



# FIRST MARATHON TRAINING PROGRAM

## A Training Program for first-time marathon runners

The **Finish with FIRST** Training Program is designed for runners looking to complete their first marathon. The training program begins with a long run of eight miles and gradually increases to 20 miles three weeks before the marathon.

Previous FIRST marathon training results indicate that runners are able to run a successful marathon running only 3 days a week, following a specific training plan, and cross-training. 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.

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. The paces in training program are based on current best 10K RACE pace.

For Key Run #1, the pace is **faster than your current 10K pace**. For example, a 45 minute 10K run averages 7:15 / mile during the 10K race. For Key Run #1, the pace averages 45 seconds per mile faster than 10K race pace. In this case, 6:30 / mile ( $7:15 - 0:45 = 6:30/\text{mile}$ ) pace for the given distance. A 400m repeat would be run in 1:37 while an 800m repeat would be run in 3:15, for example. The amount of rest/recovery interval (RI) between repeats is indicated in parentheses and may be a timed rest/recovery interval or distance that you walk/jog.

For Key Run #2, the pace is **slightly slower than 10K race pace** but faster than average training pace. This pace is referred to as “**tempo**” or “**threshold**” pace. Using the 45 minute 10K time as an example, the tempo pace for Key Run #2 is 15 to 30 seconds slower than race pace or 7:30 – 7:45 / mile.

For Key Run #3, the pace is determined by your **Planned Marathon Pace (PMP = 10K pace plus 45 seconds)**. For the 45 minute 10K performer, PMP = 8:00/mile pace (7:15 plus 45 seconds).

Runners are invited to attend the up-coming FIRST Scientific Lectures.

### FIRST Marathon Training Program Sample Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train 30 – 45 min.	Key Run #1	Cross-train 30 – 45 min.	Key Run #2	Off	Key Run #3	Cross-train 30 – 45 min.

	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
18	10 minute warm-up 6 x (1 minute fast then 3 min. easy) 10 minute cool-down	2 miles easy, 2 miles @ Tempo pace 2 miles easy	Distance: 8 miles Pace: PMP + 30 sec./mile
17	13 minute warm-up 6 x (1 minute fast then 2 min. easy) 13 minute cool-down	2 miles easy, 2 miles @ Tempo pace 2 miles easy	Distance: 9 miles Pace: PMP + 15 sec. / mile
16	10 minute warm-up 4 x (3 minute fast then 3 min. easy) 10 minute cool-down	2 miles easy, 3 miles @ Tempo pace 1 miles easy	Distance: 10 miles Pace: PMP + 30 sec./mile
15	10-20 minute warm-up 12x400m (90 sec. RI) 10 minute cool-down	1 mile easy 4 mile run @ Tempo pace 1 mile easy	Distance: 11 miles Pace: PMP + 45 sec./mile

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



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14	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 6 x 800m (90 sec. RI) 10 minute cool-down	5 miles @ Tempo pace	Distance: 12 miles Pace: PMP + 45-60 sec./mile
13	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 3 x 1600m (3 min. RI) 10 minute cool-down	2 miles easy, 3 miles @ Tempo pace 2 miles easy	Distance: 10 miles Pace: PMP + 45-60 sec./mile
12	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1 mile easy 4 miles @ Tempo pace 1 mile easy	Distance: 12 miles Pace: PMP + 45-60 sec./mile
11	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 5 x (2 min. fast / 2 min. easy) 10 minute cool-down	1 mile easy 7 miles @ Tempo pace	Distance: 13 miles Pace: PMP + 15 sec./mile
10	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 4 x 800m (1:30 RI) 10 minute cool-down	1 mile easy 5 mile run @ Tempo pace	Distance: 14 miles Pace: PMP + 30 sec./mile
9	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 2 x (4 x 400) (1:30 RI) (2:30 between sets) 10 minute cool-down	8 miles 10K pace + 40 sec.	Distance: 12 miles Pace: PMP + 20 sec./mile
8	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 1 mile (400m RI), 2 miles (800m RI), 2 x 800 (400m RI) 10 minute cool-down	2 miles easy, 3 miles @ Tempo pace 2 miles easy	Distance: 16 miles Pace: PMP + 30-45 sec./mile
7	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	9 miles 10K pace+ 40 sec.	Distance: 13 miles Pace: PMP + 10 sec./mile
6	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	1 mile easy 4 miles @ Tempo pace 1 mile easy	Distance: 18 miles Pace: PMP + 30 sec./mile
5	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 10 x 400 (400m RI) 10 minute cool-down	1 mile easy 5 mile run @ Tempo pace	Distance: 10 miles Pace: PMP
4	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 5 x (2 min. fast / 2 min. easy) 10 minute cool-down	8 miles 10K pace+ 40 sec.	Distance: 20 miles Pace: PMP +30 sec./mile
3	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	1 mile easy 5 mile run @ Tempo pace	Distance: 13 miles Pace: PMP
2	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	2 miles easy, 3 miles @ Tempo pace 1 mile easy	Distance: 8 - 10 miles Pace: PMP
<b>Race Week</b>	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
	10-20 minute warm-up 6 x 400 (400m RI) 10 minute cool-down	3 mile run @ PMP	Marathon Day Distance: <b>26.2miles</b> Pace: Marathon Pace

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