Half Marathon Training Schedule 10 Weeks

10 WEEK HALF MARATHON INTERMEDIATE TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Training Run 3 Miles	Race Pace 2 Miles	Rest Day	Training Run 3 Miles	Strength Training	Long Run 4 Miles
2	Rest Day	Training Run 3 Miles	Race Pace 2 Miles	Rest Day	Training Run 3 Miles	Strength Training	Long Run 5 Miles
3	Rest Day	Training Run 3.5 Miles	Race Pace 2 Miles	Rest Day	Training Run 3.5 Miles	Strength Training	Long Run 6 Miles
4	Rest Day	Training Run 4 Miles	Race Pace 2.5 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 7 Miles
5	Rest Day	Training Run 4 Miles	Race Pace 2.5 Miles	Rest Day	Training Run 4 Miles	Strength Training	Long Run 8 Miles
6	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 6 Miles
7	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 9 Miles
8	Rest Day	Training Run 5 Miles	Race Pace 4 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 10 Miles
9	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Rest Day	Training Run 5 Miles	Strength Training	Long Run 7 Miles
10	Rest Day	Training Run 3 Miles	Rest Day	Easy Run 3 Miles	Rest Day	Easy Run 2 Miles	Half Marathon

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

Race Pace runs should be done at your target race pace (if you have one) - otherwise, treat them like a regular training run.

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

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Preparing for a half marathon can be both exciting and intimidating, especially if you're new to long-distance running. A well-structured training plan is essential to help you build endurance, improve your speed, and minimize the risk of injury. This article will guide you through a comprehensive 10-week half marathon training schedule, covering everything from weekly mileage to key workouts, nutrition tips, and race day strategies. Whether you're a beginner or looking to improve your time, this plan will provide you with the foundation you need to successfully complete your half marathon.

Understanding the Half Marathon

A half marathon is a race that spans 13.1 miles (21.1 kilometers). It's a popular distance for runners because it offers a challenging yet achievable goal. Many runners choose to transition from shorter races, like 5Ks and 10Ks, to the half marathon distance as a way to test their limits and improve their fitness.

Reasons to Train for a Half Marathon

– Physical Fitness: Training for a half marathon can significantly improve cardiovascular health and overall physical fitness.
– Mental Challenge: It offers a mental challenge that helps build resilience and determination.
– Community: Training often leads to involvement in a supportive running community.
– Goal Achievement: Completing a half marathon is a rewarding accomplishment that many runners cherish.

10–Week Half Marathon Training Schedule Overview

A typical 10-week training plan for a half marathon gradually increases your mileage and includes various types of runs to prepare your body for race day. The following schedule is designed with three key components: long runs, easy runs, and speed workouts.

Weekly Structure

– Long Runs: These are crucial for building endurance. They typically occur on weekends.
– Easy Runs: Shorter runs at a comfortable pace to help with recovery and maintain fitness.
– Speed Workouts: Include intervals or tempo runs to improve your pace and running efficiency.

10–Week Training Schedule

Here's a detailed breakdown of the 10-week training schedule. Adjust the mileage according to your current fitness level, and remember to listen to your body throughout the training process.

Weeks 1–2: Building a Base

Week 1:
– Monday: Rest or cross-training

- Tuesday: 3 miles easy run
- Wednesday: 2 miles easy run
- Thursday: Rest or cross-training
- Friday: 3 miles easy run
- Saturday: Rest
- Sunday: Long run - 4 miles

Week 2:
- Monday: Rest or cross-training
- Tuesday: 3 miles easy run
- Wednesday: 3 miles easy run
- Thursday: Rest or cross-training
- Friday: 3 miles easy run
- Saturday: Rest
- Sunday: Long run - 5 miles

Weeks 3-4: Increasing Mileage

Week 3:
- Monday: Rest or cross-training
- Tuesday: 4 miles easy run
- Wednesday: 3 miles at a slightly faster pace
- Thursday: Rest or cross-training
- Friday: 3 miles easy run
- Saturday: Rest
- Sunday: Long run - 6 miles

Week 4:
- Monday: Rest or cross-training
- Tuesday: 4 miles easy run
- Wednesday: 4 miles at a slightly faster pace
- Thursday: Rest or cross-training
- Friday: 3 miles easy run
- Saturday: Rest
- Sunday: Long run - 7 miles

Weeks 5-6: Introduce Speed Work

Week 5:
- Monday: Rest or cross-training
- Tuesday: 5 miles easy run
- Wednesday: 3 miles with intervals (e.g., 1 minute fast, 2 minutes slow)
- Thursday: Rest or cross-training
- Friday: 3 miles easy run
- Saturday: Rest
- Sunday: Long run - 8 miles

Week 6:
- Monday: Rest or cross-training
- Tuesday: 5 miles easy run
- Wednesday: 4 miles tempo run (comfortably hard pace)
- Thursday: Rest or cross-training
- Friday: 3 miles easy run
- Saturday: Rest
- Sunday: Long run - 9 miles

