



5k To Half Marathon Training Plan

5K TO HALF MARATHON TRAINING PLAN

13 WEEK EDITION



MARATHON HANDBOOK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Training 30 Min	10 x 400m (5k Pace)/ 200m Jog	Distance Run 3 Miles	Rest Day	5 x 4 Min (Tempo Pace)/ 90s Recovery	Rest or 4 Miles + 4 x 75m Strides	Long Run 4 Miles
2	Cross Training 35 Min	6 x 800m (5k Pace)/ 200m Jog	Distance Run 4 Miles	Rest Day	4 x 5 Min (Tempo Pace)/ 90s Recovery	Rest or 4 Miles + 4 x 75m Strides	Long Run 5 Miles
3	Cross Training 40 Min	6 x 1000m (5k Pace)/ 200m Jog	Distance Run 4 Miles	Rest Day	3 x 7 Min (Tempo Pace)/ 90s Recovery	Rest or 4 Miles + 4 x 75m Strides	Long Run 6 Miles
4	Cross Training 45 Min	1600m + 4 x 800m (5k Pace)/ 200m Jog	Distance Run 4 Miles	Rest Day	20 Min (Tempo Pace)	Rest or 4 Miles + 4 x 75m Strides	Long Run 7 Miles
5	Cross Training 45 Min	4 x 800m (5k Pace) + 4 x 400m (Pace)/ 200m Jog	Distance Run 4 Miles	Rest Day	25 Min (Tempo Pace)	Rest or 4 Miles + 4 x 75m Strides	6 Miles (Final 2 at Target Pace)
6	Cross Training 45 Min	6 x 1000m (5k Pace)/ 200m Jog	Distance Run 5 Miles	Rest Day	30 Min (Tempo Pace)	Rest or 4 Miles + 4 x 75m Strides	Long Run 8 Miles
7	Cross Training 45 Min	3 x 1600m (5k Pace)/ 200m Jog	Distance Run 5 Miles	Rest Day	35 Min (Tempo Pace)	Rest or 4 Miles + 4 x 75m Strides	Long Run 9 Miles
8	Cross Training 50 Min	5 x 1200m (5k Pace)/ 200m Jog	Distance Run 6 Miles	Rest Day	30 Min (Tempo Pace)	Rest or 4 Miles + 4 x 75m Strides	Long Run 10 Miles
9	Cross Training 50 Min	6 x 600m (Pace)/ 200m Jog	Distance Run 7 Miles	Rest Day	40 Min (Tempo Pace)	Rest or 4 Miles + 4 x 75m Strides	10k Time Trial
10	Cross Training 55 Min	10 x 400m (Pace)/ 200m Jog	Distance Run 7 Miles	Rest Day	40 Min (Tempo Pace)	Rest or 4 Miles + 4 x 75m Strides	Long Run 10 Miles
11	Cross Training 60 Min	6 x 1000m (5k Pace)/ 200m Jog	Distance Run 8 Miles	Rest Day	2 x 10 Min (Tempo Pace)/ 90s Recovery	Rest or 4 Miles + 4 x 75m Strides	Long Run 12 Miles
12	Cross Training 55 Min	8 x 800m (5k Pace)/ 200m Jog	Distance Run 7 Miles	Rest Day	Shake Out Run 20 Min + 4 x 75m Strides	Rest or 4 Miles + 4 x 75m Strides	Long Run 7 Miles
13	Cross Training 35 Min	4 x 800m (Goal Half Marathon Pace)/ 200m Jog	Distance Run 4 Miles	Rest Day	Shake Out Run 20 Min + 4 x 75m Strides	 Half Marathon!	

- Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- Long Runs:** Long endurance workouts at an easy pace to improve physical and mental stamina.
- Cross Training:** Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.
- Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- Strides:** Accelerate over the duration of the stride, reaching max speed at the end of each one.
- Warm-Ups and Cool-Downs:** For Speed Workouts and Tempo Runs, make sure you warm up and cool down with a 1-2 mile jog to keep yourself in tip-top condition and reduce the risk of injury.
- Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- Shake Out Run:** The final day of the Training Plan before your Marathon. Very relaxed run to loosen up.
- Time Trial:** Race-pace effort to assess your fitness level and rehearse the race experience.

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MARATHON HANDBOOK

5k to half marathon training plan is a journey that many runners embark upon to challenge themselves and improve their physical fitness. Transitioning from a 5k to a half marathon (13.1 miles or 21.1 kilometers) is an exciting goal that requires dedication, proper planning, and a well-structured training regimen. This article will provide an in-depth training plan, tips for success, and insights into the mental and physical aspects of this transition.

Understanding the Basics

Before diving into the training plan, it is essential to understand some key concepts that will help you as you progress from a 5k to a half marathon.

What is a 5k?

A 5k race is 3.1 miles long and is considered a sprint distance for many runners. It is an excellent introductory race for beginners and serves as a stepping stone for longer distances.

What is a Half Marathon?

A half marathon is a challenging distance that requires endurance and stamina. It typically takes several months of training to prepare adequately. Runners often find that completing a half marathon provides a significant sense of accomplishment.

Why Transition from 5k to Half Marathon?

- Increased endurance: Training for a half marathon builds cardiovascular strength and stamina.
- Goal setting: It provides a clear objective for your training.
- Community: Participating in longer races connects you with a broader running community.
- Personal achievement: Completing a half marathon is a milestone for many runners.

Creating a Training Plan

A successful training plan typically spans 12 to 16 weeks, depending on your current fitness level. Below is a sample 12-week training plan that gradually increases mileage and incorporates various types of runs.

