

Half Marathon Training Plan 4 Weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	10 x 2 min walk 1 min run	Rest Day	10 x 2 min walk 1 min run	Strength Training	Rest Day	Long Run 1.5 Miles
2	Rest Day	15 x 1 min walk 1 min run	Rest Day	15 x 1 min walk 1 min run	Strength Training	15 x 1 min walk 1 min run	Long Run 2 Miles
3	Rest Day	15 x 0.5 min walk 1.5 min run	Rest Day	15 x 0.5 min walk 1.5 min run	Strength Training	15 x 0.5 min walk 1.5 min run	Long Run 2.5 Miles
4	Rest Day	10 x 1 min walk 2 min run	Rest Day	10 x 1 min walk 2 min run	Strength Training	Rest Day	5k
5	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	Strength Training	Long Run 4 Miles
6	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	Strength Training	Long Run 4.5 Miles
7	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 Miles
8	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	10k
9	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 Miles
10	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 7 Miles
11	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
12	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 6 Miles
13	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 11 Miles
14	Rest Day	Training Run 4 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
15	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. Try to run the whole way!

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

For more guidance, visit
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MARATHON HANDBOOK

Half marathon training plan 4 weeks is an excellent choice for runners looking to complete their first half marathon or improve their time in a short period. With just one month to prepare, it's crucial to have a structured approach that balances running, recovery, and strength training. This article will provide you with a comprehensive four-week training plan, tips for success, and important considerations to keep in mind as you train for your half marathon.

Understanding the Half Marathon

A half marathon is a distance of 13.1 miles (21.1 kilometers), making it a popular race for both novice and seasoned runners. Training for this distance requires dedication, proper planning, and an understanding of your current fitness level. Before starting your four-week training plan, it's essential to assess your baseline fitness and running experience.

Assess Your Fitness Level

Consider the following questions:

- Have you run a 5K or 10K before?
- What is your weekly running mileage?
- Do you have any prior injuries or health concerns?

Your answers will help you determine if the four-week plan is suitable for you or if you need to adjust your goals.

Four-Week Half Marathon Training Plan

The following 4-week training plan is designed for runners with a moderate fitness level. It includes various types of runs, cross-training, and rest days to allow for recovery.

Week 1: Building a Base

- Monday: Rest or light cross-training (e.g., cycling or swimming)
- Tuesday: 3 miles easy run
- Wednesday: Strength training (focus on core and leg exercises)
- Thursday: 4 miles tempo run (run at a pace slightly faster than your normal pace)
- Friday: Rest
- Saturday: 5 miles long run (steady pace, focus on distance)
- Sunday: Cross-training (30-45 minutes, low-intensity)

Week 2: Increasing Mileage

- Monday: Rest
- Tuesday: 4 miles easy run
- Wednesday: Strength training
- Thursday: 5 miles interval training (alternate between 1 minute fast, 2 minutes slow)
- Friday: Rest
- Saturday: 6 miles long run
- Sunday: Cross-training (30-45 minutes, low-intensity)

Week 3: Peak Training Week

- Monday: Rest
- Tuesday: 5 miles easy run
- Wednesday: Strength training
- Thursday: 6 miles progression run (start slow, increase pace gradually)
- Friday: Rest
- Saturday: 8 miles long run (focus on maintaining a steady pace)

- Sunday: Cross-training (30-45 minutes, low-intensity)

Week 4: Tapering

- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: Light strength training (reduce weight and intensity)
- Thursday: 2 miles easy run
- Friday: Rest
- Saturday: Race Day! (13.1 miles)
- Sunday: Recovery (light walking or yoga)

Tips for Success

To maximize your training over the next four weeks, consider the following tips:

1. Stay Hydrated

Proper hydration is essential for optimal performance. Drink plenty of water throughout the day, and consider electrolyte drinks during longer runs.

2. Nutrition Matters

Fuel your body with a balanced diet rich in carbohydrates, proteins, and healthy fats. Focus on whole foods and avoid processed items. Consider the following:

- Whole grains for energy
- Fruits and vegetables for vitamins and minerals
- Lean proteins for muscle recovery

3. Listen to Your Body

Pay attention to any signs of fatigue or injury. If you feel pain, it's better to back off and rest rather than risk a more severe injury.

4. Incorporate Stretching and Recovery

After each run, take time to stretch major muscle groups to promote flexibility and reduce soreness. Consider adding foam rolling or yoga to your routine for better recovery.

Preparing for Race Day

As race day approaches, it's essential to prepare both mentally and physically.

1. Plan Your Gear

Choose comfortable running shoes and clothing before race day. Test your outfit during training runs to ensure it doesn't chafe or cause discomfort.

2. Practice Your Race Pace

During your long runs, practice running at your target race pace. This will help you gauge your capabilities and adjust your expectations for race day.

3. Set Realistic Goals

Whether your goal is simply to finish or to achieve a specific time, setting realistic expectations will help you maintain focus and minimize pressure.

Final Thoughts

A half marathon training plan 4 weeks can be intense, but with the right approach, it can also be incredibly rewarding. By following the structured plan provided above, staying attentive to your body, and preparing thoroughly for race day, you will be well on your way to successfully completing your half marathon. Remember that every runner is different, so listen to your own needs and adjust the plan as necessary. Good luck, and enjoy your race!

Frequently Asked Questions

Can I train for a half marathon in just 4 weeks?

Yes, it's possible to train for a half marathon in 4 weeks if you already have a base level of fitness, but it will require a focused and structured training plan.

What should my weekly mileage look like in a 4-week half marathon training plan?

A typical weekly mileage for a 4-week plan might range from 15 to 30 miles, depending on your current fitness level and running experience.

How many long runs should I include in a 4-week training plan?

You should include 2 to 3 long runs over the 4 weeks, gradually increasing the distance to help your body adapt to longer distances.

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

In addition to long runs, include tempo runs, interval training, and easy recovery runs to build speed and endurance.

How should I taper in the final week of a 4-week half marathon training plan?

In the final week, reduce your mileage significantly, focusing on shorter, easy runs to rest your body and prepare for race day.

What nutrition tips should I follow during a 4-week training plan?

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Stay hydrated, and consider fueling strategies for your long runs.

Is cross-training beneficial during a 4-week half marathon training plan?

Yes, cross-training can help improve overall fitness, prevent injury, and provide a break from running. Activities like cycling or swimming are great options.

How can I prevent injuries while training for a half marathon in 4 weeks?

To prevent injuries, listen to your body, gradually increase mileage, incorporate rest days, and perform stretching or strength training exercises.

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