

HALF MARATHON TRAINING PROGRAM

The Furman Institute of Running and Scientific Training (FIRST's) half marathon training program is based on results from FIRST's run training studies. Results indicated that runners were able to run a successful half marathon running 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.

Key Run #1 Paces (adjust from 10K race pace)	Key Run #2 Paces (threshold runs)	Key Run #3 Paces (long runs)
400m @ 10K pace – (55-60 sec.)	Short Tempo (ST) = 10K pace	Planned Half Marathon Pace (PHMP) is 10K race pace + 20 sec.
600m @ 10K pace – (50-55 sec.)	Mid Tempo (MT) = 10K+15 sec.	
800m @ 10K pace – (45-50 sec.)	Example: 42:00 10K race is a 6:45/mile pace; ✓ The pace for 800m would be a 6:00/mile pace or ~3:00 for the 800 m ✓ The pace for a MT run would be 7:00 / mile (6:45 +15 sec.) ✓ The pace for a long run may be PHMP + 20 sec. or 7:05 + 20 = 7:25/mile	
1000m @ 10K pace – (42-47 sec.)		
1200m @ 10K pace – (40-45 sec.)		
1600m @ 10K pace – (35-40 sec.)		
2000m @ 10K pace – (30-35 sec.)		

FIRST Marathon Training Program Sample Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.

	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
18	10-20 minute warm-up 12 x 400m (90 sec. RI) 10 minute cool-down	2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	Distance: 8 miles Pace: PHMP + 20 sec./mile
17	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: 9 miles Pace: PHMP + 20 sec./mile
16	10-20 minute warm-up 6 x 800m (90 sec. RI) 10 minute cool-down	2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	Distance: 10 miles Pace: No specific pace; Easy /relaxed effort run
15	10-20 minute warm-up 1200, 1000, 800, 600, 400, 200 (200M RI) 10 minute cool-down	5 mile run @ Mid Tempo pace	Distance: 9 miles Pace: PHMP + 20 sec./mile
14	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1 mile easy, 3 miles @ Short Tempo pace 1 mile easy	Distance: 9 miles Pace: PHMP + 20 sec./mile
	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3

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

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13		10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	6 miles @ Long Tempo pace	Distance: 11 miles Pace: PHMP + 30 sec./mile
12		Key Run Workout #1 10-20 minute warm-up 2 x 1200m (2:00 RI); 4 x 800m (2:00 RI) 10 minute cool-down	Key Run Workout #2 1 mile easy, 2 miles @ MT pace 1 mile easy, 2 miles @ MT pace 1 mile easy	Key Run Workout #3 Distance: 10 miles Pace: PHMP + 20 sec./mile
11		Key Run Workout #1 10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	Key Run Workout #2 5 mile run @ Mid-Tempo pace	Key Run Workout #3 Distance: 12 miles Pace: PHMP + 30 sec./mile
10		Key Run Workout #1 10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	Key Run Workout #2 1 mile easy, 2 miles @ MT pace 1 mile easy, 2 miles @ MT pace 1 mile easy	Key Run Workout #3 Distance: 8 miles Pace: PHMP + 15 sec./mile
9		Key Run Workout #1 10-20 minute warm-up 1 mile (400 RI), 2 miles (800 RI), 2 x 800m (400m RI) 10 minute cool-down	Key Run Workout #2 5 mile run @ Mid-Tempo pace	Key Run Workout #3 Distance: 13 miles Pace: PHMP + 30 sec./mile
8		Key Run Workout #1 10-20 minute warm-up 3 x (2 x 1200m) (2:00 RI) (4:00 RI between sets) 10 minute cool-down	Key Run Workout #2 6 mile run @ Mid-Tempo pace	Key Run Workout #3 Distance: 10 miles Pace: PHMP + 20 sec./mile
7		Key Run Workout #1 10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	Key Run Workout #2 5 mile run @ Mid-Tempo pace	Key Run Workout #3 Distance: 14 miles Pace: PHMP + 30 sec./mile
6		Key Run Workout #1 10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	Key Run Workout #2 6 miles easy & relaxed effort	Key Run Workout #3 Distance: 10 miles Pace: PHMP + 20 sec./mile
5		Key Run Workout #1 10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	Key Run Workout #2 5 mile run @ Mid-Tempo pace	Key Run Workout #3 Distance: 15 miles Pace: PHMP + 30 sec./mile
4		Key Run Workout #1 10-20 minute warm-up 3 x 2000m (400m RI) 10 minute cool-down	Key Run Workout #2 1 mile easy, 2 miles @ MT pace 1 mile easy, 2 miles @ MT pace 1 mile easy	Key Run Workout #3 Distance: 10 miles Pace: PHMP + 20 sec./mile
3		Key Run Workout #1 10-20 minute warm-up 2 x 3200 (400m RI) 10 minute cool-down	Key Run Workout #2 5 mile run @ Mid-Tempo pace	Key Run Workout #3 Distance: 12 miles Pace: PHMP + 20 sec./mile
2		Key Run Workout #1 10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	Key Run Workout #2 2 miles easy, 3 miles @ Short Tempo pace 1 mile easy	Key Run Workout #3 Distance: 8 miles Pace: PHMP + 20 sec./mile
Race	Week	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
1		10-20 minute warm-up 6 x 400m (400m-RI) 10 minute cool-down	3 mile run easy & relaxed effort	Half Marathon Race Day Distance: 13.1 miles Pace: Race Pace

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