

# Half Marathon Training With Weight Lifting Schedule

# 16 WEEK HALF MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	training run 3 miles	training run 2 miles	Rest Day	training run 3 miles	Strength Training	Long Run 4 miles
2	Rest Day	training run 3 miles	training run 2 miles	Rest Day	training run 3 miles	Strength Training	Long Run 5 miles
3	Rest Day	training run 3 miles	training run 2 miles	Rest Day	training run 3.5 miles	Strength Training	Long Run 5 miles
4	Rest Day	training run 3.5 miles	training run 2 miles	Rest Day	training run 3.5 miles	Strength Training	Long Run 6 miles
5	Rest Day	training run 3.5 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 6 miles
6	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 4 miles
7	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 7 miles
8	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4 miles	Strength Training	Long Run 8 miles
9	Rest Day	training run 4 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 5 miles
10	Rest Day	training run 4.5 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 8 miles
11	Rest Day	training run 4.5 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 9 miles
12	Rest Day	training run 4.5 miles	training run 2.5 miles	Rest Day	training run 4.5 miles	Strength Training	Long Run 6 miles
13	Rest Day	training run 5 miles	training run 3 miles	Rest Day	training run 5 miles	Strength Training	Long Run 9 miles
14	Rest Day	training run 5 miles	training run 4 miles	Rest Day	training run 5 miles	Strength Training	Long Run 10 miles
15	Rest Day	training run 5 miles	training run 3 miles	Rest Day	training run 5 miles	Strength Training	Long Run 7 miles
16	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.

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

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# MARATHON HANDBOOK

**Half marathon training with weight lifting schedule** is an effective way to improve your running performance and overall fitness. While many runners focus solely on distance and endurance, incorporating a structured weight lifting routine can enhance strength, reduce injury risk, and boost your running economy. This article will provide a comprehensive guide to training for a half marathon while integrating weight lifting into your schedule.

# Understanding the Half Marathon

A half marathon is a race that spans 13.1 miles (21.1 kilometers). It attracts runners of all levels, from beginners to seasoned athletes. Training for this distance requires a disciplined approach that balances running with strength training to optimize performance.

## The Benefits of Weight Lifting for Runners

Integrating weight lifting into your half marathon training offers several advantages:

1. **Increased Strength:** Weight lifting builds muscle strength, which can improve running performance by enhancing power and speed.
2. **Injury Prevention:** Strength training helps to stabilize joints, improve balance, and strengthen muscles around key areas such as the hips and knees, reducing the likelihood of injuries.
3. **Improved Running Economy:** A stronger body can maintain a more efficient running form, leading to less energy expenditure during races.
4. **Enhanced Endurance:** By developing muscle fibers through resistance training, you can sustain longer runs with less fatigue.

## Creating Your Half Marathon Training Schedule

Developing a balanced training schedule is crucial for success. The following sections will outline a sample training plan that incorporates both running and weight lifting.

### Sample 12-Week Half Marathon Training Plan

A 12-week training plan is typically effective for preparing for a half marathon. Below is a sample schedule that includes running days, rest days, and weight lifting sessions.

#### Weeks 1-4: Base Building

- Monday: Rest or light cross-training (swimming, cycling)
- Tuesday: Easy run (3-4 miles)
- Wednesday: Weight lifting (full-body routine)
- Thursday: Easy run (3-4 miles)
- Friday: Rest
- Saturday: Long run (start with 5 miles, increasing to 6 miles by week 4)
- Sunday: Weight lifting (focus on lower body)

#### Weeks 5-8: Build Endurance and Strength

- Monday: Rest or light cross-training
- Tuesday: Tempo run (4-5 miles)
- Wednesday: Weight lifting (upper body and core)

- Thursday: Easy run (4-5 miles)
- Friday: Rest
- Saturday: Long run (increase from 7 miles to 10 miles)
- Sunday: Weight lifting (full-body routine)

Weeks 9-12: Peak and Taper

- Monday: Rest or light cross-training
- Tuesday: Speed work (intervals or hill repeats)
- Wednesday: Weight lifting (focus on explosive movements)
- Thursday: Easy run (5 miles)
- Friday: Rest
- Saturday: Long run (peak at 12 miles in week 10, taper down in weeks 11 and 12)
- Sunday: Weight lifting (maintain strength, lighter weights)

## **Weight Lifting Routine for Runners**

A well-structured weight lifting routine should focus on compound movements that engage multiple muscle groups. Here's a breakdown of effective exercises to incorporate into your training plan.

