

Half Marathon Training Plan 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, 2x(200 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(400) + 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(400) + 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(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 plan runners world is a topic that resonates with many aspiring runners looking to tackle the 13.1-mile challenge. Whether you are a beginner or an experienced runner, having a structured training plan is essential for building the endurance and strength needed to complete a half marathon successfully. This article will guide you through the critical components of a half marathon training plan, tips for preparation, and how to stay motivated throughout your journey.

Understanding the Half Marathon

A half marathon consists of 13.1 miles, which is roughly 21 kilometers. It serves as a perfect distance for those who want to challenge themselves without committing to the full marathon. The half marathon is popular for its accessibility, allowing individuals of varying fitness levels to

participate. However, proper training is crucial to prevent injuries and ensure a positive race experience.

Key Components of a Half Marathon Training Plan

Creating an effective half marathon training plan involves several key components, including:

1. Establishing a Training Duration

Most half marathon training plans span between 10 to 14 weeks, depending on your current fitness level and running experience. Newer runners may benefit from a 14-week plan, while seasoned runners may opt for a 10-week schedule.

2. Weekly Mileage

The weekly mileage gradually increases over the training period. Here's a breakdown of a sample weekly mileage progression:

- Weeks 1-3: 10-15 miles per week
- Weeks 4-6: 15-25 miles per week
- Weeks 7-9: 25-35 miles per week
- Weeks 10-12: 30-40 miles per week
- Week 13: Tapering down to 20-25 miles

3. Key Workouts

A well-rounded training plan should include a variety of workouts:

1. **Long Runs:** These are essential for building endurance. Aim for one long run each week, gradually increasing the distance.
2. **Tempo Runs:** These runs help improve your speed and stamina. Include tempo runs of 3-5 miles at a challenging but sustainable pace.
3. **Interval Training:** Incorporate shorter, faster intervals (e.g., 400m or 800m repeats) to build

speed and strength.

4. **Easy Runs:** These runs should be at a comfortable pace to promote recovery and build aerobic capacity.
5. **Rest Days:** Allow your body to recover by scheduling rest days or cross-training sessions.

4. Nutrition and Hydration

Nutrition plays a crucial role in your training. Focus on a balanced diet that includes:

- Carbohydrates for energy (e.g., whole grains, fruits, vegetables)
- Proteins for muscle repair (e.g., lean meats, beans, nuts)
- Healthy fats for overall health (e.g., avocados, olive oil)

Hydration is equally important. Aim to drink water consistently throughout the day and consider electrolyte drinks during long runs.

Sample Half Marathon Training Plan

Here's a simple 12-week training plan for a beginner runner:

Weeks 1-4

- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: Cross-training (yoga, cycling)
- Thursday: 3 miles tempo run
- Friday: Rest
- Saturday: 4 miles long run
- Sunday: 2 miles easy run

Weeks 5-8

- Monday: Rest
- Tuesday: 4 miles easy run
- Wednesday: 3 miles interval training
- Thursday: 4 miles tempo run
- Friday: Rest

- Saturday: 6-8 miles long run
- Sunday: 3 miles easy run

Weeks 9-12

- Monday: Rest
- Tuesday: 5 miles easy run
- Wednesday: 4 miles interval training
- Thursday: 5 miles tempo run
- Friday: Rest
- Saturday: 10-12 miles long run
- Sunday: 4 miles easy run

Tips for Success

Training for a half marathon can be a rewarding experience if approached with the right mindset and preparation. Here are some tips to help you on your journey:

1. Listen to Your Body

Pay attention to how your body feels during training. If you experience pain or fatigue, adjust your training accordingly. Rest and recovery are just as important as the workouts themselves.

2. Set Realistic Goals

Define what you want to achieve with your half marathon training. Whether it's finishing the race, achieving a specific time, or simply enjoying the process, setting clear goals will help keep you motivated.

3. Stay Consistent

Consistency is key in any training plan. Try to stick to your schedule as closely as possible, but also allow yourself some flexibility if needed.

4. Find a Running Community

Joining a local running club or online community can provide support, encouragement, and even accountability. Sharing your experiences with fellow runners can enhance your training journey.

5. Prepare for Race Day

In the weeks leading up to the race, practice your race-day routine. This includes what you will wear, what you will eat before the race, and how you plan to pace yourself. Familiarizing yourself with these elements can reduce anxiety on the big day.

Conclusion

Following a structured **half marathon training plan runners world** can help you achieve your running goals while minimizing the risk of injury. By focusing on key workouts, nutrition, and recovery, you can build the endurance necessary for a successful race. Remember, every runner's journey is unique, and the most important aspect is to enjoy the process and celebrate your accomplishments along the way. Happy running!

Frequently Asked Questions

What is a typical duration for a half marathon training plan?

Most half marathon training plans typically last between 10 to 12 weeks, allowing runners to gradually build their endurance and strength.

How many days a week should I run during my half marathon training?

Most training plans suggest running 3 to 5 days a week, incorporating a mix of long runs, speed work, and recovery runs.

What should my long run distance be in a half marathon training plan?

Long runs should gradually build up to around 10 to 12 miles, which is about 80-90% of the race distance, to prepare your body for the half marathon.

How can I avoid injuries while following a half marathon training plan?

Incorporate rest days, listen to your body, cross-train to build strength, and ensure proper warm-up and cool-down routines to reduce injury risk.

What type of nutrition should I focus on during half marathon training?

Focus on a balanced diet rich in carbohydrates for energy, protein for muscle repair, and healthy fats, while also staying hydrated and considering race-day nutrition strategies.

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