

➤➤➤ SUB 3 HOUR MARATHON TRAINING PLAN - MILES

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Base	1	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 6 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Distance Run 6 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Rest Day	Long Run 8 miles RPE 3-4	35 miles
	2	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 7 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Distance Run 7 miles RPE 3-4	Recovery Run 5 miles RPE 2-3	Rest Day	Long Run 9.5 miles RPE 3-4	37 miles
	3	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Rest Day	Long Run 10 miles RPE 3-4	41 miles
	4	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 7 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Rest Day	Long Run 11 miles RPE 3-4	43 miles
	5	Recovery Run or XT 4 miles or 45 min RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Distance Run 8 miles RPE 3-4	Recovery Run 6 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	45 miles
Hills	6	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 1 mile @ 40/mile 5 miles/recovery jog 1 mile @ 40/mile	Recovery Run 6 miles RPE 2-3	Hill Repeats 10 x 30 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 5 miles RPE 2-3	Rest Day	Long Run 10.5 miles RPE 3-4	37 miles
	7	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 1.5 miles @ 40/mile 5 miles/recovery jog 1.5 mile @ 40/mile	Recovery Run 7 miles RPE 2-3	Hill Repeats 10 x 45 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 7 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	42 miles
	8	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2 miles @ 40/mile 5 miles/recovery jog 2 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Hill Repeats 8 x 90 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	45 miles
	9	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2 miles @ 40/mile 5 miles/recovery jog 2 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Hill Repeats 8 x 90 sec uphill RPE 9-10 L Jog back to start point	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 15 miles RPE 3-4	47 miles
Intervals	10	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2.5 miles @ 40/mile 5 miles/recovery jog 2.5 miles @ 40/mile	Recovery Run 7 miles RPE 2-3	Threshold Intervals 2 x 1 mile @ 10/mile / 5 miles recovery jog	Recovery Run 7 miles RPE 2-3	Rest Day	Long Run 12 miles RPE 3-4	46 miles
	11	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 2.5 miles @ 40/mile 5 miles/recovery jog 2.5 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Threshold Intervals 2 x 1 mile @ 10/mile / 5 miles recovery jog	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 14 miles RPE 3-4	48 miles
	12	Recovery Run or XT 4 miles or 45 min RPE 2-3	Race Pace Run 3 miles @ 40/mile 5 miles/recovery jog 3 miles @ 40/mile	Recovery Run 8 miles RPE 2-3	Threshold Intervals 2 x 1 mile @ 10/mile / 5 miles recovery jog	Recovery Run 8 miles RPE 2-3	Rest Day	Long Run 15 miles RPE 3-4	54 miles

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Kathleen Armour



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1. Understanding the eBook Running Your Complete Training Resource
 - The Rise of Digital Reading Running Your Complete Training Resource
 - Advantages of eBooks Over Traditional Books
2. Identifying Running Your Complete Training Resource
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Running Your Complete Training Resource
 - User-Friendly Interface
4. Exploring eBook Recommendations from Running Your Complete Training Resource
 - Personalized Recommendations
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 - Running Your Complete Training Resource and Bestseller Lists
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 - Running Your Complete Training Resource Enhanced eBook Features
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 - Highlighting and Note-Taking Running Your Complete Training Resource
 - Interactive Elements Running Your Complete Training Resource
 8. Staying Engaged with Running Your Complete Training Resource
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Running Your Complete Training Resource
 9. Balancing eBooks and Physical Books Running Your Complete Training Resource
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Running Your Complete Training Resource
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Running Your Complete Training Resource
 - Setting Reading Goals Running Your Complete Training Resource
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Running Your Complete Training Resource
 - Fact-Checking eBook Content of Running Your Complete Training Resource
 - Distinguishing Credible Sources
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 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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