

# FIRST Marathon Training Program

<b>Race week</b>	<b>20</b>	<b>Marathon Time</b>	<b>4:30:00</b>	h:mm:ss	<a href="#">#Index!A1</a>
		<b>MP</b>	<b>6:24</b>	m:ss/km	
		<b>5 KM</b>	<b>27:45</b>	mm:ss	
		<b>5km Pace</b>	<b>5:33</b>	m:ss/km	
		<b>5km Pace/400m</b>	<b>2:13</b>	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	8:40	2:10	9 km run: 3 km easy, 3 km @ ST 3 km easy	9,0 3,0 3,0 3,0	5:44	21 km MP + 19 sec/km	21,0 6:43
15	6	1 mile warm-up 4 x 800m (2 min. RI) 10 minute cool-down	0,8	4:11	2:06	11 km run: 1,5 km easy 8 km @ MP 1,5 km easy	11,0 1,5 8,0 1,5	6:24	24 km MP + 28 sec/km	24,0 6:52
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	6:25 5:17 4:11 3:07 2:04 1:02	2:08 2:07 2:06 2:05 2:04	11 km run: 1,5 km easy 8 km @ MP 1,5 km easy	11,0 1,5 8,0 1,5	6:02	27 km MP + 28 sec/km	27,0 6:52
13	8	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1	5:17	2:07	10 km run: 1,5 km easy 7 km @ MT 1,5 km easy	10,0 1,5 7,0 1,5	5:53	32 km MP + 28 sec/km	32,0 7:01
12	9	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	1,6	8:40	2:10	10 km run: 3 km easy 5 km @ ST 2 km easy	10,0 3,0 5,0 2,0	5:44	29 km MP + 28 sec/km	29,0 6:52
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	6:25 4:11	2:08 2:06	8 km run @ MT	8,0	5:53	32 km MP + 28 sec/km	32,0 6:52
10	11	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	0,8	4:11	2:06	13 km run: 1,5 km easy 10 km @ ST 1,5 km easy	13,0 1,5 10,0 1,5	6:02	21 km MP + 9 sec/km	21,0 6:33
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	2:04	2:04	10 km run: 3 km easy 5 km @ ST 2 km easy	10,0 3,0 5,0 2,0	5:44	29 km MP + 19 sec/km	29,0 6:43
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	8:40 17:35 4:11	2:10 2:12 2:06	10 km run: 1,5 km easy 7 km @ MT 1,5 km easy	10,0 1,5 7,0 1,5	5:53	32 km MP + 19 sec/km	32,0 6:43
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	6:25	2:08	16 km run: @ MP		6:24	24 km MP + 12 sec/km	24,0 6:36
6	15	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	1 2 1	5:17 10:55 5:17	2:07 2:11 2:07	6 mile run: 2 km easy 8 km @ MT pace		5:53	32 km MP + 19 sec/km	32,0 6:43
5	16	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	1,6	8:40	2:10	16 km @ MP		6:24	24 km MP + 9 sec/km	24,0 6:30
4	17	10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	0,4	2:04	2:04	13 @ MP		6:24	32 km MP + 9 sec/km	32,0 6:33
3	18	10-20 minute warm-up 8 x 800m (1:30 RI) 10 minute cool-down	0,8	4:11	2:06	8 km run @ MT pace		5:53	21 km MP	21,0 6:24
2	19	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1	5:17	2:07	10 km run: 3 km easy 5 km @ MT 2 km easy	10,0 3,0 5,0 2,0	5:44	16 km MP	16,0 6:24
1 Race Week	20	10-20 minute warm-up 6 x 400m (400m RI) 10 minute cool-down	0,4	2:04	2:04	5 km run @ MP	5,0	6:24	Marathon day:	42,2 6:24

## 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