



# GO FAST

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# GO FAR

Half and Full Marathon Training Plan

RUNNER'S WORLD X Tracksmith  
NEW ENGLAND



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NEW ENGLAND

## Training Plan

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Follow Our 14-Week Workout Schedule to Master  
Your Next Half Marathon or Marathon

# WELCOME TO THE GO FAST GO FAR Training Plan

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This 14-week training plan will have you in top form for your next marathon or half marathon. It incorporates classic workouts into each training phase, plus dives into the rich history of running and explores why these workouts remain so iconic and worthwhile. This plan begins at your current fitness level and challenges your comfort zone on workout days. Tuesday and Thursday's workouts will test your pace per mile, helping you discover faster paces while creating a baseline for your goal finishing time.

Tracksmith community leader and Brooklyn Track Club's head coach **Steve Finley** and Runner's World Coach **Jess Movold** joined forces to create a unique training plan that brings meaning to getting faster. Inspired by the history of running, *Go Fast Go Far* training plan will have you testing your speed on workouts that icons of the sport used en route to their biggest victories.

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## EACH WEEK WILL FEATURE A COMBINATION OF WORKOUTS WITH THE BELOW PURPOSES:

- Aerobic work and speed development, paces under mile pace
- Intervals and broken tempos exploring pace progressions, speed development
- Posterior chain work, strength and increasing efficiency
- Recovery miles
- Progressive recovery running, with interchangeable miles at goal race pace
- Build aerobic base, time on feet, train long run progression
- Race Day

# CALENDAR

## Daily Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY / half	SUNDAY / full
WEEK 1	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	14x 400m starting @ 10K pace and working down to 5K pace w/ 60 sec rest	30-50 min easy or Off	4x 1 mile @ HM pace w/ 90 sec rest	30-50 min recovery	40-60 min recovery or Off	6-8 miles	6-8 miles
WEEK 2	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	5x 1000m, 4x 200m starting @ HM and working down to 10K pace, 200s @ 5K paces w/ 2 min rest	30-50 min easy or Off	12x 60 sec Hill @ 10K effort w/ jog down rest	30-50 min recovery	40-60 min recovery or Off	6-8 miles	8-10 miles
WEEK 3 + The Michigan	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	7x 800m starting @ HM pace w/ 90 sec rest	30-50 min easy or Off	The <b>Michigan</b>	30-50 min recovery	40-60 min recovery or Off	8-10 miles	10-12 miles
WEEK 4	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	5x 1200m, 4x 200m starting @ HM pace and working down to 10K pace, 200s @ 5K paces w/ 90 sec rest	30-50 min easy or Off	10x 75 sec Hill @ 10K effort w/ jog down rest	30-50 min recovery	40-60 min recovery or Off	8-10 miles w/ miles 6-8 at goal race pace	10-12 miles w/ miles 8-10 at goal race pace
WEEK 5	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	10x 600m starting @ 10K pace w/ 90 sec rest	30-50 min easy or Off	3x 2 mile @ HM pace w/ 2 min rest	30-50 min recovery	40-60 min recovery or Off	10-12 miles	10-14 miles
WEEK 6 + Deek's Quarters	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	<b>Deek's Quarters</b>	30-50 min easy or Off	12x 60 sec Hill @ 10K effort w/ jog down rest	30-50 min recovery	40-60 min recovery or Off	10-12 miles w/ miles 8-10 at goal race pace	14-16 miles w/ miles 10-12 at goal race pace
WEEK 7	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	14x 400m starting @ 10K pace and working down to mile pace w/ 60 sec rest	30-50 min easy or Off	2x 3 mile @ HM pace w/ 2 min rest	30-50 min recovery	40-60 min recovery or Off	12-14 miles	14-16 miles

# CALENDAR

## Daily Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY / half	SUNDAY / full
WEEK 8	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	7x 1000m starting @ HM pace and working down to 10K pace w/ 60 sec rest	30-50 min easy or Off	10x 75 sec Hill @ 10K effort w/ jog down rest	30-50 min recovery	40-60 min recovery or Off	12-14 miles	14-16 miles
WEEK 9 +Mona Fartlek	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	6x 800, 4x400m starting @ HM pace and working down to 10K pace, 400s @ 5K paces w/ 90 sec rest	30-50 min easy or Off	Mona <b>Fartlek</b>	30-50 min recovery	40-60 min recovery or Off	14-16 miles	17-19 miles
WEEK 10	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	20x 200m starting @ 10K pace and working down to mile pace w/ 60 sec rest	30-50 min easy or Off	5x 1 mile starting @ HM pace and working down to 10K pace w/ 90 sec rest	30-50 min recovery	40-60 min recovery or Off	10-12 miles w/ miles 8-10 at goal race pace	14-16 miles w/ miles 10-12 at goal race pace
WEEK 11	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	5x 1200m, 2x 400m starting @ HM pace and working down to 10K pace, 400s @ 5K pace w/ 90 sec rest	30-50 min easy or Off	5 mile progression from Marathon to HM pace	30-50 min recovery	40-60 min recovery or Off	14-16 miles	20-22 miles
WEEK 12 + Yasso 800s	40-60 min + 10x 100m soft surface strides	<b>Yasso 800s</b>	30-50 min easy or Off	3x 2 mile at half marathon pace w/ 2 min rest	30-50 min recovery	40-60 min recovery or Off	10-12 miles w/ miles 7-9 at goal race pace	14-16 miles w/ miles 10-12 at goal race pace
WEEK 13	40-60 min + 8x 100m soft surface strides + 10-15 min cool down	6x 800, 4x200m starting @ HM pace and working down to 5K pace, 200s @ Mile pace w/ 90 sec rest	30-50 min easy or Off	4x 1.5 mile starting @ HM pace and working down to 10K pace w/ 2 min rest	30-50 min recovery or Off	40-60 min recovery or Off	10 miles	10 miles
WEEK 14	40-60 min	2x 1 mile @ marathon pace, 2x 800m @ 5K pace, 90 sec rest	30-50 min easy or Off	60 min run	30-50 min recovery or Off	3 mile shake out run	<b>RACE DAY</b>	

