



## FIRST to the Finish 5K 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. From our running experience and previous research, it appears that training intensity is the most important factor for improving the physiological processes that determine running performance.

Training program paces are based on current best 5K RACE pace. To determine your various training paces for this 5K training program, you will need a current 5K race time. Convert your 5K race time from minutes and seconds to a decimal figure. For example, a 22:18 time for a 5K would convert to 22.3

**Step 1.** Your 5K race time in minutes:seconds: \_\_\_\_\_

**Step 2.** Your 5K race time in decimal form: \_\_\_\_\_ (divide seconds by 60 to convert to decimal format)

**Step 3.** Your 5K race pace in decimal form: \_\_\_\_\_ (divide Step 2. by 3.1 to convert to mile pace in decimal)

**Step 4.** Your 5K race pace in minutes/mile: \_\_\_\_\_ (multiple decimals by 60 to convert back to seconds)

<u>Key Run #1 Paces</u>	<u>Key Run #1 Paces (use time from Step 4)</u>	<u>Your Pace</u>
400m @ 5K pace/mile – 40 sec.	(Step 4) _____ - 40 sec. = _____; divide by 4 for 400m pace	_____/400m
600m @ 5K pace/mile – 35 sec.	(Step 4) _____ - 35 sec. = _____; divide by 2.7 for 600m pace	_____/600m
800m @ 5K pace/mile – 30 sec.	(Step 4) _____ - 30 sec. = _____; divide by 2 for 800m pace	_____/800m
1000m @ 5K pace/mile – 27 sec.	(Step 4) _____ - 27 sec. = _____; divide by 1.6 for 1000m pace	_____/1000m
1200m @ 5K pace/mile – 25 sec.	(Step 4) _____ - 25 sec. = _____; divide by 1.3 for 1200m pace	_____/1200m
1600m @ 5K pace/mile – 15 sec.	(Step 4) _____ - 15 sec. = _____; use this time for 1600m pace	

<u>Key Run #2 Paces (threshold runs)</u>	<u>Key Run #2 Paces (use time from Step 4)</u>	<u>Your Pace</u>
Short Tempo = 5K pace + 20 sec.	Short Tempo (ST) = (Step 4) _____ + 20 sec. = _____ min./mile	
Mid Tempo = 5K pace + 35 sec.	Mid Tempo (MT) = (Step 4) _____ + 35 sec. = _____ min./mile	

<u>Key Run #3 Paces (long runs)</u>	<u>Key Run #3 Paces (use time from Step 4)</u>	<u>Your Pace</u>
Long Tempo = 5K pace + 50 sec.	Long Tempo (LT) = (Step 4) _____ + 50 sec. = _____ min./mile	



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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
12	10-20 minute warm-up 8 x 400 w/400 RI 10 minute cool-down	1 mile warm-up 2 miles @ ST pace 1 mile cool-down	5 miles @ LT pace
11	10-20 minute warm-up 5 x 800 w/400 RI 10 minute cool-down	1 mile warm-up 3 miles @ ST pace 1 mile cool-down	6 miles @ LT pace
10	10-20 minute warm-up 2 x 1600 and 1 x 800 w/400 RI 10 minute cool-down	1 mile warm-up 2 miles @ ST pace, 1 mile easy for recovery, 2 miles @ ST pace 1 mile cool-down	5 miles @ LT pace
9	10-20 minute warm-up 200 (200 RI), 400 (400RI), 600 (400 RI), 800 (400 RI), 800 (400 RI), 600 (400 RI), 400 (400 RI), 200 10 minute cool-down	1 mile warm-up 4 miles @ MT pace 1 mile cool-down	6 miles @ LT pace
8	10-20 minute warm-up 4 x 1000 (400 RI) 10 minute cool-down	1 mile warm-up 3 miles @ ST pace 1 mile cool-down	7 miles @ LT pace
7	10-20 minute warm-up 1600, 1200, 800, 400 (400 RI) 10 minute cool-down	1 mile warm-up 1 mile @ ST pace, 1 mile easy, 1 mile @ ST pace, 1 mile easy, 1 mile @ ST pace 1 mile cool-down	6 miles @ LT pace
6	10-20 minute warm-up 10 x 400 w/1:30 RI 10 minute cool-down	1 mile warm-up 4 miles @ MT pace 1 mile cool-down	8 miles @ LT pace
5	10-20 minute warm-up 6 x 800 w/1:30 RI 10 minute cool-down	1 mile warm-up 2 miles @ ST pace, 1 mile easy, 2 miles @ ST pace 1 mile cool-down	7 miles @ LT pace
4	10-20 minute warm-up 4 x 1200 w/400 RI 10 minute cool-down	1 mile warm-up 3 miles @ ST pace 1 mile cool-down	7 miles @ LT pace
3	10-20 minute warm-up 5 x 1000 w/400 RI 10 minute cool-down	1 mile warm-up 2 miles @ ST pace, 1 mile easy, 1 mile @ ST pace, 1 mile easy, 2 miles @ ST pace 1 mile cool-down	7 miles @ LT pace
2	10-20 minute warm-up 3 x 1600 w/1:00 RI 10 minute cool-down	1 mile warm-up 3 miles @ ST pace 1 mile cool-down	6 miles @ LT pace
1	10-20 minute warm-up 6 x 400 w/1:00 RI 10 minute cool-down	1 mile warm-up 3 miles easy 1 mile cool-down	5K Race

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