

# 10 Week 1 2 Marathon Training Plan

# 10 WEEK HALF MARATHON INTERMEDIATE TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Training Run 3 Miles	Race Pace 2 Miles	Rest Day	Training Run 3 Miles	Strength Training	Long Run 4 Miles
2	Rest Day	Training Run 3 Miles	Race Pace 2 Miles	Rest Day	Training Run 3 Miles	Strength Training	Long Run 5 Miles
3	Rest Day	Training Run 3.5 Miles	Race Pace 2 Miles	Rest Day	Training Run 3.5 Miles	Strength Training	Long Run 6 Miles
4	Rest Day	Training Run 4 Miles	Race Pace 2.5 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 7 Miles
5	Rest Day	Training Run 4 Miles	Race Pace 2.5 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 8 Miles
6	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 6 Miles
7	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 9 Miles
8	Rest Day	Training Run 5 Miles	Race Pace 4 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 10 Miles
9	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 7 Miles
10	Rest Day	Training Run 3 Miles	Rest Day	Easy Run 3 Miles	Rest Day	Easy Run 2 Miles	Half Marathon

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Race Pace runs should be done at your target race pace (if you have one) - otherwise, treat them like a regular training run.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

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**10 week 1 2 marathon training plan** is a highly sought-after approach for runners who are looking to complete a half marathon. With a structured training schedule, individuals can gradually build their endurance, speed, and confidence, ensuring they are well-prepared for race day. In this article, we will explore the elements of an effective 10-week training plan, key considerations for beginners, and tips to help you succeed in your half marathon journey.

# Understanding the 10-Week Half Marathon Training Plan

A 10-week training plan is designed to help runners of all levels, especially beginners, prepare for a half marathon, which covers 13.1 miles. This time frame allows sufficient time to build up mileage, improve cardiovascular fitness, and enhance running technique. The plan is typically broken down into three main components: base runs, long runs, and cross-training.

## Key Components of the Training Plan

1. Base Runs: These are your regular runs that form the backbone of your training. They help to build your aerobic capacity and endurance.
2. Long Runs: Scheduled once a week, long runs gradually increase in distance, preparing your body for the race distance.
3. Cross-Training: Incorporating other forms of exercise, such as cycling, swimming, or strength training, helps improve overall fitness while reducing the risk of injury.

## Sample 10-Week Half Marathon Training Plan

Here's a sample training plan to guide you through your journey:

### Weeks 1-4: Building a Base

- Week 1:
  - Monday: Rest or light cross-training
  - Tuesday: 3 miles easy run
  - Wednesday: Cross-train (30 minutes)
  - Thursday: 3 miles easy run
  - Friday: Rest
  - Saturday: 4 miles long run
  - Sunday: Cross-train (45 minutes)
- Week 2:
  - Monday: Rest or light cross-training
  - Tuesday: 3 miles easy run
  - Wednesday: Cross-train (30 minutes)
  - Thursday: 3 miles easy run
  - Friday: Rest
  - Saturday: 5 miles long run
  - Sunday: Cross-train (45 minutes)
- Week 3:

- Monday: Rest or light cross-training
- Tuesday: 4 miles easy run
- Wednesday: Cross-train (30 minutes)
- Thursday: 3 miles easy run
- Friday: Rest
- Saturday: 6 miles long run
- Sunday: Cross-train (45 minutes)

- Week 4:
- Monday: Rest or light cross-training
- Tuesday: 4 miles easy run
- Wednesday: Cross-train (30 minutes)
- Thursday: 4 miles easy run
- Friday: Rest
- Saturday: 7 miles long run
- Sunday: Cross-train (45 minutes)

## **Weeks 5-7: Increasing Mileage**

- Week 5:
- Monday: Rest or light cross-training
- Tuesday: 5 miles easy run
- Wednesday: Cross-train (30 minutes)
- Thursday: 4 miles easy run
- Friday: Rest
- Saturday: 8 miles long run
- Sunday: Cross-train (45 minutes)

- Week 6:
- Monday: Rest or light cross-training
- Tuesday: 5 miles easy run
- Wednesday: Cross-train (30 minutes)
- Thursday: 4 miles easy run
- Friday: Rest
- Saturday: 9 miles long run
- Sunday: Cross-train (45 minutes)

