

# Running World Half Marathon Training Plan

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

**T**HIS 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, 2x1200 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 + 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 + 6x100 S, 1 mile	Rest	5 miles + 6x100 S	11 miles	35 miles
6	Rest	1 mile, 2x800 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(1 mile) + 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 (1200), 4:45 (800); for 9:00 pace (1:57:59), run 6:24 (1200), 4:16 (800); for 8:00 pace (1:44:52), run 5:42 (1200), 3:48 (800). To find your 10-K pace, go to [runnersworld.com/trainingcalculator](http://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](http://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.

Running world half marathon training plan is essential for any runner looking to improve their performance and tackle the challenging 13.1 miles of a half marathon. Whether you are a novice or an experienced runner, having a structured training plan can make a significant difference in your race day experience. This article will delve into the various components of an effective half marathon training plan, including preparation, workouts, nutrition, and recovery strategies to ensure you cross the finish line successfully.

# Understanding the Half Marathon Distance

The half marathon is a popular race distance that strikes a balance between challenge and accessibility. Covering 13.1 miles (21.1 kilometers), it's an ideal goal for runners who have completed shorter distances, such as 5Ks and 10Ks. Training for a half marathon requires dedication, discipline, and a well-structured plan that gradually builds your endurance and speed.

## Key Components of a Half Marathon Training Plan

To create a successful running world half marathon training plan, consider the following components:

### 1. Base Mileage

Before starting a specific half marathon training plan, it's crucial to develop a solid base of running fitness. A good base consists of:

- Running consistently: Aim for at least three to four runs per week.
- Gradual increase in mileage: Focus on increasing your weekly mileage by no more than 10% to avoid injury.
- Incorporating different types of runs: Include easy runs, long runs, and tempo runs to build endurance and speed.

### 2. Training Duration

A typical half marathon training plan lasts between 10 to 14 weeks, depending on your current fitness level and race date. Here's a basic outline of how to structure your training:

- Beginner (0-5 miles): 14 weeks
- Intermediate (5-10 miles): 12 weeks
- Advanced (10+ miles): 10 weeks

### 3. Key Workouts

Incorporate a variety of workouts into your training plan to improve different aspects of your running.

Here are some essential workouts to include:

- Long Runs: These runs are crucial for building endurance. Start with a distance you are comfortable with and gradually increase it. Aim for a long run of 10-12 miles in the weeks leading up to the race.
- Tempo Runs: Tempo runs help improve your lactate threshold, allowing you to run faster for longer periods. Incorporate a 20-30 minute tempo segment at a pace that feels challenging but sustainable.
- Speed Work: Interval training boosts your speed and helps improve your overall race pace. Include workouts like 400m repeats or mile repeats with rest intervals in between.
- Easy Runs: These should make up a large part of your weekly mileage. They help in recovery and build endurance without putting too much strain on your body.

## Sample Half Marathon Training Plan

Here's a sample 12-week training plan for an intermediate runner aiming to complete a half marathon:

Weeks 1-4: Building Base Mileage

- Monday: Rest or cross-training
- Tuesday: 4 miles easy

- Wednesday: 3 miles + strength training
- Thursday: 5 miles with 2 miles at tempo pace
- Friday: Rest
- Saturday: 6 miles long run
- Sunday: 3 miles easy or cross-training

#### Weeks 5-8: Increasing Intensity

- Monday: Rest or cross-training
- Tuesday: 5 miles easy
- Wednesday: 4 miles + strength training
- Thursday: 6 miles with 3 miles at tempo pace
- Friday: Rest
- Saturday: 8-10 miles long run
- Sunday: 4 miles easy or cross-training

#### Weeks 9-12: Peak Training and Tapering

- Monday: Rest or cross-training
- Tuesday: 6 miles easy
- Wednesday: 5 miles with speed work (e.g., 6 x 400m)
- Thursday: 8 miles with 4 miles at tempo pace
- Friday: Rest
- Saturday: 10-12 miles long run
- Sunday: 4-5 miles easy or cross-training

## Nutrition for Half Marathon Training

Proper nutrition plays a vital role in your training and race performance. Here are some tips to fuel your body adequately:

## 1. Pre-Run Nutrition

- Hydration: Drink plenty of water throughout the day and consider electrolyte drinks before longer runs.
- Carbohydrates: Consume a carbohydrate-rich meal or snack before your runs. Options include oatmeal, bananas, or energy bars.

