

6 MONTH MARATHON TRAINING PLAN							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 4 miles
2	Rest Day	Pace Run 3 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 miles
3	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 6 miles
4	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 7 miles
5	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 miles
6	Rest Day	Pace Run 2.5 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 8 miles
7	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 miles
8	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 10 miles
9	Rest Day	Pace Run 3 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 11 miles
10	Rest Day	Pace Run 4 miles	Training Run 4 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 8 miles
11	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 12 miles
12	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Half Marathon 13.1 miles
13	Rest Day	Pace Run 4 miles	Training Run 5 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 14 miles
14	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 5 miles	Strength Training	Long Run 11 miles
15	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 15 miles
16	Rest Day	Pace Run 4 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 16 miles
17	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 17 miles
18	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 18 miles
19	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 14 miles
20	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 20 miles
21	Rest Day	Pace Run 5 miles	Training Run 6 miles	Rest Day	Training Run 6 miles	Strength Training	Long Run 12 miles
22	Rest Day	Pace Run 3 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 10 miles
23	Rest Day	Pace Run 2 miles	Training Run 3 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 6 miles
24	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	Marathon 26.2 miles

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

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 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.

For more guidance, visit marathonhandbook.com

Preparing for a half marathon is an exciting journey that requires dedication, commitment, and a well-structured training plan. A half marathon, which is 13.1 miles or 21.1 kilometers, can be an achievable goal for both novice runners and seasoned athletes when approached strategically. This comprehensive six-month training plan will guide you through each phase of your preparation, ensuring that you build endurance, speed, and strength while minimizing the risk of injury.

Understanding the Half Marathon Distance

Before diving into the training plan, it's essential to understand what a half marathon entails. Running 13.1 miles is no small feat, and it demands a combination of stamina, speed, and mental fortitude. To prepare adequately, you need to consider various elements of training, including:

- Endurance: Developing the ability to run long distances comfortably.
- Speed: Enhancing your pace to improve your overall race time.
- Strength: Building muscle to support your running form and prevent injuries.
- Recovery: Allowing your body to heal and adapt to training stresses.

Training Phases of the 6-Month Plan

The training plan is divided into three distinct phases: Base Building, Specific Training, and Tapering. Each phase focuses on different aspects of your running fitness and prepares you for race day.

Phase 1: Base Building (Months 1-2)

The primary goal of the Base Building phase is to establish a solid foundation for your training. This phase is crucial for beginners and those returning to running after a break.

Key Components:

1. Weekly Mileage: Gradually increase your weekly running volume by 10% each week.
2. Long Runs: Start with a long run of 4-5 miles, increasing by 1 mile each week.
3. Cross-Training: Incorporate activities like cycling, swimming, or yoga to strengthen different muscle groups.
4. Rest Days: Schedule at least one rest day per week to allow your body to recover.

Sample Weekly Schedule:

- Monday: Rest or light cross-training
- Tuesday: 3 miles easy run
- Wednesday: Cross-training (30-60 minutes)
- Thursday: 3 miles easy run
- Friday: Rest
- Saturday: Long run (start at 4 miles, increase weekly)
- Sunday: Cross-training or rest

Phase 2: Specific Training (Months 3-4)

In the Specific Training phase, you'll focus on building endurance and speed. This phase is essential for improving your race pace and overall performance.

Key Components:

1. Speed Work: Introduce interval training once a week. For example, run 4x800 meters at a fast pace with equal recovery time.
2. Tempo Runs: Incorporate tempo runs to improve your lactate threshold. Aim for one tempo run of 4-6 miles at a comfortably hard pace per week.
3. Long Runs: Continue to increase your long run distance, aiming for 8-10 miles.
4. Strength Training: Include strength workouts 1-2 times per week to build muscle for running.

Sample Weekly Schedule:

- Monday: Rest or light cross-training
- Tuesday: Speed work (intervals or hill sprints)
- Wednesday: 4 miles easy run
- Thursday: Tempo run (4-6 miles)
- Friday: Rest
- Saturday: Long run (increase to 8-10 miles)
- Sunday: Cross-training or strength workout

Phase 3: Tapering (Month 5-6)

The final phase of your training plan involves tapering, which helps you rest and recover before race day. This phase is critical for ensuring you are fresh and ready to perform at your best.

