

# Half Marathon Training Program 4 Weeks

# 16 WEEK HALF MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	training run 3 miles	training run 2 miles	Rest Day	training run 3 miles	Strength Training	Long Run 4 miles
2	Rest Day	training run 3 miles	training run 2 miles	Rest Day	training run 3 miles	Strength Training	Long Run 5 miles
3	Rest Day	training run 3 miles	training run 2 miles	Rest Day	training run 3.5 miles	Strength Training	Long Run 5 miles
4	Rest Day	training run 3.5 miles	training run 2 miles	Rest Day	training run 3.5 miles	Strength Training	Long Run 6 miles
5	Rest Day	training run 3.5 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 6 miles
6	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 4 miles
7	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 7 miles
8	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 8 miles
9	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 5 miles
10	Rest Day	training run 4.5 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 8 miles
11	Rest Day	training run 4.5 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 9 miles
12	Rest Day	training run 4.5 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 6 miles
13	Rest Day	training run 5 miles	training run 3 miles	Rest Day	training run 5 miles	Strength Training	Long Run 9 miles
14	Rest Day	training run 5 miles	training run 4 miles	Rest Day	training run 5 miles	Strength Training	Long Run 10 miles
15	Rest Day	training run 5 miles	training run 3 miles	Rest Day	training run 5 miles	Strength Training	Long Run 7 miles
16	Rest Day	training run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	Half Marathon 13.1 miles

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

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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# MARATHON HANDBOOK

**Half marathon training program 4 weeks** is an excellent way for novice and experienced runners alike to enhance their endurance, boost their fitness, and prepare for the challenge of completing a 13.1-mile race. A structured four-week training program is perfect for those who have a solid running base and can comfortably run for at least 30 minutes. In this article, we will break down the key components of a half marathon training program, discuss the types of workouts you should include, and provide a detailed 4-week training plan to help you cross the finish line with confidence.

# Understanding the Half Marathon

Before delving into the training program, it's essential to understand what a half marathon entails. A half marathon is a long-distance running event that covers 13.1 miles (21.1 kilometers). It requires a combination of physical endurance, mental toughness, and strategic training.

## The Importance of Training

Training for a half marathon is crucial because:

1. **Physical Preparation:** It conditions your muscles, cardiovascular system, and joints for the demands of long-distance running.
2. **Injury Prevention:** A well-structured program gradually builds mileage and intensity, reducing the risk of injuries.
3. **Mental Readiness:** Training helps build mental resilience, crucial for overcoming the challenges of race day.
4. **Pacing Strategy:** It allows you to explore different pacing strategies to find what works best for you.

## Components of a Half Marathon Training Program

A comprehensive training program typically includes various workout types that address different aspects of running performance. Here are the key components:

### Long Runs

Long runs are a cornerstone of half marathon training. These runs are typically scheduled once a week and gradually increase in distance to help you build endurance.

### Tempo Runs

Tempo runs involve maintaining a comfortably hard pace for a sustained period. These workouts improve your lactate threshold, increasing your ability to sustain faster paces.

### Interval Training

Interval training consists of short bursts of intense running followed by rest or lower intensity periods. This type of training boosts speed and cardiovascular efficiency.

### Easy Runs

Easy runs are performed at a comfortable pace, allowing you to recover while still logging miles. They help improve aerobic fitness without putting too much strain on your body.

### Cross-Training

Incorporating cross-training activities like cycling, swimming, or strength training can enhance overall fitness and help prevent injuries.

## Rest Days

Rest days are essential for recovery. Your body needs time to repair muscles and replenish energy stores.

# 4-Week Half Marathon Training Plan

This 4-week training plan is designed for runners who can already run at least 30 minutes comfortably. The plan includes a mix of long runs, tempo runs, easy runs, and cross-training days.

