

6 Week Half Marathon Training Schedule

Here's Your Complete 6 Week Half Marathon Training Plan

MARATHON HANDBOOK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	3.5 Miles Training Run	2 Miles Training Run or Intervals	Cross Training	3.5 Miles Training Run	Rest Day	6 Miles Slow Long Run
2	Rest Day	4 Miles Training Run	2.5 Miles Training Run or Intervals	Cross Training	4 Miles Training Run	Rest Day	7.5 Miles Slow Long Run
3	Rest Day	5 Miles Training Run	2.5 Miles Training Run or Intervals	Cross Training	5 Miles Training Run	Rest Day	9 Miles Slow Long Run
4	Rest Day	5 Miles Training Run	3 Miles Training Run or Intervals	Cross Training	5 Miles Training Run	Rest Day	10 Miles Slow Long Run
5	Rest Day	5 Miles Training Run	3 Miles Training Run or Intervals	Cross Training	5 Miles Training Run	Rest Day	7 Miles Slow Long Run
6	Rest Day	3 Miles Training Run	2 Miles Training Run	Easy Cross Training	3 Miles Training Run	Rest Day	Half Marathon Day!

- If in doubt or feeling tired, take an extra rest day! (but try not to miss the long run).
- Long runs should be done at a slow, conversational pace - focus on trying to keep running, don't worry about speed.
- Training runs should be done at your target race pace (or, if you don't have one, a comfortable pace).
- On Wednesdays, you can incorporate intervals (speed work) to build your base speed - but only if you have the energy and recover sufficiently.
- Cross training should focus on strength training or yoga - target the hips, upper legs and core.
- Rest days are maybe the most important day of the week! Don't be tempted to skip them.
- Download the full FREE 6 week half marathon training plan at marathonhandbook.com

6 week half marathon training schedule is designed for runners who are either new to distance running or looking to improve their performance in a half marathon. This schedule provides a structured approach to training, balancing running workouts with rest and cross-training to maximize your potential. Whether you're aiming to complete your first half marathon or improve your time, following a dedicated plan can help you reach your goals.

Understanding the Half Marathon

The half marathon is a popular distance, measuring 13.1 miles (21.1 kilometers). It serves as a stepping stone for many runners aspiring to tackle full marathons. Training for a half marathon requires dedication, commitment, and a well-thought-out plan.

Benefits of Running a Half Marathon

1. Improved Cardiovascular Health: Training for a longer distance enhances heart and lung function.
2. Weight Management: Consistent training can aid in weight loss and maintaining a healthy weight.
3. Mental Toughness: Overcoming the challenge of training and racing can boost self-confidence and resilience.
4. Community and Camaraderie: Participating in training groups or races fosters a sense of community among runners.
5. Goal Setting: Training for a half marathon provides a clear goal to work towards, motivating you to stay active.

Key Components of a Training Schedule

When developing a 6 week half marathon training schedule, it's essential to include several key components:

- Long Runs: These are crucial for building endurance. They should gradually increase in distance each week.
- Speed Work: Incorporating intervals or tempo runs improves your pace and overall speed.
- Cross-Training: Activities like cycling, swimming, or strength training help improve overall fitness and reduce injury risk.
- Rest Days: Recovery is vital for muscle repair and injury prevention.
- Tapering: Reducing your mileage in the final week helps your body recover and prepares you for race day.

The 6 Week Training Schedule

Here is a detailed 6 week half marathon training schedule suitable for beginners or intermediate runners. The plan includes running days, cross-training, rest days, and a race day.

