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## **Run Walk strategy to complete the marathon**

Can you run and walk the marathon and still complete it under 4 >5>6 or 7 hours  
The answer is YES. If you run at either of the following pace per mile and keep moving forward when you walk then you can go sub 4>5>6> or even 7 hours for the marathon. This can stop you hitting the wall although it is not intended for your to run fast recover then run fast again repeatedly to the finish line as this will almost certainly have disastrous and disappointed results.

The following is my recommendations for sub 4 or sub 5 or sub 6 or sub 7 hour marathons. For example if you run 8 minute mile and walk less than 30 minutes for the 26.2 miles you will go sub 4 hours.

Walk through feed stations

My recommendation is walk relaxed use your arms to drive the legs forward to move closer to the finish line.

Use the walking as Active Recovery.

Keep moving forwards even walking will get you closer to the finish line

### **RUN WALK PACE STRATEGY**

Divide the spare time by 26 miles and this is what you can walk after each mile

#### **EXAMPLE**

Using the sub 4 hour marathon runner who runs 8 minute miles, they have 30 minutes spare. Divide by 26 miles means this runner can walk for 1 minute 15 seconds every mile and still finish in less than 4 hours.

Know your walk speed when you walk as part of the recovery during the marathon

Walk at 4.0 MPH = 15 minute mile

Walk at 3.5 MPH = 17 Minute mile

Walk at 3.0 MPH = 20 minute mile

Walk at 2.5 MPH = 24 minute mile

Walk at 2.0 MPH = 30 minute mile

### **SUB 4 HOUR MARATHON**

(240 minutes)

8:00 minute mile = 210 minutes that gives you 30 minutes spare

8:15 minute mile = 217 minutes that gives you 23 minutes spare

8:30 minute mile = 223 minutes that gives you 17 minutes spare

8:45 minute mile = 230 minutes that gives you 10 minutes spare

9:00 minute mile = 236 minutes that gives you just 4 minutes spare

#### SUB 4 HOUR MARATHON RUN WALK STRATEGY

8:15 minute mile = 217 minutes that gives you 23 minutes spare

Run for 3 miles @ 8:15 minute mile pace then walk for up to 3 minutes then repeat 8 times and you can achieve a sub 4 hour marathon.

If you stop during the recovery period you will not achieve your target time moving forward gets you closer to the finish line.

#### RUN WALK PLAN WOULD LOOK LIKE THIS

0>3 Miles time @ 8:15 minute mile pace (24:45) then walk for 3 minutes, run at 8:15 minute mile pace for the next 3 miles then walk for 3 minutes.

Keep repeating and you should cross the finish line in less than 4 hours

#### SUB 5 HOUR MARATHON

(300 Minutes)

9:30 minute mile = 249 minutes that gives you 51 minutes spare

10:00 minute mile = 262 minutes that gives you 38 minutes spare

10:30 minute mile = 273 minutes that gives you 25 minutes spare

11:00 minute mile = 289 minutes that gives you 11 minutes spare

#### SUB 5 HOUR MARATHON RUN WALK STRATEGY

(300 Minutes)

10:00 minute mile = 262 minutes that gives you 38 minutes spare

Run for 3 miles @ 10:00 minute mile pace (30 MINUTES) then walk for up to 4 minutes then repeat 8 times and you can achieve a sub 5 hour marathon

#### SUB 6 HOUR MARATHON

(360 minutes)

11:00 minute mile = 289 minutes that gives you 71 minutes spare

11:30 minute mile = 302 minutes that gives you 58 minutes spare

12:00 minute mile = 315 minutes that gives you 45 minutes spare

12:30 minute mile = 328 minutes that gives you 32 minutes spare

13:00 minute mile = 341 minutes that gives you 19 minutes spare

#### SUB 6 HOUR MARATHON RUN WALK STRATEGY

(360 minutes)

12:00 minute mile = 315 minutes that gives you 45 minutes spare

Run for 3 miles @ 12:00 minute mile pace then walk for up to 5 minutes then repeat 8 times and you can achieve a sub 6 hour marathon.

#### SUB 7 HOUR MARATHON

(420 minutes)

14:30 minute mile = 380 minutes that gives you 40 minutes spare

15:00 minute mile = 393 minutes that gives you 27 minutes spare

15:30 minute mile = 406 minutes that gives you 14 minutes spare

16:00 minute mile = 419 Minutes 30 Seconds s that gives you ONLY 30 SECONDS SPARE TO WALK!

#### SUB 7 HOUR MARATHON RUN WALK STRATEGY

(420 minutes)

14:30 minute mile = 380 minutes that gives you 40 minutes spare

Run 1 mile @ 15:00 minute mile pace then walk for up to 90 seconds then repeat every mile times and you can achieve a sub 7 hour marathon

15:00 minute mile = 393 minutes that gives you 27 minutes spare

Run 1 mile @ 15:00 minute mile pace then walk for up to 1 minute then repeat every mile times and you can achieve a sub 7 hour marathon

15:30 minute mile = 406 minutes that gives you 14 minutes spare

Run 2 mile @ 15:30 minute mile pace then walk for up to 1 minute then repeat every mile times and you can achieve a sub 7 hour marathon.

You would alternatively walk through 14 feed stations

Above I have listed your average pace and how much time you have left to finish the marathon inside your target time. If you want to run less or more before stopping then you can. As long as you keep moving forward by walking.

There are numerous variations of run walk.

#### PLEASE NOTE

If you stop during the recovery period you will not achieve your target time moving forward gets you closer to the finish line.

Walking is also a good time to have nutrition and keep hydrated.

Many races the feed stations are at the mile markers so you can still keep to your run walk strategy.

Most people would benefit from easy walking between running than power walking which can be demanding.

Try nothing new on race day so always practise run walk during training before your competition or marathon

This web site is not responsible for you not achieving you goal marathon finish time.

Thousands of runners and triathletes and ironman competitors have successfully used the above to achieve a target time

See you at the Races!

Mark

Mark has run 74 marathons and many ultra distance events up to 78.6 miles (triple marathon) and more than 33 Ironman Triathlons having already covered 2.4 mile cycled 112 miles before starting to run a marathon of 26.2 miles

[www.ironmate.co.uk](http://www.ironmate.co.uk)

For individual training programmes or help with the marathon please contact mark at [Mark@ironmate.co.uk](mailto:Mark@ironmate.co.uk)