill Interval Sessions to be done on a 3-5% incline

MP = Marathon Pace

HMP = Half Marathon Pace