Marathon Training Program

The Furman Institute of Running and Scientific Training (FIRST) 5K training program is based on results from FIRST's training studies. Results indicate that runners are able to improve race performances running only three days a week, following a specific training plan, and cross-training. Pacing is a crucial component to this training program. Training program paces are based on current best 5K RACE pace. Refer to Tables 4.1, 4.2 and 4.3 in ***Runner's World RUN LESS, RUN FASTER*** to determine your training paces.

This training program has produced good results with Key Run #1 on Tuesday, Key Run #2 on Thursday and the long run completed on the weekend. Runners can do the three key workouts in any order throughout the week; however, you need to allow at least one day between the key workouts. Runners are encouraged to either cross-train or complete easy runs on other days of the week.

	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
16	10-20 minute warm-up 3 x 1600m (1min. Recovery Interval) 10 minute cool-down	6 mile run; 2 miles easy, 2 miles @ ST 2 miles easy	Distance: 13 miles Pace: MP + (30 sec/mile)
15	1 mile warm-up 4 x 800m (2 min. RI) 10 minute cool-down	7 mile run; 1 mile easy 5 miles @ MP 1 mile easy	Distance: 15 miles Pace: MP + (45 sec/mile)
14	10-20 minute warm-up 1200, 1000, 800, 600, 400, 200 (all with 200m RI) 10 minute cool-down	7 mile run; 1 mile easy 5 miles @LT pace 1 mile easy	Distance: 17 miles Pace: MP + (45 sec/mile)
13	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	6 mile run; 1 mile easy 4@ MT pace 1 mile easy	Distance: 20 miles Pace: MP + (60 sec/mile)
12	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	6 mile run; 2 miles easy; 3 miles @ ST pace 1 mile easy	Distance: 18 miles Pace: MP + (45-60 sec/mile)
11	10-20 minute warm-up 2 x 1200m (2 min. RI); 4 x 800m (2 min. RI) 10 minute cool-down	5 mile run @ MT pace	Distance: 20 miles Pace: MP + (45 sec./mile)
10	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	8 mile run; 1 mile easy 6 miles @ LT pace 1 mile easy	Distance: 13 miles Pace: MP + (15 sec/mile)
9	10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	6 mile run; 2 miles easy, 3 miles @ ST pace 1 mile easy	Distance: 18 miles Pace: MP + (30 sec/mile)

RI = Rest Interval; which may be a timed rest/recovery interval or a distance that you walk/jog

Marathon Training Program

Refer to Tables 4.1, 4.2 and 4.3 in *__Runner's World RUN LESS, RUN FASTER__* to determine your training paces.

	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
8	10-20 minute warm-up 1 mile (400m RI), 2 miles (800m RI), 2 x 800m (400m RI) 10 minute cool-down	6 mile run; 1 mile easy 4 @ MT pace 1 mile easy	Distance: 20 miles Pace: MP + (30 sec/mile)
7	10-20 minute warm-up 3 x (2 x1200m) (2 min. RI) (4 min. between sets) 10 minute cool-down	10 mile run @ PMP	Distance: 15 miles Pace: MP + (20 sec/mile)
6	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	6 mile run: 1 mile easy 5 miles @ MT pace	Distance: 20 miles Pace: MP + (30 sec/mile)
5	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	10 Miles @ PMP	Distance: 15 miles Pace: MP + (10 sec/mile)
4	10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	8 miles @ PMP	Distance: 20 miles Pace: MP + (15 sec/mile)
3	10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	5 mile run @ MT	Distance: 13 miles Pace: MP
2	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	6 mile run; 2 miles easy, 3 miles @ ST pace 1 mile easy	Distance: 8 – 10 miles Pace: MP
Race Week	10-20 minute warm-up 6 x 400m (400m RI) 10 minute cool-down	3 mile run @ PMP	**Marathon Day** **Distance: 26.2 miles** **Pace: Marathon Pace**

RI = Rest Interval; which may be a timed rest/recovery interval or a distance that you walk/jog