

The **FIRST to the Finish** Training Program was developed for marathon runners who want to try to get faster and planning on doing the Spinx Run Fest Marathon on October 30<sup>th</sup>. The Furman Institute of Running and Scientific Training (FIRST) marathon training program is based on results from FIRST's 2003 and 2004 marathon training studies. Results indicated that runners were able to run a successful marathon running only 3 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 10K RACE pace.

This training program has produced good results with Key Run #1 run on Tuesday, Key Run #2 run 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.

Runners are invited to attend the 2005 FIRST Scientific Lectures. Questions regarding the 2005 marathon training program will be answered after each FIRST lecture. The lecture schedule is available at [www.furman.edu/FIRST](http://www.furman.edu/FIRST).

<b>Key Run #1 Paces (adjust from 10K race pace)</b>	<b>Key Run #2 Paces (threshold runs)</b>	<b>Key Run #3 Paces (long runs)</b>
400m @ 10K pace – (55-60 sec.)	Short Tempo (ST) = 10K pace	Planned marathon pace (PMP)
600m @ 10K pace – (50-55 sec.)	Mid Tempo (MT) = 10K+15 sec.	If unsure of PMP, use 10K + 40 sec. for PMP then adjust per schedule.
800m @ 10K pace – (45-50 sec.)	Long Tempo (LT) = 10K+30 sec.	
1000m @ 10K pace – (42-47 sec.)	<b>Example:</b> 42:00 10K race is a 6:45/mile pace;	
1200m @ 10K pace – (40-45 sec.)	✓ The pace for 800m would be a 6:00/mile pace or ~3:00 for the 800 m	
1600m @ 10K pace – (35-40 sec.)	✓ The pace for a MT run would be 7:00 / mile (6:45 + 15 sec.)	
2000m @ 10K pace – (30-35 sec.)	✓ The pace for a PMP long run is 7:25 a PMP + 30 sec run is 7:55/mile	

**FIRST Marathon Training Program Sample Week**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Cross-train or Easy Run	Key Run #1	Cross-train 30 – 45 min.	Key Run #2	Off	Key Run #3	Cross-train 30 – 45 min.

		<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
18	June 27 July 3	10-20 minute warm-up 12 x 400 (90 sec. RI) 10 minute cool-down	6 mile run: 2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	Distance: 13 miles Pace: PMP + 30 sec./mile
17	July 4 - 10	10-20 minute warm-up 400, 600, 800, 1200, 800, 600, 400 (400 RI) 10 minute cool-down	5 mile run @ Mid Tempo pace	Distance: 10 miles Pace: PMP + 15 sec. / mile
16	July 11 - 17	10-20 minute warm-up 6 x 800m (90 sec. RI) 10 minute cool-down	6 mile run: 2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	Distance: 13 miles Pace: PMP + 30 sec./mile
15	July 18 - 24	10-20 minute warm-up 1200, 1000, 800, 600, 400, 200 (200m RI) 10 minute cool-down	7 miles @ Long Tempo pace	Distance: 15 miles Pace: PMP + 45 sec./mile

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

14	July 25 - 31	<b>Key Run Workout #1</b> 10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	<b>Key Run Workout #2</b> 5 mile run @ Mid-Tempo pace	<b>Key Run Workout #3</b> Distance: 17 miles Pace: PMP + 45-60 sec./mile
13	Aug. 1 - 7	<b>Key Run Workout #1</b> 10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	<b>Key Run Workout #2</b> 6 mile run: 2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	<b>Key Run Workout #3</b> Distance: 18 miles Pace: PMP + 45-60 sec./mile
12	Aug. 8 - 14	<b>Key Run Workout #1</b> 10-20 minute warm-up 2 x 1200m (2:00 RI); 4 x 800m (2:00 RI) 10 minute cool-down	<b>Key Run Workout #2</b> 5 mile run @ Mid-Tempo pace	<b>Key Run Workout #3</b> Distance: 20 miles Pace: PMP + 45-60 sec./mile
11	Aug. 15 - 21	<b>Key Run Workout #1</b> 10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	<b>Key Run Workout #2</b> 8 miles @ Long Tempo pace	<b>Key Run Workout #3</b> Distance: 13 miles Pace: PMP + 15 sec./mile
10	Aug. 22 - 28	<b>Key Run Workout #1</b> 10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	<b>Key Run Workout #2</b> 6 mile run: 2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	<b>Key Run Workout #3</b> Distance: 18 miles Pace: PMP + 30 sec./mile
9	Aug 29 Sept. 4	<b>Key Run Workout #1</b> 10-20 minute warm-up 1 mile (400 RI), 2 miles (800 RI), 2 x 800 (400 RI) 10 minute cool-down	<b>Key Run Workout #2</b> 10 miles @ PMP <b>OR</b> 10K + 40 sec.	<b>Key Run Workout #3</b> Distance: 15 miles Pace: PMP + 20 sec./mile
8	Sept. 5 - 11	<b>Key Run Workout #1</b> 10-20 minute warm-up 3 x (2 x 1200m) (2:00 RI (4:00 between sets) 10 minute cool-down	<b>Key Run Workout #2</b> 5 mile run @ Mid-Tempo pace	<b>Key Run Workout #3</b> Distance: 20 miles Pace: PMP + 30-45 sec./mile
7	Sept. 12 - 18	<b>Key Run Workout #1</b> 10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	<b>Key Run Workout #2</b> 10 miles @ PMP <b>OR</b> 10K + 40 sec.	<b>Key Run Workout #3</b> Distance: 15 miles Pace: PMP + 10 sec./mile
6	Sept. 19 - 25	<b>Key Run Workout #1</b> 10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	<b>Key Run Workout #2</b> 5 miles @ PMP <b>OR</b> 10K + 40 sec.	<b>Key Run Workout #3</b> Distance: 20 miles Pace: PMP + 30 sec./mile
5	Sept. 26 Oct. 2	<b>Key Run Workout #1</b> 10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	<b>Key Run Workout #2</b> 8 miles @ PMP <b>OR</b> 10K + 40 sec.	<b>Key Run Workout #3</b> Distance: 15 miles Pace: PMP
4	Oct. 3 - 9	<b>Key Run Workout #1</b> 10-20 minute warm-up 3 x 2000m (400m RI) 10 minute cool-down	<b>Key Run Workout #2</b> 5 miles @ PMP <b>OR</b> 10K + 40 sec.	<b>Key Run Workout #3</b> Distance: 20 miles Pace: PMP +30 sec./mile
3	Oct. 10 -16	<b>Key Run Workout #1</b> 10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	<b>Key Run Workout #2</b> 5 mile run @ Mid-Tempo pace	<b>Key Run Workout #3</b> Distance: 13 miles Pace: PMP
2	Oct. 17 - 23	<b>Key Run Workout #1</b> 10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	<b>Key Run Workout #2</b> 6 mile run: 2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	<b>Key Run Workout #3</b> Distance: 8 - 10 miles Pace: PMP
Race Week 1	Oct. 24-30	<b>Key Run Workout #1</b> 10-20 minute warm-up 6 x 400m (400m-RI) 10 minute cool-down	<b>Key Run Workout #2</b> 3 mile run @ PMP	<b>Key Run Workout #3</b> Marathon Day Distance: <b>26.2miles</b> Pace: Marathon Pace

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