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itself and you may very well hear what is called timing chain slap (a loose timing chain). It is then extremely important to get it repaired ASAP. For further driving it can ruin the whole engine. Thanks for reading this, Scott Just had to add this. I have replaced many 4.6L and 5.4L Ford motors due to failed timing guides and only replaced the timing sets on a few when there was timing chain slap which was caught before engine failure. Ford does not have a scheduled mileage for replacement of the timing set in the 4.0L, 4.6L, or 5.4L motors. My recommendation is to change it between 150K & 175K miles. Most of my engine replacements had severe engine damage around 200K miles when the guides failed. Then the motor should last another 175K miles after replacing the timing set. I've said that because I have been swamped with 4.6L and 5.4L engine replacements or timing set replacements recently. Also I do recommend that all timing chain driven engines have the timing chain system replaced as stated above. If you have had proper oil changes then I would go as high as 200K - 225K miles before.