

Half Marathon Training Runners World

TRAINING GUIDE

RUNNER'S WORLD

Half-Marathon Plan for
Intermediate
Runners

This program will help you build more stamina
so you can run stronger, for longer

THIS PROGRAM IS DESIGNED for someone who has been running consistently for several years, has tried various kinds of speed training, averages 25 to 30 miles a week, and may have finished a half-marathon. This plan will help you develop the ability to sustain your race pace for longer. The plan also includes speedwork to practice running faster than goal race pace, which will help you boost your stamina and make race pace feel more comfortable.



WEEK	M	T	W	T	F	S	S	TOTAL
1	Rest	1 mile, 1x1200 P(400), 2x800 C(200), 4x200 S(200), 1 mile	4 miles	1 mile, 2x2 miles P(800) + 4x100 S, 1 mile	Rest	4 miles + 4x100 S	9 miles	30 miles
2	Rest	1 mile, 1x1200 P(400), 2x800 C(200), 4x200 S(200), 1 mile	4 miles	1 mile, 2x2 miles P(800) + 4x100 S, 1 mile	Rest	4 miles + 4x100 S	9 miles, incl. 4:00 TUT	30 miles
3	Rest	1 mile, 2x1200 C(600), 800 C(400), 400 S(200), 1 mile	2 miles	3 miles + 4x100 S	Rest	5-K race	6 miles	23 miles
4	Rest	1 mile, 2x1 mile C(800), 6x200 S(200), 1 mile	4 miles	1 mile, 4 miles P(800), 1 mile C + 6x100 S, 1 mile	Rest	5 miles + 6x100 S	10 miles, incl. 6:00 TUT	34 miles
5	Rest	1 mile, 2x1 mile C(800), 6x200 S(200), 1 mile	4 miles	1 mile, 4 miles P(800), 1 mile C + 6x100 S, 1 mile	Rest	5 miles + 6x100 S	11 miles	35 miles
6	Rest	1 mile, 2x(800 S(400), 400 S(200), 200 S(200), 1200 P(1 mile	4 miles	8 miles (incl. 6x100 S) + 4x100 S	Rest	10-K race	8 miles	32 miles
7	Rest	1 mile, 2x1200 C(600), 4x400 S(200), 4x200 S(100), 1 mile	4 miles	1 mile, 3 miles P(800), 1x800 C(400), 2 miles P(1 mile	Rest	4 miles + 6x100 S	13 miles, incl. 8:00 TUT	36 miles
8	Rest	1 mile, 2x1200 C(600), 4x400 S(200), 4x200 S(100), 1 mile	4 miles	1 mile, 4 miles P(800), 1x800 C(400), 2 miles P(1 mile	Rest	6 miles + 6x100 S	6 miles	31 miles
9	Rest	1 mile, 4x400 C(200), 2x200 S(100), 1 mile	2 miles P(1 mile + 4x100 S	1 mile, 2x400 C(200), 1x200 S, 1 mile	Rest	3 miles easy	Half-marathon race	

SCHEDULE KEY

PACE INTERVALS (PI) → Lengthy repetitions at goal half-marathon pace to build endurance and pace awareness. All numbers in parentheses are distance of recovery jog.

CRUISE INTERVALS (CI) → Run each interval at 10-K pace. This will help promote stamina and the ability to run strong when tired. For 10:00-per-mile half-marathon pace (2:18:06), run 7:07 (200), 4:45 (800) for 9:00 pace (1:57:59), run 6:24 (200), 4:16 (800) for 8:00 pace (1:44:52), run 5:42 (200), 3:48 (800). To find your 10-K pace, go to runnersworld.com/trainingcalculator.

SPEED INTERVALS (SI) → Run at 5-K race pace to develop quick turnover. For 10:00 half-marathon pace, run 4:30 (800), 2:15 (400), 1:07 (200) for 9:00 half-marathon pace, run 4:04 (800), 2:02 (400), 1:01 (200) for 8:00 half-marathon pace, run 3:37 (800), 1:48 (400), 0:54 (200). To find your 5-K pace, go to runnersworld.com/tools.

STRIDES (S) → Over 100 meters, gradually accelerate to 90 percent effort, hold for five seconds, then decelerate. Walk to recover.

TOTAL UPHILL TIME (TUT) → Work the uphill sections during your run, targeting a strong 10-K effort in the total time called for.

Half marathon training runners world is a journey that many aspiring athletes embark upon, and it can be both exhilarating and daunting. With the right training plan, guidance, and mindset, you can successfully navigate the demands of preparing for a 13.1-mile race. This article will explore key aspects of half marathon training, including building a solid foundation, understanding the essential components of a training plan, and tips for staying motivated throughout your training journey.

Understanding Half Marathon Training

Before diving into the specifics of half marathon training, it's important to understand what you're getting into. A half marathon is a significant distance that requires a solid commitment to training. Unlike shorter

races, half marathons challenge your endurance, speed, and mental fortitude.

The Importance of Preparation

Preparation is crucial for success in any race, especially in a half marathon. A well-structured training plan can help you build the endurance needed to complete the race and reduce the risk of injury. Here are some key components to consider:

- **Base Mileage:** Establishing a solid running base is important before starting a specific half marathon training plan. This usually involves running consistently for several weeks or months, gradually increasing your weekly mileage.
- **Long Runs:** Incorporating long runs into your training regimen is essential. These runs help you become accustomed to the distance and build mental toughness.
- **Speed Work:** Adding speed workouts, such as intervals and tempo runs, can improve your overall pace and efficiency.
- **Rest and Recovery:** Allowing your body to recover is just as important as the training itself. Rest days help prevent injury and promote muscle recovery.

