



# Marathon Training Program

FURMAN INSTITUTE OF RUNNING

Week	Dates	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
1		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: PMP + (30 sec/mile)
2		1 mile warm-up 4 x 800m (2 min. RI) 10 minute cool-down	7 mile run; 1 mile easy 5 miles @ PMP 1 mile easy	Distance: 15 miles Pace: PMP + (45 sec/mile)
3		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: PMP + (45 sec/mile)
4		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: PMP + (45 - 60 sec/mile)
5		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: PMP + (45- 60 sec/mile)
6		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: PMP + (45-60 sec./mile)
7		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: PMP + (15 sec/mile)
8		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: PMP + (30 sec/mile)
9		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: PMP + (30 - 45 sec/mile)
10		10-20 minute warm-up 3 x (2 x 1200m) (2 min. RI) (4 min. between sets) 10 minute cool-down	10 mile run @ PMP	Distance: 15 miles Pace: PMP + (20 sec/mile)
11		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: PMP + (30 – 45 sec/mile)
12		10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	10 Miles @ PMP	Distance: 15 miles Pace: PMP + (10 sec/mile)
13		10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	8 miles @ PMP	Distance: 20 miles Pace: PMP + (30 sec/mile)
14		10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	5 mile run @ MT	Distance: 13 miles Pace: PMP
15		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: PMP
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