Key Components:

1. Reduced Mileage: Gradually decrease your weekly mileage by 20-30% each week.
2. Maintain Intensity: Keep the intensity of your workouts high, but reduce the volume.
3. Mental Preparation: Use this time to visualize your race strategy and set realistic goals.

Sample Weekly Schedule (Final Month):

- Week 1:
 - Monday: Rest
 - Tuesday: 4 miles easy run
 - Wednesday: Speed work
 - Thursday: 5 miles tempo

- Friday: Rest
- Saturday: Long run (12 miles)
- Sunday: Cross-training

- Week 2:
- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: 4 miles tempo
- Thursday: 3 miles easy
- Friday: Rest
- Saturday: Long run (10 miles)
- Sunday: Cross-training

- Week 3:
- Monday: Rest
- Tuesday: 2 miles easy
- Wednesday: 3 miles tempo
- Thursday: 2 miles easy
- Friday: Rest
- Saturday: Long run (8 miles)
- Sunday: Cross-training

- Week 4: Race Week
- Monday: Rest
- Tuesday: 2 miles easy
- Wednesday: 3 miles easy
- Thursday: Rest
- Friday: 2 miles easy
- Saturday: Rest
- Sunday: Race Day!

Nutrition and Hydration

Nutrition plays a vital role in your training and overall performance. Here are some essential tips to consider:

- **Balanced Diet:** Ensure that your meals include a mix of carbohydrates, protein, and healthy fats. Carbs are crucial for fueling your runs, while protein helps with muscle recovery.
- **Hydration:** Stay well-hydrated throughout your training. Drink water regularly and consider electrolyte drinks during long runs.
- **Pre-Race Nutrition:** In the days leading up to the race, focus on carb-loading to maximize glycogen stores.

Injury Prevention and Recovery

Injuries can derail your training progress, so it's essential to prioritize injury prevention and recovery. Here are some strategies:

- Listen to Your Body: Pay attention to any signs of discomfort or pain. Don't hesitate to rest if needed.
- Stretching: Incorporate dynamic stretching before runs and static stretching after to improve flexibility and prevent injuries.
- Foam Rolling: Use a foam roller regularly to release muscle tightness and improve recovery.
- Sleep: Aim for 7-9 hours of quality sleep each night to support recovery.

Race Day Preparation

As your race day approaches, it's essential to prepare strategically. Here are some tips for a successful race day experience:

- Plan Your Gear: Choose your running gear and shoes well in advance. Make sure everything is comfortable and tested during training.
- Arrive Early: Get to the race venue early to allow time for warm-up and to settle any pre-race jitters.
- Pacing Strategy: Start at a conservative pace to conserve energy for the latter part of the race.
- Enjoy the Experience: Remember to take in the atmosphere, enjoy the scenery, and celebrate your achievement.

Conclusion

Training for a half marathon is a rewarding challenge that requires a structured approach and a commitment to your goals. By following this six-month training plan, you will build endurance, strength, and speed while minimizing the risk of injury. Remember to listen to your body, prioritize nutrition and recovery, and have fun throughout your training journey. When race day arrives, you will be prepared to take on the 13.1-mile challenge with confidence and excitement. Good luck on your journey to completing a half marathon!

Frequently Asked Questions

What is a typical weekly mileage goal for a 6-month half marathon training plan?

A typical weekly mileage goal ranges from 20 to 30 miles, gradually increasing as you build endurance.

How often should I include long runs in my 6-month half marathon training plan?

You should include long runs once a week, progressively increasing the distance to build stamina.

What types of workouts should I incorporate into my half marathon training plan?

Incorporate a mix of long runs, tempo runs, interval training, and easy recovery runs to improve speed and endurance.

Should I cross-train during my 6-month half marathon training?

Yes, incorporating cross-training activities, such as cycling or swimming, can enhance overall fitness and reduce injury risk.

How do I prevent injuries during my half marathon training?

To prevent injuries, ensure proper warm-up and cool-down routines, listen to your body, and incorporate rest days into your plan.

What should I eat before and after long training runs?

Before long runs, focus on carbohydrates for energy; after runs, prioritize protein to aid recovery along with some carbs.

When is the best time to start tapering before the half marathon?

Begin tapering about two weeks before the race, reducing mileage to allow your body to rest and recover fully.

