

FIRST Marathon Training Program

Race week	20	Marathon Time	3:15:00	h:mm:ss	#Index!A1
		MP	4:37	m:ss/km	
		5 KM	20:02	mm:ss	
		5km Pace	4:00	m:ss/km	
		5km Pace/400m	1:36	m:ss/400m	

Week to Marathon	Week	Key Run Workout #1			Key Run Workout #2			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	6:12	1:33	9 km run: 3 km easy, 3 km @ ST 3 km easy	9,0 3,0 3,0 3,0	4:11	21 km MP + 19 sec/km	21,0	4:56
15	6	1 mile warm-up 4 x 800m (2 min. RI) 10 minute cool-down	0,8	2:57	1:29	11 km run: 1,5 km easy 8 km @ MP 1,5 km easy	11,0 1,5 8,0 1,5	4:37	24 km MP + 28 sec/km	24,0	5:05
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	4:34 3:44 2:57 2:12 1:27 0:43	1:31 1:30 1:29 1:28 1:27	11 km run: 1,5 km easy 8 km @ MP 1,5 km easy	11,0 1,5 8,0 1,5	4:30	27 km MP + 28 sec/km	27,0	5:05
13	8	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1	3:44	1:30	10 km run: 1,5 km easy 7 km @ MT 1,5 km easy	10,0 1,5 7,0 1,5	4:20	32 km MP + 28 sec/km	32,0	5:15
12	9	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	1,6	6:12	1:33	10 km run: 3 km easy 5 km @ ST 2 km easy	10,0 3,0 5,0 2,0	4:11	29 km MP + 28 sec/km	29,0	5:05
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	4:34 2:57	1:31 1:29	8 km run @ MT	8,0	4:20	32 km MP + 28 sec/km	32,0	5:05
10	11	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	0,8	2:57	1:29	13 km run: 1,5 km easy 10 km @ ST 1,5 km easy	13,0 1,5 10,0 1,5	4:30	21 km MP + 9 sec/km	21,0	4:47
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	1:27	1:27	10 km run: 3 km easy 5 km @ ST 2 km easy	10,0 3,0 5,0 2,0	4:11	29 km MP + 19 sec/km	29,0	4:56
8	13	10-20 minute warm-up 1600m (400m RI) 3200 (800mRI) 2 x 800m (400m RI) 10 minute cool-down	1,6 3,2 0,8	6:12 12:39 2:57	1:33 1:35 1:29	10 km run: 1,5 km easy 7 km @ MT 1,5 km easy	10,0 1,5 7,0 1,5	4:20	32 km MP + 19 sec/km	32,0	4:56
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	4:34	1:31	16 km run: @ MP		4:37	24 km MP + 12 sec/km	24,0	4:50
6	15	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	1 2 1	3:44 7:50 3:44	1:30 1:34 1:30	6 mile run: 2 km easy 8 km @ MT pace		4:20	32 km MP + 19 sec/km	32,0	4:56
5	16	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	1,6	6:12	1:33	16 km @ MP		4:37	24 km MP + 9 sec/km	24,0	4:43
4	17	10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	0,4	1:27	1:27	13 @ MP		4:37	32 km MP + 9 sec/km	32,0	4:47
3	18	10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	0,8	2:57	1:29	8 km run @ MT pace		4:20	21 km MP	21,0	4:37
2	19	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1	3:44	1:30	10 km run: 3 km easy 5 km @ MT 2 km easy	10,0 3,0 5,0 2,0	4:11	16 km MP	16,0	4:37
1 Race Week	20	10-20 minute warm-up 6 x 400m (400m RI) 10 minute cool-down	0,4	1:27	1:27	5 km run @ MP	5,0	4:37	Marathon day:	42,2	4:37

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