## 2. During Training Nutrition

- Energy Gels or Chews: For runs longer than 60 minutes, consider using energy gels or chews for a quick boost.
- Hydration Packs: For longer runs, carry water or electrolyte drinks to stay hydrated.

## 3. Post-Run Nutrition

- Recovery Meals: After your runs, consume a meal high in carbohydrates and protein to aid recovery. Good options include a protein shake with a banana, or a chicken and quinoa bowl.

## Recovery Strategies

Recovery is just as important as training when preparing for a half marathon. Consider these strategies:

### 1. Rest Days

Incorporate at least one or two rest days per week to allow your muscles to recover and rebuild.

## **2. Active Recovery**

Engage in low-impact activities such as swimming, cycling, or yoga on rest days to promote blood flow and reduce muscle soreness.

## **3. Stretching and Foam Rolling**

Include stretching and foam rolling in your routine to help maintain flexibility and prevent injuries.

Focus on major muscle groups, especially the calves, hamstrings, and quadriceps.

## **Preparing for Race Day**

As race day approaches, consider the following tips to ensure a smooth experience:

- **Taper Your Training:** Reduce your mileage in the last two weeks leading up to the race to allow your body to recover.
- **Familiarize Yourself with the Course:** If possible, run parts of the course or study the map to prepare for any challenging sections.
- **Plan Your Race Day Nutrition and Hydration:** Have a clear plan for what you will eat and drink before and during the race.

## **Conclusion**

A well-structured running world half marathon training plan can be a game-changer for any runner

aspiring to complete a half marathon. By focusing on key components such as base mileage, varied workouts, nutrition, and recovery, you can enhance your performance and enjoy the journey to race day. Remember to listen to your body, stay consistent, and enjoy the process!

## **Frequently Asked Questions**

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

A typical half marathon training plan ranges from 10 to 14 weeks, depending on your current fitness level.

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

Most training plans recommend running 3 to 5 days a week, incorporating long runs, tempo runs, and recovery runs.

### **What should my longest run be during half marathon training?**

Your longest run should be between 10 to 12 miles, usually scheduled about 2 to 3 weeks before the race.

### **How do I build mileage safely in my training plan?**

Increase your weekly mileage by no more than 10% each week to avoid injury.

### **What type of cross-training is beneficial for half marathon training?**

Activities like cycling, swimming, and strength training can improve overall fitness and help prevent injuries.

### **Should I include speed work in my training plan?**

Yes, incorporating speed work, such as interval training or tempo runs, can improve your race pace and endurance.

## What is the importance of tapering before the race?

Tapering allows your body to recover and be fresh for race day by gradually reducing your mileage in the final weeks.

## How can I fuel properly during my half marathon training?

Focus on a balanced diet with adequate carbohydrates, proteins, and fats, and practice fueling strategies during long runs.

## What gear should I invest in for half marathon training?

Invest in a good pair of running shoes, moisture-wicking clothing, and accessories like a running watch and hydration gear.

## How do I stay motivated throughout my training?

Set specific goals, run with friends, join a running group, and track your progress to maintain motivation.

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How to Restore Classic AOL Mail Format Users often struggle with navigating new AOL Mail layouts and miss the classic interface features. To revert to the classic AOL Mail format, access the Settings menu by clicking the gear icon. Select 'Mail Settings' and look for an option like 'Switch to Classic Mail' or 'Basic Mail.'

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### **Ultimate Guide to Rose Rocks (What They Are and Where To**

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