Creating a Half Marathon Training Plan

A well-structured training plan is a roadmap to your success. Here's how to create one that works for you:

1. Assess Your Current Fitness Level

Before you start training, it's important to evaluate your current running ability. Consider the following:

- How many miles can you comfortably run?
- What is your average pace?
- Do you have any previous race experience?

This assessment will help you identify a starting point for your training plan.

2. Set a Goal

Having a clear goal can motivate you throughout your training. Your goal can be finishing the race, achieving a specific time, or simply improving your overall running ability. Whatever it is, make sure it's realistic and attainable.

3. Choose a Training Plan

There are many training plans available, ranging from beginner to advanced levels. Here's a breakdown of common training plans:

- Beginner Plan: This plan typically spans 12-14 weeks and includes three to four runs per week, with a focus on gradually increasing mileage.
- Intermediate Plan: Aimed at runners who have completed at least one half marathon, this plan may include speed work and longer runs, typically lasting 10-12 weeks.
- Advanced Plan: Designed for experienced runners, this plan includes a higher mileage, more intense speed workouts, and may last 8-10 weeks.

Choose a plan that matches your fitness level and goals.

4. Schedule Your Training

Consistency is key in half marathon training. Here's how to create a schedule:

- Weekly Routine: Decide on the days you will run and designate rest days. A typical week might look like this:
 - Monday: Rest or cross-training
 - Tuesday: Short easy run
 - Wednesday: Speed work
 - Thursday: Short easy run
 - Friday: Rest
 - Saturday: Long run
 - Sunday: Recovery run or cross-training
- Flexibility: Life can be unpredictable, so be prepared to adjust your schedule as needed. The key is to maintain consistency over time.

Key Training Components

In addition to running, there are several other components you should incorporate into your training plan:

1. Nutrition

Proper nutrition is vital for fueling your training and aiding recovery. Consider the following:

- Carbohydrates: They are your primary source of energy. Ensure you are consuming enough carbohydrates, especially on long run days.
- Proteins: Important for muscle repair, include lean proteins in your diet.
- Hydration: Staying hydrated is crucial, especially during long runs. Aim to drink water consistently throughout the day and consider electrolyte drinks for longer sessions.

2. Strength Training

Incorporating strength training into your routine can improve your running efficiency and help prevent injuries. Focus on:

- Core Workouts: A strong core improves your posture and running form.
- Leg Strength: Exercises like squats, lunges, and deadlifts can enhance your leg strength.

3. Flexibility and Mobility Work

Incorporating stretching and mobility exercises can help maintain flexibility and prevent injuries. Consider yoga or dedicated stretching sessions on rest days.

Staying Motivated During Training

Training for a half marathon can be challenging, and it's normal to face mental hurdles. Here are some strategies to keep your motivation high:

1. Find a Running Buddy

Training with a friend or joining a running group can make your workouts more enjoyable and hold you accountable.

2. Track Your Progress

Keeping a training log can help you see your improvements over time. Consider using apps or wearable devices to track your mileage and pace.

3. Reward Yourself

Set up a reward system for reaching milestones in your training. Treat yourself to new running gear or a massage after completing a long run.

Race Day Preparation

As race day approaches, preparation becomes crucial. Here are some tips to ensure you're ready:

1. Tapering

In the final weeks leading up to the race, reduce your mileage to allow your body to recover fully. This is known as tapering.

2. Plan Your Race Day Strategy

Consider your pacing strategy and hydration plan for race day. Familiarize yourself with the race course if possible.

3. Get Plenty of Rest

Ensure you are well-rested in the days leading up to the race, avoiding any strenuous activity that could

lead to fatigue.

Conclusion

Half marathon training runners world encompasses a variety of elements, from establishing a solid training plan to maintaining motivation and nutrition. As you prepare for your race, remember to listen to your body, stay consistent, and enjoy the journey. With dedication and perseverance, you will cross the finish line and achieve your goal of completing a half marathon. Happy running!

Frequently Asked Questions

What is the ideal training duration for a half marathon?

Most training plans suggest a duration of 10 to 12 weeks to prepare adequately for a half marathon.

How many days a week should I run while training for a half marathon?

Typically, runners train 4 to 5 days a week, combining easy runs, long runs, and speed work.

What types of workouts should I include in my half marathon training plan?

Include long runs, tempo runs, interval training, and easy recovery runs in your training plan.

How long should my long run be for half marathon training?

Long runs should gradually build up to about 10 to 12 miles, with the longest run ideally occurring 2-3 weeks before the race.

What should I eat before a half marathon training run?

A light meal or snack rich in carbohydrates, like a banana or a slice of toast with peanut butter, is ideal 30-60 minutes before your run.

How can I prevent injuries during half marathon training?

To prevent injuries, focus on proper warm-ups, gradual mileage increases, cross-training, and listening to your body.

What is the importance of tapering before a half marathon?

Tapering allows your body to rest and recover, helping to improve performance on race day by reducing fatigue.

Should I include strength training in my half marathon preparation?

Yes, incorporating strength training 1-2 times a week can enhance your running efficiency and reduce the risk of injury.

What gear do I need for half marathon training?

Invest in a good pair of running shoes, moisture-wicking clothing, and consider accessories like hydration belts or GPS watches.

How do I stay motivated during half marathon training?

Set specific goals, track your progress, run with a partner or group, and remember to celebrate small milestones along the way.

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