### **Full-Body Routine (Weeks 1-4)**

1. Squats: 3 sets of 8-12 reps
2. Deadlifts: 3 sets of 8-12 reps
3. Bench Press: 3 sets of 8-12 reps
4. Pull-Ups or Lat Pull-Downs: 3 sets of 8-12 reps
5. Planks: 3 sets of 30-60 seconds

### **Upper Body and Core (Weeks 5-8)**

1. Overhead Press: 3 sets of 8-12 reps
2. Bent-Over Rows: 3 sets of 8-12 reps
3. Push-Ups: 3 sets of 10-15 reps
4. Russian Twists: 3 sets of 15-20 reps per side
5. Bicycle Crunches: 3 sets of 15-20 reps per side

### **Explosive Movements (Weeks 9-12)**

1. Power Cleans: 3 sets of 5-8 reps
2. Box Jumps: 3 sets of 10-12 reps
3. Medicine Ball Slams: 3 sets of 10-12 reps
4. Kettlebell Swings: 3 sets of 10-15 reps
5. Side Planks: 3 sets of 30-60 seconds per side

# Recovery and Nutrition

Proper recovery and nutrition are essential components of a successful half marathon training plan. Here are some tips to ensure you're fueling and recovering effectively:

## Recovery Strategies

- Rest Days: Incorporate at least one rest day per week to allow your muscles to recover.
- Active Recovery: Engage in light activities such as yoga or walking to promote blood flow and flexibility.
- Sleep: Aim for 7-9 hours of quality sleep each night to support muscle recovery and overall health.

## Nutrition Tips

1. Balanced Diet: Focus on a diet rich in whole foods, including:
  - Lean proteins (chicken, fish, beans)
  - Whole grains (brown rice, quinoa, oats)
  - Healthy fats (avocado, nuts, olive oil)
  - Fruits and vegetables (high in vitamins and antioxidants)
2. Hydration: Stay well-hydrated before, during, and after your workouts. Consider electrolyte drinks for long runs.
3. Pre- and Post-Workout Nutrition:
  - Pre-Workout: Consume easily digestible carbohydrates (banana, toast) about 30-60 minutes before training.
  - Post-Workout: Focus on protein and carbs (protein shake, yogurt with fruit) within 30 minutes after lifting or running.

## Conclusion

Training for a half marathon while incorporating a weight lifting schedule can significantly enhance your performance and reduce the risk of injury. By following a structured plan, focusing on strength training, and prioritizing recovery and nutrition, you will be well-prepared to tackle the 13.1-mile challenge. Remember, consistency is key, and listening to your body will guide you through the training process. Happy running!

## Frequently Asked Questions

## **Can I combine weight lifting with half marathon training?**

Yes, combining weight lifting with half marathon training can enhance your overall strength, improve running efficiency, and reduce the risk of injury.

## **How often should I lift weights while training for a half marathon?**

Aim for 2 to 3 weight lifting sessions per week, ensuring they complement your running schedule without causing fatigue.

## **What type of weight lifting exercises should I focus on for half marathon training?**

Focus on compound movements like squats, deadlifts, lunges, and upper body exercises that strengthen your core and improve overall stability.

## **Should I lift weights on the same day as my long runs?**

It's generally better to schedule weight lifting on days when you're not doing your long runs, or at least do them after your run to avoid fatigue.

## **How can I structure a weight lifting schedule alongside my half marathon training?**

A typical week could include 3 days of running (including a long run), 2 days of weight lifting, and 2 days of rest or cross-training activities.

## **What is the best time to do weight lifting in relation to my runs?**

If possible, do weight lifting after your runs to ensure your legs are fresh for running. Alternatively, consider lifting on non-running days.

## **Can weight lifting help with my running speed for a half marathon?**

Yes, strength training can improve your running speed by increasing muscle power and efficiency, leading to better performance in your half marathon.

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