



Half Marathon Training Program

The Furman Institute of Running and Scientific Training (FIRST) 5K training program is based on results from FIRST's training studies. Results indicate that runners are able to improve race performances running only three days a week, following a specific training plan, and cross-training. Pacing is a crucial component to this training program. Training program paces are based on current best 5K RACE pace. Refer to Tables 4.1, 4.2 and 4.3 in *Runner's World RUN LESS, RUN FASTER* to determine your training paces.

This training program has produced good results with Key Run #1 on Tuesday, Key Run #2 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 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 @ ST pace 1 mile easy	8 miles @ HMP + 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 @ MT pace	9 miles @ HMP + 20 sec./mile
16	10-20 minute warm-up 6 x 800m (90 sec. RI) 10 minute cool-down	2 miles easy 3 miles @ ST pace 1 mile easy	10 miles @ 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 @ MT pace	9 miles @ HMP + 20 sec./mile
14	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	1 mile easy 3 miles @ ST pace 1 mile easy	9 miles @ HMP + 20 sec./mile
13	10-20 minute warm-up 3 x 1600m (1 min. RI) 10 minute cool-down	6 miles @ LT pace	11 miles @ HMP + 30 sec./mile
12	10-20 minute warm-up 2 x 1200m (2:00 RI) 4 x 800m (2:00 RI) 10 minute cool-down	1 mile easy, 2 miles @ MT pace 1 mile easy, 2 miles @ MT pace 1 mile easy	10 miles @ HMP + 20 sec./mile
11	10-20 minute warm-up 6 x 800m (1:30 RI) 10 minute cool-down	5 mile run @ MT pace	12 miles @ HMP + 30 sec./mile
10	10-20 minute warm-up 2 x (6 x 400m) (1:30 RI) (2:30 RI between sets) 10 minute cool-down	1 mile easy, 2 miles @ MT pace 1 mile easy, 2 miles @ MT pace 1 mile easy	8 miles @ HMP + 15 sec./mile

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



Half Marathon Training Program

Refer to Tables 4.1, 4.2 and 4.3 in *Runner's World RUN LESS, RUN FASTER* to determine your training paces.

	Key Run Workout #1	Key Run Workout #2	Key Run Workout #3
9	10-20 minute warm-up 1 mile (400 RI), 2 miles (800 RI), 2 x 800m (400m RI) 10 minutes cool-down	5 mile run @ MT pace	13 miles @ HMP + 30 sec./mile
8	10-20 minute warm-up 3 x (2 x 1200m) (2:00 RI) (4:00 RI between sets) 10 minute cool-down	6 mile run @ MT pace	10 miles @ HMP + 20 sec./mile
7	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	5 mile run @ MT pace	14 miles @ HMP + 30 sec./mile
6	10-20 minute warm-up 3 x 1600m (400m RI) 10 minute cool-down	6 miles, easy & relaxed effort	10 miles @ HMP + 20 sec./mile
5	10-20 minute warm-up 10 x 400m (400m RI) 10 minute cool-down	5 mile run @ MT pace	15 miles @ HMP + 30 sec./mile
4	10-20 minute warm-up 3 x 2000m (400m RI) 10 minute cool-down	1 mile easy, 2 miles @ MT pace 1 mile easy, 2 miles @ MT pace 1 mile easy	10 miles @ HMP + 20 sec./mile
3	10-20 minute warm-up 2 x 3200m (400m RI) 10 minute cool-down	5 mile run @ MT pace	12 miles @ HMP + 20 sec./mile
2	10-20 minute warm-up 5 x 1K (400m RI) 10 minute cool-down	2 miles easy 3 miles @ ST pace 1 mile easy	8 miles @ HMP + 20 sec./mile
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 13.1 miles @ Race Pace

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