# CLASSIC WORKOUTS

Test Your Progress with These Iconic Drills

## THE MICHIGAN

This classic workout builds strength, speed, and spirit. There's nothing easy about The Michigan but that's the point, especially when it comes to half or full marathon training. Developed by legendary University of Michigan track coach Ron Warhurst, it blends tempo runs and interval training in the same session. It will teach you how to execute paces, recover on the run, change gears, and practice finishing fast, so you can do the same on race day. In The Michigan, run the intervals on the track, then head to the roads for the tempo portion; jog the recoveries between each effort.

### How to Execute:

**INTERVAL 1:** 1 mile on the track at your current 10K race pace  
Recovery jog from the track to your tempo location

**TEMPO:** 1 mile at your tempo pace, 20 to 30 seconds slower than your 10K pace  
Recovery jog back to the track

**INTERVAL 2:** 1200m (3 laps) at your current 10K race pace. Although this interval is shorter, resist the temptation to run any faster than you did during the previous mile on the track.  
Recovery jog from the track to your tempo location

**TEMPO:** 1 mile at your tempo pace, 20 to 30 seconds slower than your 10K pace  
Recovery jog back to the track

**INTERVAL 3:** 800m (2 laps) at your current 5K race pace, slightly faster than previous track efforts  
Recovery jog from the track to your tempo location

**TEMPO:** 1 mile at your tempo pace, 20 to 30 seconds slower than your 10K pace  
Recovery jog back to the track

**INTERVAL 4:** 400m (1 lap) faster than your current 5K race pace, simulating a strong finish much like you will on race day!

**COOL DOWN:** 2 to 3 miles easy

Note: the tempo effort can be cut down to 1K distance as a modification.

## DEEK'S QUARTERS

**WEEK 6:** Made popular by Australian world-record holder Rob De Castella, Deek's Quarters is a straight forward track workout that places a strong emphasis on threshold training. These  $8 \times 400\text{m}$  repeats are simple to read but challenging to execute. How so? The intention of this workout is to help build your anaerobic engine by teaching your muscles to use more oxygen which will help you recover efficiently while running fast, but during these repeats you will never have a chance to fully recover making this a far more challenging workout than expected.

### How to Execute:

Run  $8 \times 400\text{m}$  (1 lap) around the track slightly faster than your current 5K race pace. The recovery between each is only 200m (1/2 lap) and should be done at a “float” pace, which is quicker than an easy jog.

## MONA FARTLEK

**WEEK 9:** Named after four-time Olympian Steve Moneghetti, this 20-minute workout focuses on speed play by incorporating short and hard pickups mixed with float recoveries. This is a time-based fartlek that allows you to simulate a race-like setting by surging into challenging paces then settling into short recoveries that build your ability to recover while on the run.

### How to Execute:

Run  $2 \times 90$  seconds,  $4 \times 60$  seconds,  $4 \times 30$  seconds,  $4 \times 15$  seconds while incorporating equivalent recovery periods for each timed effort. For example, the first two efforts should be 90 seconds hard, 90 seconds quick jog recovery, then you move into the 60 seconds hard, 60 seconds quick jog recovery, etc. If you want to make this workout even more challenging, you can pick up the pace as the intervals get shorter.

## YASSO 800S

**WEEK 12:** The story goes that you can predict your marathon time based on how long it takes you to run 800 meters. Bart Yasso, a legend in the Runner's World community, has been implementing this workout in his own training for decades. When Bart ran 800m repeats at roughly 2 minutes and 40 seconds per split, he knew he was in 2 hour 40 minute marathon shape. Keep in mind, this is just a gauge of your fitness that assumes you've kept up with all facets of your marathon training, including your long runs.

### How to Execute:

Run  $10 \times 800\text{m}$  (2 laps) around the track at an effort that feels like your 10K pace. Your recovery will be the same amount of time as your 800m took at an easy paced recovery jog. Focus on consistent efforts, therefore consistent recoveries.

# CLOSING THOUGHTS

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I don't think any one workout prepares you for a marathon. I think what prepared me the most were the weeks upon weeks of uninterrupted training. It was the layering effect of these type of endurance of workouts that prepared me for the marathon.

I found that my mental preparation came from the small victories I experienced in training. The moment I started to hurt or when the workout started to get ahead of me and I had dig deeper. There always seemed to be a tipping point in a workout where I either had to focus and fight or surrender. The last workout I did before Boston was a mental victory in the sense that I controlled the effort, the pace and the outcome. In other words, the workout did not control me but rather I controlled it. This gave me confidence that I could control the marathon on race day.

— *Lisa Rainsberger, 1985 Boston Marathon Champion*

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