

Half 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
18	10-20 minute warm-up 12 x 400m (90 sec. RI) 10 minute cool-down	3.5 km. easy 5 km. @ ST pace 1.5 km. easy	13 km. @ HMP + 12 sec./km.
17	10-20 minute warm-up 400, 600, 800, 1200, 800, 600, 400 (400 RI) 10 minute cool-down	8 km. run @ MT pace	15 km. @ HMP + 12 sec./km.
16	10-20 minute warm-up 6 x 800m (90 sec. RI) 10 minute cool-down	3.5 km. easy 5 km. @ ST pace 1.5 km. easy	16 km. @ no specific pace, easy/relaxed effort run
15	10-20 minute warm-up 1200, 1000, 800, 600, 400, 200 (200m RI) 10 minute cool-down	8 km. run @ MT pace	15 km. @ HMP + 12 sec./km.
14	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1.5 km. easy 5 km. @ ST pace 1.5 km. easy	15 km. @ HMP + 12 sec./km.
13	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	10 km. @ LT pace	18 km @ HMP + 19 sec./km.
12	10-20 minute warm-up 2 x 1200m (2:00 RI) 4 x 800m (2:00 RI) 10 minute cool-down	1.5 km. easy, 3.5 km. @ MT pace 1.5 km. easy, 3.5 km. @ MT pace 1.5 km. easy	16 km. @ HMP + 12 sec./km.
11	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	8 km. run @ MT pace	13.5 km. @ HMP + 19 sec./km.
10	10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	1.5 km. easy, 3.5 km. @ MT pace 1.5 km. easy, 3.5 km. @ MT pace 1.5 km. easy	13 km. @ HMP + 9 sec./km.

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

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9	10-20 minute warm-up 1.5 km. (400 RI), 3.5 km. (800 RI), 2 x 800m (400m RI) 10 minutes cool-down	8 km. run @ MT pace	21 km. @ HMP + 19 sec./km.
8	10-20 minute warm-up 3 x (2 x 1200m) (2:00 RI) (4:00 RI between sets) 10 minute cool-down	10 km. run @ MT pace	16 km. @ HMP + 12sec./km.
7	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	8 km. run @ MT pace	22.5 km. @ HMP + 19 sec./km.
6	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	10 km., easy & relaxed effort	16 km. @ HMP +12 sec./km.
5	10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	8 km. run @ MT pace	24 km. @ HMP +19 sec./km
4	10-20 minute warm-up 3 x 2000m (400m RI) 10 minute cool-down	1.5 km. easy, 3.5 km. @ MT pace 1.5 km. easy, 3.5 km. @ MT pace 1.5 km. easy	16 km. @ HMP +12 sec./km
3	10-20 minute warm-up 2 x 3200m (400m RI) 10 minute cool-down	8 km. run @ MT pace	20 km. @ HMP +12 sec./km
2	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	3.5 km. easy 5 km. @ ST pace 1.5 km. easy	13 km. @ HMP +12 sec./km
1	10-20 minute warm-up 6 x 400m (400m RI) 10 minute cool-down	5 km. run, easy & relaxed effort	Half Marathon Race Day 21.1 km. @ Race Pace

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