Week 1

- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: Cross-training (30 minutes of cycling or swimming)
- Thursday: 3 miles easy run
- Friday: Rest
- Saturday: 4 miles long run

- Sunday: Cross-training (30 minutes of strength training)

Week 2

- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: 4 x 400m intervals (with a 1-minute rest between each)
- Thursday: 3 miles easy run
- Friday: Rest
- Saturday: 5 miles long run
- Sunday: Cross-training (30 minutes of yoga or Pilates)

Week 3

- Monday: Rest
- Tuesday: 4 miles easy run
- Wednesday: Tempo run (1 mile easy, 2 miles at race pace, 1 mile cool down)
- Thursday: 3 miles easy run
- Friday: Rest
- Saturday: 6 miles long run
- Sunday: Cross-training (30 minutes of cycling)

Week 4

- Monday: Rest
- Tuesday: 4 miles easy run
- Wednesday: 5 x 400m intervals (with a 1-minute rest between each)
- Thursday: 4 miles easy run
- Friday: Rest
- Saturday: 7 miles long run
- Sunday: Cross-training (30 minutes of strength training)

Week 5

- Monday: Rest
- Tuesday: 5 miles easy run
- Wednesday: Tempo run (1 mile easy, 3 miles at race pace, 1 mile cool down)
- Thursday: 4 miles easy run
- Friday: Rest
- Saturday: 8 miles long run
- Sunday: Cross-training (30 minutes of yoga)

Week 6 (Taper Week)

- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: 2 miles easy with strides (short bursts of faster running)
- Thursday: Rest
- Friday: 2 miles easy run
- Saturday: Rest
- Sunday: Race Day! (13.1 miles)

Tips for Success

To maximize your training and ensure you're prepared for race day, consider the following tips:

1. **Stay Hydrated:** Ensure you drink plenty of water before, during, and after your runs.
2. **Nutrition Matters:** Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats to fuel your training.
3. **Listen to Your Body:** Pay attention to any signs of fatigue or injury. It's better to rest than to push through pain.
4. **Get Proper Gear:** Invest in a good pair of running shoes suited to your running style and foot type.
5. **Practice Race Day Nutrition:** During your long runs, practice fueling strategies to find what works best for you before race day.
6. **Mental Preparation:** Use visualization techniques to mentally prepare for the race. Picture yourself crossing the finish line successfully.

Race Day Strategy

As you approach the race day, having a strategy can help ease nerves and improve performance:

- **Arrive Early:** Give yourself enough time to warm up and get familiar with the race environment.
- **Warm-Up:** Engage in light jogging and dynamic stretches to prepare your body for the race.
- **Pacing:** Start at a comfortable pace. It's better to start slow and finish strong than to burn out early.
- **Hydration Stations:** Know where the hydration stations are located and plan when to hydrate.
- **Stay Positive:** Focus on your training and remind yourself of your accomplishment in completing the training schedule.

Conclusion

A 6 week half marathon training schedule can be an effective way to prepare for your race, whether you're a novice or an experienced runner looking to improve. By following a structured plan that includes long runs, speed work, cross-training, and rest, you'll build the endurance and strength needed to complete the race successfully. Remember to listen to your body, stay hydrated, and enjoy the journey toward race day. With the right preparation and mindset, you'll be ready to cross that finish line with pride. Happy running!

Frequently Asked Questions

Is a 6 week half marathon training schedule sufficient for beginners?

A 6 week training schedule can be challenging for beginners, as it typically requires a base level of fitness. It's recommended that beginners have at least a few months of consistent running before starting this schedule.

What should a typical week look like in a 6 week half marathon training schedule?

A typical week may include 3-4 days of running (with varying distances), 1-2 days of cross-training, and 1-2 rest days. Long runs are usually scheduled on weekends to build endurance.

How can I prevent injuries while following a 6 week half marathon training schedule?

To prevent injuries, ensure you include rest days, listen to your body, and gradually increase your mileage. Incorporating strength training and flexibility exercises can also help.

What is the recommended longest run before a half marathon in a 6 week training plan?

The longest run should typically be around 10-12 miles, scheduled about two weeks before the race, to allow for recovery and tapering before race day.

Should I include speed work in my 6 week half marathon training schedule?

Yes, incorporating speed work can improve your overall pace. This could include interval training or tempo runs, but it's important to balance this with your long runs and recovery days.

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