Weeks 7–8: Peak Training

Week 7:
- Monday: Rest or cross-training
- Tuesday: 5 miles easy run
- Wednesday: 4 miles with intervals
- Thursday: Rest or cross-training
- Friday: 4 miles easy run
- Saturday: Rest
- Sunday: Long run – 10 miles

Week 8:
- Monday: Rest or cross-training
- Tuesday: 5 miles easy run
- Wednesday: 5 miles tempo run
- Thursday: Rest or cross-training
- Friday: 4 miles easy run
- Saturday: Rest
- Sunday: Long run – 11 miles

Weeks 9–10: Tapering and Race Preparation

Week 9:
- Monday: Rest or cross-training
- Tuesday: 4 miles easy run
- Wednesday: 4 miles with intervals
- Thursday: Rest or cross-training
- Friday: 3 miles easy run
- Saturday: Rest
- Sunday: Long run – 12 miles

Week 10:
- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: 2 miles easy run
- Thursday: Rest
- Friday: 2 miles easy run
- Saturday: Rest
- Sunday: Race Day – 13.1 miles

Key Workouts Explained

Understanding the purpose of different training runs is crucial for effective preparation.

Long Runs

- Build endurance and familiarize your body with the distance.
- Aim to run at a conversational pace.
- Use these runs to practice hydration and nutrition strategies.

Easy Runs

- Help recovery and maintain aerobic fitness without overexertion.
- Should feel comfortable and relaxed.

Speed Workouts

- Improve running economy and speed.
- Include intervals or tempo runs, where you run at a faster pace for a set duration or distance.

Nutrition and Hydration Tips

Proper nutrition and hydration are vital for effective training and performance on race day.

Nutrition Tips

- Carbohydrates: Focus on complex carbs for energy, such as whole grains, fruits, and vegetables.
- Proteins: Essential for muscle repair; include lean meats, dairy, and plant-based proteins.
- Fats: Healthy fats provide energy; incorporate sources like avocados, nuts, and olive oil.

Hydration Tips

- Drink plenty of water throughout the day.
- During long runs, practice hydration strategies with electrolyte drinks or gels.

Race Day Strategies

As your training culminates in race day, preparation is key to a successful run.

Pre-Race Preparation

- Get a good night's sleep before the race.
- Eat a familiar breakfast rich in carbs and low in fat.
- Arrive early to the venue to avoid stress.

During the Race

- Start at a comfortable pace to conserve energy.
- Use hydration stations effectively and stick to your nutrition plan.

Conclusion

Training for a half marathon in 10 weeks is a challenging yet rewarding endeavor. By following this structured training schedule, you will build the endurance, speed, and confidence needed to cross the finish line. Remember to listen to your body, prioritize recovery, and enjoy the journey toward race day. With dedication and preparation, you'll not only finish your half marathon but also set the stage for future running goals. Happy running!

Frequently Asked Questions

What is a typical 10-week half marathon training schedule for beginners?

A typical 10-week half marathon training schedule for beginners includes three to four running days per week, with a mix of easy runs, long runs, and speed work. For example, Week 1 might include a 3-mile easy run, a 4-mile long run on the weekend, and a rest day after each run.

How should I structure my long runs in a 10-week half marathon training plan?

Long runs should gradually increase each week, starting at around 4-5 miles and peaking at 10-12 miles two to three weeks before the race. It's crucial to maintain a slow and steady pace during these runs to build endurance.

What kind of cross-training activities should I include in a 10-week half marathon schedule?

Cross-training activities like cycling, swimming, or strength training can help improve overall fitness and reduce the risk of injury. Aim to incorporate 1-2 cross-training sessions per week, focusing on low-impact activities.

How can I prevent injuries during my half marathon training?

To prevent injuries, ensure proper warm-up and cool-down routines, listen to your body, and gradually increase mileage. Incorporating rest days and cross-training can also help keep your body balanced and reduce strain.

What should my weekly mileage look like during the 10 weeks?

Weekly mileage can start around 10-15 miles in the first week and gradually increase to about 25-30 miles by the final weeks. The mileage should include a combination of short runs, long runs, and rest days.

How important is nutrition during half marathon training?

Nutrition is crucial during half marathon training. Focus on a balanced diet

rich in carbohydrates, proteins, and healthy fats. Staying hydrated and fueling properly before and after runs will significantly enhance performance and recovery.

What should I do if I miss a training run in my 10-week schedule?

If you miss a training run, don't panic. You can make adjustments by shifting your schedule slightly or replacing the missed run with a cross-training session. Just ensure you don't try to make up for lost mileage by overexerting yourself.

When should I taper before the half marathon?

Tapering usually begins about two weeks before the race. During this period, gradually reduce your mileage and intensity to allow your body to rest and recover, ensuring you're fresh and ready for race day.

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