



**THE BOSTON
MARATHON®**

John Hancock

BOSTON MARATHON TRAINING PLAN – LEVEL THREE

WEEK 1	3-WEEK PREP PHASE
MONDAY	4-6 mile Easy Run
TUESDAY	Off Day
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	Off Day
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	Off Day
	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	Off Day

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

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	Off Day
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	13-15 mile Aerobic Long Run

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	4-5 mile Easy Run
THURSDAY	4-5 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	4-5 mile Easy Run
SUNDAY	Marathon Simulation (on rolling hill course): 5-6 miles easy 6-7 miles at MP 2 miles easy

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	5-7 mile Easy Run
THURSDAY	5-7 mile Aerobic Run
FRIDAY	Off Day
SATURDAY	2 mile Warm Up 3 x 4 miles at MP with 2-3 minutes rest 2 mile Warm Down
SUNDAY	7-9 mile Easy Run

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	4-5 mile Easy Run
THURSDAY	4-5 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	4-5 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	5-7 mile Easy Run
THURSDAY	Off Day
	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	14-16 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	4-5 mile Easy Run
THURSDAY	5-7 mile Aerobic Run
FRIDAY	4-5 mile Easy Run
	2 mile Warm Up
SATURDAY	3 x (4 miles at MP/ 2 miles easy)
SUNDAY	8-10 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	5-7 mile Easy Run
THURSDAY	Off Day

FRIDAY	2 mile Warm Up 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
SUNDAY	Marathon Simulation (on rolling hill course): 8 miles easy 6-8 miles at MP 2 miles easy

WEEK 12 9-WEEK MARATHON SPECIFIC PHASE

MONDAY	Off Day
TUESDAY	2 mile Warm Up 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	4-5 mile Easy Run
THURSDAY	4-5 mile Easy Run
FRIDAY	2 mile Warm Up 2 x 3 miles at HM with 3 minutes jog 2 mile Warm Down
SATURDAY	4-5 mile Easy Run
SUNDAY	60 minutes easy 6 x (3 minutes at 10k Pace/ 2 minutes at MP) 20 minutes easy

WEEK 13 9-WEEK MARATHON SPECIFIC PHASE

MONDAY	Off Day
TUESDAY	2 mile Warm Up 12 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP) 90 seconds rest between sets 2 mile Warm Down
WEDNESDAY	5-7 mile Easy Run
THURSDAY	5-7 mile Aerobic Run
FRIDAY	Off Day
SATURDAY	2 mile Warm Up 10 miles at MP (start a little slower and finish faster) 2 mile Warm Down
SUNDAY	8-10 mile Easy Run

WEEK 14 9-WEEK MARATHON SPECIFIC PHASE

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

	Marathon Simulation (on rolling hill course): 8-9 miles easy 6-8 miles at MP 2 miles easy
SUNDAY	

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	4 x (400m uphill at 10k Pace, 45 seconds rest, 400m downhill at MP) 90 seconds rest between sets 2 mile Warm Down
WEDNESDAY	5-7 mile Easy Run
THURSDAY	5-7 mile Aerobic Run
FRIDAY	Off Day 2 mile Warm Up
SATURDAY	2 x 5 miles at MP with 5 minutes jog between reps 2 mile Warm Down
SUNDAY	8-10 mile Easy Run

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	4-5 mile Easy Run
THURSDAY	4-5 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	4-5 mile Easy Run
SUNDAY	17-20 mile Aerobic Long Run

WEEK 17	9-WEEK MARATHON SPECIFIC PHASE
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MONDAY	Off Day 2 mile Warm Up
TUESDAY	5 x (800m uphill at HMP, 60 seconds rest, 800m downhill at MP) 2 minutes rest between sets 2 mile Warm Down
WEDNESDAY	5-7 mile Easy Run
THURSDAY	Off Day 2 mile Warm Up
FRIDAY	6 mile tempo at HMP 2 mile Warm Down
SATURDAY	4-6 mile Easy Run
SUNDAY	Marathon Simulation (on rolling hill course): 8-9 miles easy

8-9 miles at MP
2 miles easy

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	4-5 mile Easy Run
THURSDAY	5-6 mile Aerobic Run
FRIDAY	4-5 mile Easy Run
	1.5 mile Warm Up
SATURDAY	10-11 miles MP Tempo
	1.5 mile Warm Down
SUNDAY	Off Day

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	Off Day
	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	8-10 mile Easy Long Run

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	Off Day
	1.5 mile Warm Up
	3 miles at MP
FRIDAY	4-5 minutes rest
	1k at 10k Pace
	1.5 mile Warm Down
SATURDAY	Off Day
SUNDAY	2-3 mile Easy Run

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