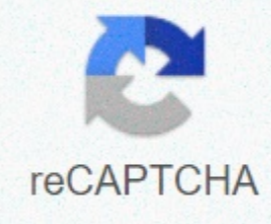




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Since Fellnr.com, first's run less running tips work faster. The first (Furman Institute of Running and Scientific Training) plan is the evolution of the Jack Daniels Running Formula approach and is described in the book Run Less, Run Faster. Its unique feature is that it uses only three days of running a week with two days of cross training. Three days of work is a long road, a run of pace and an interval training session. This makes first a difficult training plan, as any run is a hard workout, without easy running fun. It is possible to use this training plan without two days of cross training, but according to the Furman Institute, their research has shown that it is less effective. FIRST is also the only plan I came across that actually tries to scientifically evaluate their training methodology. Like Jack Daniels, it provides a specific training pace based on fitness levels for clearly defined workouts. This article should be read in conjunction with my comparison of marathon training plans. Please support this site This review was possible by readers like you buying products through my links. I buy all the products I review through regular retail channels, which allows me to create unbiased reviews free from the impact of reciprocity or the need to make suppliers happy. It also ensures that I don't get reviewer promotions that are better than retail versions.

- Marathon Training Plan** The first book contains not only the main plan of the marathon, but also the same plan with steps completed for the various steps of Boston Qualification. However, these BQ plans do not have different workouts, just save the effort of completing the steps. Please note that this is not a beginner's plan. Key features Run 3 days/week, cross train 2 days/week. Each week includes pace, interval and long run. Ramps (mileage increase/week): There really is no ramp for this plan and you have to run 16-20 miles before you start. Pace pros workout based on fitness. Long routes are not at a slow pace, but between the pace of a marathon and a marathon + 60 seconds. Although there is no speed work in Long Distances, long marathon-pace trails are a good idea. Precise training pace and distances provided for all gears. Great option for triathlete or other multisport athlete. Cons This plan is for someone already almost trained to the level of a marathon. Some runners find training too difficult, especially if they are not used to working in speedwork. It's not easy, it's fun to run. You need to like cross training. Modifications This plan does not require any obvious modifications. It may be reasonable to add some speed work in long run based on jack daniels program. I propose offset from the Pace Marathon, rather than a steady time shift if you're a faster runner. Conversion rate runs into medium long long or high-intensity interval training. The risk of overtraining Only three days a week helps to reduce the risk of overtraining. However, since these three heats are very difficult the risk of overtraining may be slightly higher than you might expect. In addition, the risk of overtraining may depend on the nature and intensity of the cross-training you are doing. Overall, I would rate this plan as a low or moderate risk of overtraining. It is very important to choose the pace of training based on the actual condition measured by the previous race. Using training steps based on your end time target will increase your risk of overtraining and are likely to reduce your workout performance. Good for:: Beginner: 1. There is no building, so beginners should look elsewhere. Beginner: 2. Unless you're a recognized half marathon runner who has done enough overdistance training to use up to 16 miles of Long Runs, look elsewhere. Maintenance: 2. This plan is usually for someone who wants to improve, and there is more work than needed for simple maintenance. Upgrader: 4. This is a great plan that someone wants to improve, but be careful if you haven't done a lot of speed work before. You need to start this plan in a place where you feel comfortable with 16-20 miles of Long Runs, so don't leave much difference between the previous marathon and using that plan for the next race. Enthusiast: 4. This is one of the best plans if you think you can handle two speed work sessions a week. However, I think the speed work during long runs gives jack daniels running formula planning an advantage over the foregroth. Elite: 2. This is a reasonable contender for the elites, but probably better with the Jack Daniels Running Formula's Elite Plan. Limited training time: 4. This plan requires three days a week, but it must also perform two days of cross training. Traditionalist: 2. This plan is rather different from the traditional marathon training plan, having only three days of intense riding per week. Triathlete/Multisport: 5. This plan naturally includes cross training days a week, making it a good choice for multisport athletes. Previous overtraining: 3. While reducing running to three days a week will help prevent overtraining, having all three high-intensity runs increases the risk of overtraining. I would rate this plan as a low to moderate risk sub 3:00:5. This plan adapts well to fast runners. 3:00-4:30: 5. This plan adapts well to middle-class runners. 4:30-5:30: 3. This plan may work, but probably better with Galloway. 5:30+: 0. Use Galloway. Working at speed. This plan has two work sessions week, and there is no easy running, so you have to really like speed work.
- Novice's marathon training plan** the novice's plan has the same speed as the main plan, but rather rather Long runs. Key features Run 3 days/week, cross train 2 days/week. Each week includes pace, interval and long run. Ramps (run increase/ week): The ramp is quite moderate and comparable to other plans that would fit the new runner. Pace pros workout based on fitness. Long runs are not at a slow pace, but between the pace of a marathon and a marathon + 45 seconds. Although there is no speed work in Long Distances, long marathon-pace trails are a good idea. Keep in mind that while long routes are shorter than the main plan, the pace is slightly faster. Precise training pace and distances provided for all gears. Great option for triathlete or other multisport athlete. Cons Some runners find training too difficult, especially if they are not used to speedwork. It's not easy, it's fun to run. You need to like cross training. Modifications This plan does not require any obvious modifications. It may be reasonable to add some speed work in long run based on jack daniels program. I suggest using a percentage offset from the Pace Marathon, not a constant time shift if you're a faster runner. Tempo Conversion