

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. RI) 10 minute cool-down	9K run; 3K easy, 3K @ ST pace, 3K easy	21K @ MP + 19 sec/km
15	1600m warm-up 4 x 800m (2 min. RI) 10 minute cool-down	11K run; 1.5K easy, 8K @ MP, 1.5K easy	24K @ MP + 28 sec/km
14	10-20 minute warm-up 1200, 1000, 800, 600, 400, 200 (all with 200m RI) 10 minute cool-down	11K run; 1.5K easy, 8K @LT pace, 1.5K easy	27K @ MP + 28 sec/km
13	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	11K run; 1.5K easy, 7K @ MT pace, 1.5K easy	32K @ MP + 37 sec/km
12	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	10K run; 3K easy; 5K @ ST pace, 2K easy	29K @ MP + 28 sec/km
11	10-20 minute warm-up 2 x 1200m (2 min. RI); 4 x 800m (2 min. RI) 10 minute cool-down	8K run @ MT pace	32K @ MP + 28 sec/km
10	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	13K run; 1.5K easy, 10K @ LT pace, 1.5K easy	21K @ MP + 9 sec/km
9	10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	10K run; 3K easy, 5K @ ST pace, 2K easy	29K @ MP + 19 sec/km

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

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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 1600 m (400m RI), 3200m (800m RI), 2 x 800m (400m RI) 10 minute cool-down	10K run; 1.5K easy, 7K @ MT pace, 1.5K easy	32K @ MP + 19 sec/km
7	10-20 minute warm-up 3 x (2 x 1200m) (2 min. RI) (4 min. between sets) 10 minute cool-down	16K run @ MP	24K @ MP + 12 sec/km
6	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	10K run; 2K easy, 8K @ MT pace	32K MP + 19 sec/km
5	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	16K run @ MP	24K @ MP + 6 sec/km
4	10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	13K run @ MP	32K @ MP + 9 sec/km
3	10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	8K run @ MT pace	21K @ MP
2	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	10K run; 3K easy, 5K @ ST pace, 2K easy	16K @ MP
1	10-20 minute warm-up 6 x 400m (400m RI) 10 minute cool-down	5K run @ MP	Marathon Day 42.2K @ Marathon Pace

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