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Running room half marathon training plan pdf

Running club gibraltar.

It might seem a stretch goal for you now, but running 13.1 miles is possible for most runners. If you can comfortably complete a 10k, you can certainly do a half. And unlike training for the full 26.2 mile distance, it doesn't take so much energy or eat so much of your time: 'It's an achievable challenge, as it's easier to fit the training into a busy life than it is for a marathon', says elite runner and RW contributing editor Jo Pavey. However, it is still a big step up if you've never run the distance before, and will require commitment: commitment to a higher weekly mileage, longer long runs and a greater variety of sessions to develop the endurance and speed you'll need.But fear not: whether you're building up to 13.1 miles for the first time, or have plenty under your belt but would love to smash your PB, we've got everything you'll need to get you to the finish line in style. How long is a half marathon? You'll be astonished to learn that a half marathon is half the marathon distance - in other words, 13.1 miles or 21K.Why should I follow a training plan? A good training plan will help you to improve by focussing on all the different aspects that go together to make a successful race day. That will include different types of session during your week, while maintaining enough rest and time between harder efforts to avoid putting your body at risk of becoming injured or overtrained.As with all training plans, remember that nothing is achieved in a day, but rather it's achieved cumulatively over time. And for that reason, the training session within your plans will be written with the entire training plan in mind, not just what you should be doing that day - so do resist the temptation to overdo it during sessions. For example, if you don't run easy enough during an easy run, you won't allow your body time to heal from the quality training you've been doing prior to that.How slow you should be running your easy miles'Never run through an injury' explains running coach Paddy McGrath, 'it's better to get to the end of your plan healthy, having missed a week or two, than to have hit all your sessions but be in no fit state to race.' Depending on when the injury is, it's possible to cross-train in a way that doesn't put stress on the affected area, for example through swimming, using the cross-trainer, aqua-running or cycling, which will help you retain your fitness without running. Many elite athletes - such as British half marathon record holder Eilish McColgan - use cross-training as a way to add volume to their training without increasing their risk of injury.When to run, when to stopIf you can't run for: One week: Skip that week and simply pick up the schedule the following weekTwo weeks: Repeat the previous week's training and continue from there, bearing in mind you may not get to the same point as someone who has been following the programme without interruption.Three weeks: Jump back two weeks, potentially even three, because you'll probably have lost a bit of fitness - though don't panic, and don't attempt to make up for lost time by cramming in more sessions. Four weeks or more: It's probably wise to adjust your goal by aiming for a slower time.



How do I find the best half marathon training plan for me? Our training schedules below are tried and trusted. Not sure on which to choose? Use our race-time predictor for an indication of what target you should set yourself. I don't feel like I'm improving on my half marathon plan, what should I do? Don't despair – it takes time to improve as a runner and it doesn't always follow a nice smooth upward trajectory. You may not feel like it, but rest assured that you are getting better every day, as each run slowly builds your strength and fitness.What kind of strength-training should I be doing? Strength training is an essential supplement to a runner's roadwork because it strengthens muscles and joints, which can improve race times and decrease injury risk. If you're a bit lost about what you should be doing, we've got plenty of strength training workouts for runners, including home workouts that you can do from your living room. What shoes should I be wearing? Of course, if you're going to run a half marathon, having a pair of shoes that will get you round 13.1 miles is important. Running in the wrong shoes for you, or shoes that are too worn down to do their job properly, can lead to injury. Before training, it's a good idea to get your gait checked at a specialist running store. We've rounded up the best men's and women's running shoes here.Beginner Half Marathon Training PlanGetty ImagesAimed at getting you round your first half marathon, this 12-week training plan builds you up to running 20.1 miles per week, to get you round your first 13.1 miles comfortably. How to prepare for your first half marathonAimed at those looking to finish a half marathon in under two hours, this simple schedule gets you to 1:59:59 with two quality sessions per week - a long run and goal-pace (or faster) workout.The Hilly Half Marathon Training Plan Getty ImagesIf you're training for a hilly half marathon, here's the training plan to help you stay running strong as you run up-hill.

MARATHON						
FOURTEEN WEEKS TO GO						
TRAINING PROGRAM: For first-timers aiming to finish in 4:30						
PREPARED TO GO						
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
2	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
3	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
4	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
5	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
6	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
7	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
8	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
9	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
10	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
11	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
12	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
13	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
14	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
15	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
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81	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
82	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
83	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
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85	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
86	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
87	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
88	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
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96	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
97	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
98	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
99	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5
100	10:00-11:00	Run 5	Run 5	Run 5	Run 5	Run 5