Runs in medium-term or high-intensity interval training. The risk of overtraining Only three days a week helps to reduce the risk of overtraining. However, since these three heats are very difficult the risk of overtraining may be slightly higher than you might expect. In addition, the risk of overtraining may depend on the nature and intensity of the cross-training you are doing. Overall, I would rate this plan as a low or moderate risk of overtraining. It is very important to choose the pace of training based on the actual condition measured by the previous race. Using training steps based on your end time target will increase your risk of overtraining and are likely to reduce your workout performance. Good for:: Beginner: 2. This is a reasonable approach for beginners, but your lack of speedwork work can be a problem. Either look at Galloway/Higdon, or use the first approach to a shorter race to get used to the intensity. Beginner: 3. Ramp-up is quite gentle, but you probably need to be trained at half marathon distance before starting this plan because it is quite short. Ringger: 4. The novice plan may work well for you, although it only gives you three runs, which I would classify as Long Runs; 16, 18 and 20 mlir. This is a good choice if you are only 16 weeks old, but if you have longer, I would suggest looking at the Higdon or Jack Daniels Running Formula 4Week program. Maintenance: 2. This plan requires more speedwork work than you probably want, and is more targeted for beginners. 3. This can be a cost-effective option if you allow the distance to shift in long run and you need to build again. Enthusiast: 2. It's probably not perfect because it brings you back to a shorter Long Run than it is perfect. Ideal. 0. Look elsewhere. Limited training time: 4. This plan requires three days a week, but it must also perform two days of cross training. Ttraditionalist: 2. This plan is rather different from the traditional marathon training plan, having only three days of intense riding per week. Triathlete/Multisport: 5. This plan naturally includes cross training days a week, making it a good choice for multisport athletes. Previous overtraining: 3. While reducing running to three days a week will help prevent overtraining, having all three high-intensity runs increases the risk of overtraining. I would rate this plan as a low to moderate risk sub 3:00:5. This plan adapts well to fast runners. 3:00-4:30: 5. This plan adapts well to middle-class runners. 4:30-5:30: 3. This plan may work, but probably better with Galloway. 5:30+: 0. Use Galloway. Working at speed. This plan has two speed work sessions a week, and there is no easy running, so you have to really like speed work.
- Characteristics of the marathon plan** Table below shoes key features of the plans. For more information and comparison with other training plans, see Compare marathon training plans. Plan Name # Runs 16 + # Runs 20 + Total Miles Over 16 Weeks Starting Run up to 16 Weeks 16 To Max 16 To Race Max To Race Initial Ramp (First To 16) Core Ramp (16 Do Max) General Ramp (From First to Max) FIRST Novice 3 1 6 8 8 8 8 8 8 8 8 8 8 8 8 8 4 7 3 0.88 0.90 0.75 FIRST Marathon 8 5 25 13 2 1 13 12 2.00 3.00 2.30 Column notes # Runs 16+. I think the 16-mile mark sets the start for a longer perspective. While this is a bit arbitrary on my part, I find counting the number of long runs that are 16 miles or more is a useful metric. The first run of diesel 16 miles or more is highlighted green in the weekly section. # Works 20+. There is some limited evidence to suggest that 20-mile runs provide important adaptations to the marathon and help prevent hitting the wall. This column takes into account the number of runs of 20 miles or more. Total more than 16 miles. Another way to evaluate your training plan is to look at the number of miles traveled over 16 miles. For example, an 18 mile long run would count as 2 miles above mark's 16 miles. This metric reveals some dramatic differences between some advanced plans. The initial course. This column shows the course of the first longer run and can be useful when choosing a plan based on your current health. weeks to 16 weeks. This is the number of weeks from the start of the plan to the first 16 long-term miles. This part of the training plan I called the initial ramp, which brings the runner from the initial level of fitness to this, I consider it a threshold for long runs. Weeks 16 to max. This is the number of weeks from the first run of 16 miles or more to the longest run in If the longest run is repeated more than once, I use the first instance, which is highlighted in red in the weekly section. 16 to race. Number of weeks from the first run of 16 miles or more to the race itself. Max to race. Number of weeks from the longest long run to the race itself. Ramps. One of the key aspects of any marathon training plan is how fast it increases. It seems likely that one of the biggest factors behind excessive fatigue and injury from a longer perspective is at this rate of mileage growth. That's why I've tried to define this growth rate as a ramp, which is roughly the number of miles per week that increases the long-term outlook. (For those interested in the details, I use the smallest squares approach to calculate the approximate slope between the two points of the training plan. This approach has some obvious limitations when training plans have shortened the weeks.) Starting ramp (from the first to the 16th). It is a ramp from the first run to the first 16 miles or longer run. Core ramp (16 to max.). It is a ramp from the first run of 16 miles or longer to the longest run. General ramp (from first to max.). Ramp from the first to the longest run. Plan name week16 week15 week14 week13 week12 week11 week10 week 9 week 8 week 7 week 6 week 5 week4 week 2 week1 FIRST Novice 8 9 10 11 12 14 10 15 16 12 12 18 18 13 20 13 8 race FIRST Marathon 13 15 17 20 18 20 13 18 20 15 20 15 20 13 10 race 4 Plans for other distances There are plans at different levels of runner : Novice runners training for their first 5K. Intermediate 5K runners. Competitive plans for 5K, 10K and half marathon. 5 Changes for the second edition Note that the second edition is remarkably similar to the original, but has been updated based on feedback and questions about the first edition. You probably shouldn't upgrade if you're reading a book as general training tips, but if you're going to follow the program, I recommend the latest copy. The second edition has a 5K training pace, which now include 30-40 min 5K, do not include 15-16 min 5K pace. Also, the novice marathon plan is now in the book, not just on the internet.
- Comparison with other plans** Main article: Comparing marathon training plans

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