Find other PDF article:

<https://soc.up.edu.ph/39-point/Book?ID=DCg93-1460&title=manual-de-manejo-de-carolina-del-norte-en-espanol.pdf>

Half Marathon 6 Month Training Plan

Bike Forums - View Single Post - eBay / Craigslist finds - "Are you ...

Feb 3, 2020 · Asking \$135, you can reach me through the Craigslist email relay. I'm not available

during the week, but am available just about any time on the weekends. Thanks for looking ...

Classic & Vintage - Bike Forums

Classic & Vintage - This forum is to discuss the many aspects of classic and vintage bicycles, including musclebikes, lightweights, middleweights, hi-wheelers, bone-shakers, safety bikes ...

Bike Forums - Miyata 10 speed bike

- Classic and Vintage Bicycles: Whats it Worth? Appraisals. () - - Miyata 10 speed bike () 1sky1
06-02-15 09:03 PM

Bike Forums - eBay / Craigslist finds - "Are you looking for one of ...

Mar 16, 2009 · Me too. Interesting at \$300 still hasn't hit reserve, so the seller clearly is aiming high. Very good presentation/marketing of a nice frame that has some interesting touches. ...

Bike Forums - View Single Post - eBay / Craigslist finds - "Are you ...

Post 12174341 - BikeForums is the leading online discussion site for avid cyclists.

Bike Forums - Numbskull of the day part Deux (II)

Mar 27, 2008 · Vintage Rare Huffy Single Speed Fixed Gear - \$500 Reply to:
sale-618125718@craigslist.org Date: 2008-03-25, 12:49PM EDT Here is a sweet, VINTAGE Huffy ...

Bike Forums - eBay / Craigslist finds - "Are you looking for one of ...

Jan 15, 2009 · That had ad caught my eye, and I was surprised to see it mentioned here on BF. You guys are don't miss a beat! Those bikes came with 27" wheels. The frame sizes should ...

Bike Forums - eBay / Craigslist finds - "Are you looking for one of ...

Jan 18, 2009 · - - eBay / Craigslist finds - "Are you looking for one of these!?"
(<https://www.bikeforums.net/classic-vintage/491455-ebay-craigslist-finds-you-looking-one> ...

Bike Forums - eBay / Craigslist finds - "Are you looking for one of ...

Jan 5, 2009 · Found another Vent Noir. This one is way under size for me. ebay Not as cool as the first one I posted, because it has Shimano and Suntour mix, but it is still beautiful. The ...

Inserting image URL - Bike Forums

Jul 20, 2025 · Forum Suggestions & User Assistance Have a suggestion for the forums? Need help with the Forums? Post here.

YouTube

Enjoy the videos and music you love, upload original content, and share it all with friends, family, and the world on YouTube.

YouTube Music

With the YouTube Music app, enjoy over 100 million songs at your fingertips, plus albums, playlists, remixes, music videos, live performances, covers, and hard-to-find music you can't ...

YouTube Help - Google Help

Official YouTube Help Center where you can find tips and tutorials on using YouTube and other answers to frequently asked questions.

Music

Visit the YouTube Music Channel to find today's top talent, featured artists, and playlists. Subscribe

to see the latest in the music world. This channel was generated automatically by...

YouTube - Apps on Google Play

Enjoy your favorite videos and channels with the official YouTube app.

YouTube - YouTube

YouTube's Official Channel helps you discover what's new & trending globally. Watch must-see videos, from music to culture to Internet phenomena

YouTube - Wikipedia

YouTube is an American social media and online video sharing platform owned by Google. YouTube was founded on February 14, 2005, [7] by Chad Hurley, Jawed Karim, and Steve ...

YouTube Kids - An App Created for Kids to Explore Content

YouTube Kids was created to give kids a more contained environment that makes it simpler and more fun for them to explore on their own, and easier for parents and caregivers to guide their...

YouTube

About Press Copyright Contact us Creators Advertise Developers Terms Privacy Policy & Safety How YouTube works Test new features NFL Sunday Ticket © 2025 Google LLC

YouTube News

About Press Copyright Contact us Creators Advertise Developers Terms Privacy Policy & Safety How YouTube works Test new features NFL Sunday Ticket © 2025 Google LLC

Unlock your running potential with our half marathon 6 month training plan! Achieve your fitness goals and cross the finish line. Learn more today!

[Back to Home](#)