- Week 7:
- Monday: Rest or light cross-training
- Tuesday: 5 miles easy run
- Wednesday: Cross-train (30 minutes)
- Thursday: 5 miles easy run
- Friday: Rest
- Saturday: 10 miles long run
- Sunday: Cross-train (45 minutes)

## **Weeks 8-10: Tapering and Race Preparation**

- Week 8:
  - Monday: Rest or light cross-training
  - Tuesday: 6 miles easy run
  - Wednesday: Cross-train (30 minutes)
  - Thursday: 5 miles easy run
  - Friday: Rest
  - Saturday: 11 miles long run
  - Sunday: Cross-train (45 minutes)
- Week 9:
  - Monday: Rest or light cross-training
  - Tuesday: 6 miles easy run
  - Wednesday: Cross-train (30 minutes)
  - Thursday: 5 miles easy run
  - Friday: Rest
  - Saturday: 12 miles long run
  - Sunday: Cross-train (45 minutes)
- Week 10 (Race Week):
  - Monday: Rest or light cross-training
  - Tuesday: 4 miles easy run
  - Wednesday: Rest
  - Thursday: 2 miles easy run
  - Friday: Rest
  - Saturday: Race Day (Half Marathon)
  - Sunday: Recovery walk or rest

## **Tips for Success in Your Training**

To ensure you get the most out of your 10-week half marathon training plan, consider the following tips:

### **Listen to Your Body**

Pay close attention to how your body feels throughout the training process. If you experience pain or unusual fatigue, don't hesitate to take an extra rest day or consult a healthcare professional.

### **Stay Hydrated and Eat Well**

Proper nutrition and hydration are critical for performance and recovery. Aim to eat a balanced diet rich in carbohydrates, proteins, and healthy fats. Hydrate before, during,

and after your runs.

## **Invest in Proper Gear**

Having the right running shoes and gear can make a significant difference in your comfort and performance. Make sure to choose shoes that fit well and provide adequate support.

## **Set Realistic Goals**

While it's great to be ambitious, setting realistic and achievable goals will help maintain motivation and avoid burnout. Consider aiming for a specific finish time or simply focusing on finishing strong.

## **Join a Running Group or Community**

Training with others can provide motivation, accountability, and camaraderie. Look for local running groups or online communities where you can share experiences and tips.

## **Conclusion**

A well-structured **10 week 1 2 marathon training plan** can be your roadmap to successfully completing a half marathon. By following a gradual training schedule, incorporating various workouts, and listening to your body, you can improve your endurance and confidence, setting yourself up for a rewarding race experience. Remember to enjoy the journey and celebrate your progress along the way!

## **Frequently Asked Questions**

### **What is a 10 week 1 2 marathon training plan?**

A 10 week 1 2 marathon training plan is a structured program designed to prepare runners for a half marathon (13.1 miles) over a period of 10 weeks, focusing on gradually increasing mileage and incorporating different types of workouts.

### **Who is the 10 week 1 2 marathon training plan suitable for?**

This training plan is suitable for beginner to intermediate runners who have a base level of fitness and can comfortably run at least 3-5 miles before starting the program.

## What types of workouts are included in a typical 10 week 1 2 marathon training plan?

A typical training plan includes long runs, tempo runs, interval training, easy runs, and rest days to enhance endurance, speed, and recovery.

## How should I adjust the 10 week 1 2 marathon training plan if I miss a week?

If you miss a week, it's best to continue with the plan from where you left off, but listen to your body and consider repeating the last week or reducing mileage for a few days to avoid injury.

## What are the key benefits of following a structured 10 week 1 2 marathon training plan?

Following a structured training plan helps improve running performance, builds endurance, reduces the risk of injury, and provides a sense of accountability and accomplishment.

## How can nutrition affect my training during the 10 week 1 2 marathon plan?

Proper nutrition is crucial as it fuels your workouts, aids recovery, and helps prevent fatigue. Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, and stay hydrated.

## What should I do on race day after completing the 10 week 1 2 marathon training plan?

On race day, ensure you stay hydrated, stick to your planned pacing strategy, warm up properly, and remember to enjoy the experience as you cross the finish line.

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