

RUN AFTER 40: 3-MONTH TRAINING PLANS

FROM CHAPTER 6 • FUMITAKA MOMOSE

Key workout (1×/week)

A pleasant load: intervals (1 km at ~80% effort, 500 m easy jog, repeat) or a tempo run of 5–10 km at goal pace.

Long run / LSD (1×/week)

90 minutes or more, slow enough to chat. Builds stamina and teaches your body to burn fat.

Easy jog or brave rest

About 30 minutes easy, or a full rest day. Muscle is built while you rest.

PLAN A • TWICE A WEEK

Enjoy finishing a 5K

Goal: in 3 months, run 5 km with a smile, no walk breaks.

- **Wed:** 30-min walk-jog (e.g. 3 min jog + 2 min walk × 6)
- **Sat:** 40-min walk-jog, lengthening the jogs

WEEK 1

Wed: walk 5 → (jog 1 + walk 4) × 4 → walk 5
Sat: walk 5 → (jog 2 + walk 3) × 4 → walk 5

WEEKS 2–4

Lengthen the jogs, shorten the walks. By week 4 you may run 15 minutes straight. Enjoyment comes first.

PLAN B • 3 TIMES A WEEK

Your first half marathon

Goal: in 3 months, finish 21.0975 km within the time limit.

- **Tue:** easy jog, 40–50 min
- **Thu:** key workout, e.g. 3 × 1 km intervals
- **Sat:** long run from 60 min, +10 min a week, up to 120 min

WEEK 1

Tue: 40-min jog at chatting pace
Thu: warm-up 10 → 1 km "a bit tough" → jog 5 → 1 km → cool-down 10
Sat: 60-min long run, slow

WEEKS 2–4

Tue 50 → 60 min · Thu up to 3 × 1 km · Sat 70 → 80 → 90 min.

PLAN C • 3–4 TIMES A WEEK

A sub-4 marathon

Goal: finish a full marathon in under 4 hours in 3 months.

- **Tue:** easy jog, 60 min
- **Thu:** key workout, e.g. 5 km tempo run
- **Sat:** long run from 90 min; try 30 km one month before the race
- **Sun (optional):** 30-min recovery jog

BUSY WEEK?

Drop to Plan A for that week. The plan is a compass, not a master.

Missing once isn't failing

Skip a session, then simply start again at the next one.

Listen to your body

Pain means rest. Fatigue means recover. Put your body ahead of the plan.

Run → recover → rest → eat

Protein and carbs within 30 minutes; 6–7 hours of sleep.

Ugly runs count

The days you go out feeling awful are the ones that make you strong.