## Week 1

- Monday: Rest or cross-training (30-45 minutes)
- Tuesday: Easy run (3 miles at a comfortable pace)
- Wednesday: Tempo run (5 miles total, with 3 miles at tempo pace)
- Thursday: Easy run (3 miles)
- Friday: Rest
- Saturday: Long run (6 miles at a conversational pace)
- Sunday: Cross-training (30-45 minutes)

## Week 2

- Monday: Rest or cross-training (30-45 minutes)
- Tuesday: Easy run (4 miles)
- Wednesday: Interval training (5-6 x 400 meters at a fast pace, with 200 meters recovery jog in between)
- Thursday: Easy run (4 miles)
- Friday: Rest
- Saturday: Long run (8 miles at a conversational pace)
- Sunday: Cross-training (30-45 minutes)

## Week 3

- Monday: Rest or cross-training (30-45 minutes)
- Tuesday: Easy run (4 miles)
- Wednesday: Tempo run (6 miles total, with 4 miles at tempo pace)
- Thursday: Easy run (4 miles)
- Friday: Rest
- Saturday: Long run (10 miles at a conversational pace)
- Sunday: Cross-training (30-45 minutes)

## Week 4

- Monday: Rest or cross-training (30-45 minutes)
- Tuesday: Easy run (3 miles)
- Wednesday: Interval training (4-5 x 800 meters at a fast pace, with 400 meters recovery jog in between)
- Thursday: Easy run (3 miles)
- Friday: Rest

- Saturday: Race simulation (6 miles at race pace)
- Sunday: Rest

## Tips for Successful Training

Following a training program is only part of the formula for success. Here are some tips to maximize your training effectiveness:

### Stay Hydrated and Nourished

- Hydration: Drink plenty of water throughout the day. During long runs, consider carrying a water bottle or planning routes with water stops.
- Nutrition: Fuel your body with a balanced diet rich in carbohydrates, proteins, and healthy fats. Eating a well-rounded meal before and after workouts is essential for recovery.

### Listen to Your Body

Pay attention to any signs of fatigue or potential injury. If you're feeling unusually sore or fatigued, consider taking an extra rest day or reducing your mileage.

### Invest in Proper Gear

- Running Shoes: Ensure you have a pair of suitable running shoes that provide the necessary support and comfort.
- Apparel: Wear moisture-wicking clothing to stay comfortable during your runs.

### Mental Preparation

- Visualization: Spend time visualizing yourself successfully completing the race. This mental practice can help build confidence.
- Set Goals: Establish both performance and process goals for race day to keep you motivated throughout your training.

## Race Day Preparation

As you approach race day, it's crucial to prepare both physically and mentally. Here are some strategies:

### Tapering

In the final week before the race, reduce your mileage to allow your body to recover fully. This tapering period helps ensure you are fresh and ready to perform.

### Race Day Logistics

- Plan Ahead: Familiarize yourself with the race course, start time, and logistics to reduce race day

stress.

- Pack Essentials: Prepare your race day gear the night before, including your bib, water, snacks, and any nutrition you plan to take during the race.

#### Execution on Race Day

- Warm-Up: Engage in a light warm-up to get your body ready for the race.
- Pacing: Start the race at a comfortable pace to avoid burning out early. Stick to your planned pacing strategy.

## Conclusion

Training for a half marathon in just four weeks is an ambitious yet achievable goal, particularly for those with a running base. By following a structured training program that includes various workout types, staying consistent, and prioritizing recovery, you can set yourself up for success on race day. Remember to listen to your body, stay hydrated, and maintain a positive mindset throughout your training journey. With dedication and perseverance, you'll not only complete your half marathon but also enjoy the process along the way. Happy running!

## Frequently Asked Questions

### **What should my weekly mileage be for a 4-week half marathon training program?**

In a 4-week training program, aim for a weekly mileage of 15 to 30 miles, gradually increasing your long run each week while incorporating shorter runs and rest days.

### **How can I effectively taper before the half marathon?**

In the final week, reduce your mileage by 20-30%, focusing on shorter, easy runs to maintain fitness while allowing your body to recover and prepare for race day.

### **What type of workouts should I include in my 4-week half marathon plan?**

Incorporate a mix of easy runs, one long run each week, speed work (like intervals or tempo runs), and rest days to build endurance and speed.

### **How important is nutrition during a 4-week half marathon training?**

Nutrition is crucial; focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, and stay hydrated to support your training and recovery.

## What should I do if I miss a training run during my 4-week program?

If you miss a run, don't stress. Focus on getting back on track with your next scheduled workout, and consider adjusting your plan slightly to accommodate any needed recovery.

## How can I prevent injuries during my half marathon training?

To prevent injuries, incorporate proper warm-ups and cool-downs, listen to your body, include rest days, and consider cross-training to strengthen different muscle groups.

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