Weekly Training Structure

- Monday: Rest or cross-training
- Tuesday: Speed or interval training
- Wednesday: Easy run
- Thursday: Tempo run
- Friday: Rest
- Saturday: Long run
- Sunday: Recovery run or cross-training

Sample 12-Week Training Plan

Weeks 1-4: Building a Base

- Week 1
- Tuesday: 3 miles easy
- Wednesday: 2 miles easy
- Thursday: 3 miles tempo
- Saturday: 4 miles long
- Week 2
- Tuesday: 3 miles easy
- Wednesday: 2 miles easy
- Thursday: 3 miles tempo
- Saturday: 5 miles long
- Week 3
- Tuesday: 3 miles with intervals (1 min fast, 2 min slow)
- Wednesday: 3 miles easy
- Thursday: 3 miles tempo
- Saturday: 6 miles long
- Week 4
- Tuesday: 4 miles easy
- Wednesday: 3 miles easy
- Thursday: 4 miles tempo
- Saturday: 7 miles long

Weeks 5-8: Increasing Intensity

- Week 5
- Tuesday: 4 miles with intervals
- Wednesday: 3 miles easy
- Thursday: 4 miles tempo
- Saturday: 8 miles long
- Week 6
- Tuesday: 4 miles easy
- Wednesday: 4 miles easy
- Thursday: 5 miles tempo
- Saturday: 9 miles long
- Week 7
- Tuesday: 4 miles with intervals
- Wednesday: 4 miles easy
- Thursday: 5 miles tempo
- Saturday: 10 miles long
- Week 8
- Tuesday: 5 miles easy
- Wednesday: 4 miles easy
- Thursday: 6 miles tempo
- Saturday: 11 miles long

Weeks 9-12: Peak Training and Tapering

- Week 9
- Tuesday: 5 miles with intervals
- Wednesday: 5 miles easy
- Thursday: 6 miles tempo
- Saturday: 12 miles long
- Week 10
- Tuesday: 5 miles easy
- Wednesday: 5 miles easy
- Thursday: 6 miles tempo

- Saturday: 13 miles long
- Week 11
- Tuesday: 4 miles with intervals
- Wednesday: 4 miles easy
- Thursday: 5 miles tempo
- Saturday: 8 miles long
- Week 12 (Race Week)
- Tuesday: 3 miles easy
- Wednesday: 2 miles easy
- Thursday: 2 miles easy
- Saturday: Race Day - Half Marathon!

Key Training Components

To ensure you are well-prepared for your half marathon, consider the following training components:

Speed Work

- Intervals: Short, intense bursts of speed followed by recovery periods.
- Fartlek: A mix of fast and slow running that helps improve speed and endurance.
- Hill repeats: Running up and down hills to build strength and stamina.

Long Runs

Long runs are crucial for building endurance. Aim to gradually increase your long run distance each week, peaking at 12-13 miles before tapering.

Tempo Runs

Tempo runs are performed at a comfortably hard pace, helping improve your lactate threshold and overall speed.

Cross-Training

Incorporate activities such as cycling, swimming, or yoga to enhance overall fitness and reduce the risk of injury.

Nutrition and Hydration

Proper nutrition and hydration play a vital role in your training success.

During Training

- Carbohydrates: Essential for energy; include whole grains, fruits, and vegetables.
- Protein: Important for muscle repair; incorporate lean meats, beans, and dairy.
- Fats: Healthy fats provide energy and support overall health; include avocados, nuts, and olive oil.
- Hydration: Drink plenty of water throughout the day. During long runs, consider sports drinks to replenish electrolytes.

Pre-Race Nutrition

In the days leading up to the race, focus on carbohydrate loading to maximize glycogen stores. On race day, stick to familiar foods to avoid gastrointestinal issues.

Mental Preparation

The mental aspect of training is just as important as the physical.

Visualization Techniques

- Picture yourself crossing the finish line.
- Imagine the feelings of accomplishment and pride.

Positive Affirmations

- Remind yourself of your training and capabilities.
- Use phrases like "I am strong" or "I can do this" to boost confidence.

Race Day Tips

- Arrive Early: Give yourself plenty of time to warm up and get settled.
- Pace Yourself: Start at a comfortable pace to avoid burnout.
- Stay Hydrated: Drink water or sports drinks at aid stations but don't overdo it.
- Enjoy the Experience: Take in the atmosphere, listen to the cheers, and appreciate your hard work.

Conclusion

Transitioning from a 5k to a half marathon is a rewarding endeavor that requires commitment, a structured training plan, and mental fortitude. By following the outlined training plan, focusing on nutrition, and preparing

mentally for the race, you can set yourself up for success. Remember, every run brings you one step closer to your goal, so lace up those shoes and get ready for an incredible journey!

Frequently Asked Questions

What is a good training plan duration for transitioning from a 5K to a half marathon?

A typical training plan for transitioning from a 5K to a half marathon ranges from 10 to 14 weeks, allowing sufficient time to build endurance and mileage safely.

How many days a week should I run when training for a half marathon after completing a 5K?

Most training plans recommend running 4 to 5 days a week, incorporating long runs, speed work, and easy recovery runs to build both endurance and speed.

What types of workouts should be included in a 5K to half marathon training plan?

A well-rounded training plan should include long runs, tempo runs, interval training, hill workouts, and easy runs to improve speed, stamina, and overall fitness.

Should I include cross-training in my training plan from a 5K to a half marathon?

Yes, incorporating cross-training activities like cycling, swimming, or strength training can enhance your overall fitness, reduce injury risk, and provide recovery days from running.

How can I prevent injuries while transitioning from a 5K to a half marathon?

To prevent injuries, gradually increase your weekly mileage by no more than 10%, include rest days, listen to your body, and incorporate strength training and stretching into your routine.

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