

# FIRST Marathon Training Program

<b>Race week</b>	<b>20</b>	<b>Marathon Time</b>	<b>4:45:00</b>	h:mm:ss	<a href="#">#Index!A1</a>
		<b>MP</b>	<b>6:45</b>	m:ss/km	
		<b>5 KM</b>	<b>29:17</b>	mm:ss	
		<b>5km Pace</b>	<b>5:51</b>	m:ss/km	
		<b>5km Pace/400m</b>	<b>2:21</b>	m:ss/400m	

Week to Marathon	Week	Key Run Workout #1	Key Run Workout #1			Key Run Workout #2	Key Run Workout #2		Key Run Workout #3	Key Run Workout #3	
			km	m:ss/intv.	m:ss/400m		km	m:ss/km		km	m:ss/km
16	5	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	1,6	9:09	2:17	9 km run: 3 km easy, 3 km @ ST 3 km easy	9,0 3,0 3,0 3,0	6:02	21 km MP + 19 sec/km	21,0	7:04
15	6	1 mile warm-up 4 x 800m (2 min. RI) 10 minute cool-down	0,8	4:26	2:13	11 km run: 1,5 km easy 8 km @ MP 1,5 km easy	11,0 1,5 8,0 1,5	6:45	24 km MP + 28 sec/km	24,0	7:13
14	7	10-20 minute warm-up 1200 1000 800 600 400 200 (all with 200m RI) 10 minute cool-down	1,2 1 0,8 0,6 0,4 0,2	6:47 5:35 4:26 3:19 2:11 1:06	2:16 2:14 2:13 2:12 2:11	11 km run: 1,5 km easy 8 km @ MP 1,5 km easy	11,0 1,5 8,0 1,5	6:21	27 km MP + 28 sec/km	27,0	7:13
13	8	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1	5:35	2:14	10 km run: 1,5 km easy 7 km @ MT 1,5 km easy	10,0 1,5 7,0 1,5	6:11	32 km MP + 28 sec/km	32,0	7:22
12	9	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	1,6	9:09	2:17	10 km run: 3 km easy 5 km @ ST 2 km easy	10,0 3,0 5,0 2,0	6:02	29 km MP + 28 sec/km	29,0	7:13
11	10	10-20 minute warm-up 2 x 1200m (2 min. RI); 4 x 800m (2 min. RI) 10 minute cool-down	1,2 0,8	6:47 4:26	2:16 2:13	8 km run @ MT	8,0	6:11	32 km MP + 28 sec/km	32,0	7:13
10	11	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	0,8	4:26	2:13	13 km run: 1,5 km easy 10 km @ ST 1,5 km easy	13,0 1,5 10,0 1,5	6:21	21 km MP + 9 sec/km	21,0	6:55
9	12	10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	0,4	2:11	2:11	10 km run: 3 km easy 5 km @ ST 2 km easy	10,0 3,0 5,0 2,0	6:02	29 km MP + 19 sec/km	29,0	7:04
8	13	10-20 minute warm-up 1600m (400m RI) 3200 (800m RI) 2 x 800m (400m RI) 10 minute cool-down	1,6 3,2 0,8	9:09 18:34 4:26	2:17 2:19 2:13	10 km run: 1,5 km easy 7 km @ MT 1,5 km easy	10,0 1,5 7,0 1,5	6:11	32 km MP + 19 sec/km	32,0	7:04
7	14	10-20 minute warm-up 3 x (2 x 1200m) (2 min. RI) (4 min. between sets) 10 minute cool-down	1,2	6:47	2:16	16 km run: @ MP		6:45	24 km MP + 12 sec/km	24,0	6:58
6	15	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	1 2 1	5:35 11:32 5:35	2:14 2:18 2:14	6 mile run: 2 km easy 8 km @ MT pace		6:11	32 km MP + 19 sec/km	32,0	7:04
5	16	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	1,6	9:09	2:17	16 km @ MP		6:45	24 km MP + 9 sec/km	24,0	6:51
4	17	10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	0,4	2:11	2:11	13 @ MP		6:45	32 km MP + 9 sec/km	32,0	6:55
3	18	10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	0,8	4:26	2:13	8 km run @ MT pace		6:11	21 km MP	21,0	6:45
2	19	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1	5:35	2:14	10 km run: 3 km easy 5 km @ MT 2 km easy	10,0 3,0 5,0 2,0	6:02	16 km MP	16,0	6:45
1 Race Week	20	10-20 minute warm-up 6 x 400m (400m RI) 10 minute cool-down	0,4	2:11	2:11	5 km run @ MP	5,0	6:45	Marathon day:	42,2	6:45

### Marathon training program with 3 key run workout + 2 x Cross-Training Workout

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 throughout the week; however, you need to allow at least one day between the key workouts.

Day 1 Cross-train 30 - 45 min

Day 2 Key Run #1

Day 3 Cross-train 30 - 45 min

Day 4 Key Run #2

Day 5 Off

Day 6 Key Run #3

Day 7 Cross-train or rest

Cross-Training: <http://www.furman.edu/first/2006%20cross-training%20workouts.pdf>

RI: Rest interval, which may be a timed rest/recovery interval or a distance that you walk/jog after a track repeat

Short Tempo (ST) = 5K pace + 17 sec

Mid Tempo (MT) = 5K pace + 32 sec

Long Tempo (LT) = 5K pace + 47 sec