

Half Marathon 5 Week Training Plan

COUCH TO HALF MARATHON

15 WEEK TRAINING PLAN

	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.

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marathonhandbook.com/couch-to-half-marathon

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MARATHON HANDBOOK

Half marathon 5 week training plan is an excellent way for runners of various experience levels to prepare for a 13.1-mile race. Whether you are a beginner looking to complete your first half marathon or a seasoned runner aiming to improve your time, a structured training plan can help you achieve your goals. This article will provide a comprehensive 5-week training plan, tips for success, and important considerations to ensure you are well-prepared for race day.

Understanding the Half Marathon

A half marathon is a distance of 13.1 miles (21.1 kilometers), which can be a challenging yet rewarding experience for runners. Training for a half marathon typically requires a commitment to consistent running, incorporating various types of workouts to improve endurance, speed, and overall fitness.

Why a 5-Week Training Plan?

A 5-week training plan is ideal for individuals who may already have a base level of fitness, such as those who can comfortably run 5-6 miles. This shorter plan allows runners to build their endurance and prepare for race day without engaging in an overly long training cycle.

Who Should Use This Plan?

This 5-week training plan is suitable for:

- Runners who have previously completed 5K or 10K races.
- Individuals who have been running consistently for at least a few months.
- Those seeking to improve their half marathon performance.

If you are a complete beginner or have not been running regularly, it may be beneficial to follow a longer training program or consult a coach.

5-Week Half Marathon Training Plan

The following training plan outlines a weekly schedule to help you prepare for your half marathon. It includes a combination of long runs, speed workouts, and rest days to promote recovery and prevent injury.

Weekly Breakdown

Week 1: Building the Base

- Monday: Rest or cross-training (30-45 minutes of low-impact activity)
- Tuesday: 3 miles easy run
- Wednesday: 4 miles at a comfortable pace
- Thursday: 2 miles easy run + strength training (30 minutes)
- Friday: Rest
- Saturday: 5 miles long run
- Sunday: Active recovery (yoga or light stretching)

Week 2: Introducing Speed Work

- Monday: Rest or cross-training
- Tuesday: 3 miles easy run
- Wednesday: 5 miles with intervals (1 mile easy, 3 x 800m fast with 400m recovery jogs, 1 mile easy)
- Thursday: 3 miles easy run + strength training
- Friday: Rest
- Saturday: 6 miles long run
- Sunday: Active recovery

Week 3: Endurance Building

- Monday: Rest or cross-training
- Tuesday: 4 miles easy run
- Wednesday: 6 miles at a comfortable pace
- Thursday: 3 miles easy run + strength training
- Friday: Rest
- Saturday: 8 miles long run
- Sunday: Active recovery

Week 4: Peak Training

- Monday: Rest or cross-training
- Tuesday: 4 miles easy run
- Wednesday: 5 miles with tempo run (1 mile easy, 3 miles at half marathon pace, 1 mile easy)
- Thursday: 3 miles easy run + strength training
- Friday: Rest
- Saturday: 10 miles long run
- Sunday: Active recovery

Week 5: Tapering and Race Preparation

- Monday: Rest or cross-training
- Tuesday: 3 miles easy run
- Wednesday: 4 miles at a comfortable pace
- Thursday: 2 miles easy run + light strength training
- Friday: Rest
- Saturday: Rest or very short shakeout jog (1-2 miles)
- Sunday: Race day! (13.1 miles)

Additional Training Tips

To make the most of your 5-week training plan, consider the following tips:

- Listen to Your Body: Pay attention to any signs of fatigue or injury. If you feel any pain, don't hesitate to take rest days or modify your workouts.
- Stay Hydrated: Proper hydration is crucial during training. Drink water before, during, and

after your runs.

- **Nutrition Matters:** Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats to fuel your training. Proper nutrition will aid in recovery and performance.
- **Cross-Training:** Incorporate low-impact activities like cycling, swimming, or yoga to enhance your overall fitness without putting extra stress on your running muscles.
- **Get Enough Sleep:** Sleep is essential for recovery. Aim for 7-9 hours of quality sleep each night.
- **Invest in Good Footwear:** The right running shoes can help prevent injuries and improve your performance. Visit a specialty store to find a pair that suits your feet and running style.

Race Day Preparation

As race day approaches, proper preparation will ensure that you feel confident and ready to tackle the half marathon distance.

Things to Consider Before Race Day

- **Know the Course:** Familiarize yourself with the race course, including elevation changes and aid station locations.
- **Plan Your Gear:** Decide what you will wear on race day and test it during your long runs. Make sure your shoes are broken in but not worn out.
- **Create a Nutrition Strategy:** Plan what you will eat before and during the race. Consider energy gels, chews, or other easily digestible options.
- **Arrive Early:** Give yourself plenty of time to arrive at the race venue, warm up, and get settled before the start.

Race Day Strategy

- **Pace Yourself:** Start at a comfortable pace and resist the temptation to go out too fast. Save your energy for the latter part of the race.
- **Stay Positive:** Keep a positive mindset throughout the race. Focus on your training and the hard work you've put in.
- **Enjoy the Experience:** Remember that running a half marathon is a significant achievement. Take in the atmosphere, enjoy the crowds, and celebrate your accomplishment.

Conclusion

A well-structured **half marathon 5 week training plan** can help you prepare effectively for race day, whether you're a first-time participant or looking to improve your performance. By following this plan, incorporating proper nutrition and hydration, and listening to your body, you can set yourself up for success. Embrace the journey, enjoy the training, and most importantly, have fun on race day!

Frequently Asked Questions

What is a half marathon training plan?

A half marathon training plan is a structured schedule designed to prepare runners for a 13.1-mile race. It typically includes various types of workouts such as long runs, speed work, and rest days.

Can I train for a half marathon in 5 weeks?

Yes, you can train for a half marathon in 5 weeks if you already have a base level of fitness and running experience. However, it is essential to follow a well-structured plan to avoid injury.

What should my weekly mileage look like in a 5-week half marathon plan?

Weekly mileage in a 5-week half marathon plan can vary, but generally, you should aim to gradually increase your total weekly miles from around 15-25 miles, peaking in the final week before tapering.

What types of workouts should I include in my 5-week training plan?

Your training plan should include long runs, tempo runs, interval training, and recovery runs. Additionally, incorporating cross-training and strength training can be beneficial.

How do I schedule my long runs in a 5-week plan?

Typically, you should schedule your long run for the weekend, gradually increasing the distance each week (e.g., 6, 8, 10, 12 miles) with a taper week before the race.

What should I eat while training for a half marathon?

Focus on a balanced diet high in carbohydrates, moderate in protein, and low in fats. Incorporate whole grains, fruits, vegetables, and lean proteins to fuel your training.

How can I prevent injuries during my 5-week training?

To prevent injuries, ensure proper warm-up and cool-down routines, listen to your body, incorporate rest days, and consider cross-training to reduce impact on your joints.

What is tapering, and why is it important in a 5-week plan?

Tapering is the process of reducing your training volume before race day to allow your body to recover and be at peak performance. It is crucial to ensure you are well-rested for the race.

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