

A 3:45 marathon is imately 8:30 per mile. To break 3:45, you should eventually be capable of a sub-1:45 half-marathon (8:00 per mile) and sub-46:00 10K (7:30 per mile). Right now, you should be running at least 25 miles per week, and be able to run for 80 minutes non-stop.

WEEK	MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILES
23/07/2012	1 Rest	Intervals 6x800 (6M)	4M steady (36 mins)	1x30 mins THR (4M)	Rest	3M inc hill session or circuit	8M easy ( 76 mins)	25
30/07/2012	2 Rest	Intervals 2x10x250 (6M)	5M steady ( 45 mins)	1x30 mins THR (4M)	Rest	Parkrun or 35 mins fartlek ( 4M)	11M easy ( 1:44)	30
06/08/2012	3 Rest	Intervals 6x1600 (9M)	5M easy ( 50 mins)	1x30 mins THR (4M)	Rest	4M inc hill session or circuit	11M steady ( 1:39)	33
13/08/2012	4 Rest	Intervals 6x1000 (7M)	7M easy ( 66 mins)	1x30 mins THR (4M)	Rest	4M easy ( 36 mins)	11M in 1:38 (First 5M easy in 47 mins, last 6M at MP in 51 mins)	33
20/08/2012	5 Rest	Intervals 2x8x300 (7M)	7M easy ( 66 mins)	1x30 mins THR (4M)	Rest	3M easy ( 28 mins)	15M easy ( 2:22)	36
27/08/2012	6 Rest	Intervals 4x1400 (6M)	9M easy ( 85 mins)	4M inc hill session or circuit	Rest	3M easy ( 28 mins)	<a href="#">Race 13M [2/9/2012]</a>	35
03/09/2012	7 Rest	Intervals 2x10x250 (6M)	10M easy ( 95 mins)	1M jog, then 4M at MP ( 34 mins), then 1M jog	Rest	4M hills or hilly circuit	15M steady ( 2hrs 15) [9:00m/M]	41
10/09/2012	8 Rest	Intervals 6x1600 (9M)	10M easy ( 95 mins)	1x30 mins THR (4M)	Rest	3M easy ( 28 mins)	15M in 2:14 (First 7M easy in 66 mins, last 8M at MP in 68 mins)	41
17/09/2012	9 Rest	Intervals 6x1000 (7M)	10M easy ( 95 mins)	4M hills or hilly circuit	Rest	Parkrun 5K or 45 mins fartlek ( 5M total)	18M steady ( 2hrs 33) [8:30m/M]	43
24/09/2012	10 Rest	Intervals 2x8x300 (7M)	11M steady ( 99mins)	1x30 mins THR (4M)	Rest	3M easy ( 28 mins)	18M in 2:41 (First 9M easy in 85 mins, last 9M at MP in 76 mins)	43
01/10/2012	11 Rest	Intervals 4x1400 (6M)	12M easy ( 1:54)	1x30 mins THR (4M)	Rest	Parkrun 5K or 45 mins fartlek ( 5M total)	20M easy ( 3hrs 10)	47
08/10/2012	12 Rest	Intervals 4x2200 (7M)	10M easy ( 95 mins)	1M jog, then 3M at MP ( 25 mins), then 1M jog	Rest	3M easy ( 28 mins)	<a href="#">Half-marathon race (Spetses 26K) [14/10/2012]</a>	38
15/10/2012	13 Rest	Intervals 5x1800 (8M)	9M easy ( 85 mins)	1x30 mins THR (4M)	Rest	4M easy ( 38 mins)	20M in 3:00 (First 10M easy in 95 mins, last 10M at MP in 85 mins)	45
22/10/2012	14 Rest	Intervals 6x1000 (7M)	8M steady ( 72 mins)	1M jog, then middle 4M at MP ( 34 mins), then 1M jog	Rest	Parkrun 5K or 45 mins fartlek ( 5M)	15M steady ( 2:15)	40
29/10/2012	15 Rest	Intervals 7x500 (6M)	6M easy ( 57 mins)	1x30 mins THR (4M)	Rest	3M easy ( 28 mins)	10M steady ( 90 mins)	29
05/11/2012	16 Rest	Intervals 10x250 (4M)	4M easy ( 38 mins) with 5 MP 100m strides	3M easy ( 28 mins) with 4 MP 100m strides	Rest	2M easy ( 19 mins), in racing kit with 3 MP 100m strides	<b>The race</b>	39