10 of the best hill training workouts for runnersThis time range takes you up to a regular 40 miles a week, though many runners would still be able to do themselves justice by substituting one easy run for a rest day and running closer to 35 miles a week. 10-week Sub-1.25 Half Marathon Training PlanThis band is for experienced runners. The schedule will take you up to over 50 miles a week, which is about as much training as is compatible with a lifestyle that involves a job and a family.How to boost your trainingThis band covers beginners and those who have been over the distance once before, in around two hours, and would now like to try for something a little faster. 12-Week Sub-2.30 Half Marathon Training PlanYou should be capable of either a sub-1:05 10K, a sub-1:55 10-miler or a sub-6:00 marathon. Training will be three days a week, with an average weekly mileage of 15 miles.How to improve your half-marathon trainingYou should be capable of either a sub-60 10K, a sub-1:30 10-miler or a sub-5:00 marathon. Training will be four days a week, with an average weekly mileage of 25 miles.12-Week Sub-2.00 Half Marathon Training PlanYou should be capable of either a sub-50 10K, a sub-90 10-miler or a sub-4:30 marathon. Training will be five days a week, with an average weekly mileage of 30 miles.12-week Sub-1.45 Half Marathon Training PlanYou should be capable of either a sub-46 10K, sub-1:18 10-miler or a sub-4:00 marathon. Training will be at least five days a week, with an average weekly mileage of 35 miles.12-Week Sub-1.30 Half Marathon Training PlanYou should be capable of either a sub-40 10K, sub-1:07 10-miler or a sub-3:15 marathon. Training will be six days a week, with an average weekly mileage of 40 miles.12-Week Sub-1.20 Half Marathon Training PlanYou should be capable of either a sub-36 10K, sub-60 10-miler or a sub-3:00 marathon. Training will be at least six days a week, with an average weekly mileage of 50 miles.How should I taper for my half-marathon? Your body doesn't just benefit from training; it also benefits from recovery. Reduce your long-run mileage in the final two to three weeks before race day, and do a couple of short race-pace efforts in the final week to keep yourself ticking over nicely.Read our advice on how to taper for you next half-marathon and look out for the top tapering mistakes runners make, and how to avoid them. What about race day? Your race day plan for your best half marathon yet.You can quieten the butterflies in your stomach by focusing on race-day logistics: carefully following your nutrition and hydration plans, making it on time and properly equipped to the starting area, and meeting up with friends. Run strong by following this race-day plan.1. Warm up properly: Warming up prepares body and mind for the task at hand. It increases your heart rate, body temperature and blood flow. Blood transports oxygen to working muscles more efficiently when it is warm, and a warm body can break down and utilise glucose better than one at rest. Plus, some fast running can burn off nervous energy and help you focus. Half marathon warm-up: do some light jogging for 10-15 minutes, then do two to four 200m strides, accelerating slowly until you reach your planned half-marathon pace.



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# The Ultimate Beginner's Half Marathon Training Plan

	mon	tues	wed	thurs	fri	sat	sun
Week One	Lower Body Strength Training	Walk -2 Run -1 30 min. total	Upper Body Strength Training	Walk-2, Run-1 30 min. total	Rest Day	Walk -2 Run -1 2 miles	Rest Day
Week Two	Lower Body Strength Training	Walk -1.5 Run -1 30 min. total	Upper Body Strength Training	Walk-1.5, Run-1 30 min. total	Rest Day	Walk -1.5 Run -1 2.5 miles	Rest Day
Week Three	Lower Body Strength Training	Walk -2 Run -1 (Speed) 30 min. total	Upper Body Strength Training	Walk-2, Run-2 (Easy Pace) 30 min. total	Rest Day	Walk -2 Run -1 3 miles	Rest Day
Week Four	Lower Body Strength Training	Walk -2 Run -1 (Speed) 30 min. total	Upper Body Strength Training	Walk-2, Run-2 (Easy Pace) 30 min. total	Rest Day	Walk -2 Run -1 4 miles	Rest Day

16-Week Half Marathon Training Plan Need a little extra time to get your training in, or just want to start early? Beginning and experienced runners can both use this 14-week training plan, which starts off slow with only four long runs per week and then ramps up to five days later in the schedule.

16-Week Half Marathon Training Plan Spread out over four months instead of three, this training plan is designed for runners who've run a half marathon already and are in need of a training plan that can fit into a busy schedule – with four training days each week vs. five. 18-Week Half Marathon Training Plan Designed for beginners and even experienced runners, this plan mimics our 16-week training plan with two extra weeks added in, and features a few changes to the long runs. This plan eases you into training with a longer runway at the beginning, to get you used to running 4 to 5 days per week over a longer period. 20-Week Half Marathon Training Plan For runners who are looking to take an even more gradual approach, the 18-week marathon plan offers, the 20-month training plan starts slowly and builds toward the 13.1-mile race day, with both four- and five-day-a-week runs later in the plan. Training tips & help @ Ammentop1 | Dreamstime What every beginner needs to know Slowly add mileage to increase your pace. The easy-to-follow rule is to increase your mileage every 1-2 weeks and take a rest day in between. An "easy increase" will not be "always increasing" allows your body ample time to recover. Injury prevention for runners If done too quickly or with improper form, increasing mileage and speed can result in injuries – from shin splints to runner's knee and beyond. The most important factor in completing any training plan is staying consistent. In addition to following a half marathon training plan, it's important to include structured strength training you can do yourself or follow a guided strength training program. You can find examples of reliable injury prevention programs online or by downloading free apps like Exakt Health. 5 obstacles you'll face in your half marathon training plan (and how to overcome them) Most runners are very excited to start a new training program. But as the newness wears off, there will be bouts of feeling unmotivated. Workouts will get tougher and the miles will get longer.

There will be days that it will be struggle to get out the door. Speed work and tempo runs get you faster. Recovery runs keep you from getting injured. Shorter races prepare you for the overall experience. But the long run is the most important element in making it to the finish line feeling great. The 4 hardest things about half marathon training Whether you are a beginner looking to run for the first time, a runner returning from an injury or break, or simply a runner starting a new half marathon training plan, it can take weeks before the habit forms. Once you stick with the plan for 4-8 weeks, however, it begins to feel normal to lace up and run a few (or more) times a week. Ready to run 26.2? Here's what training for a (full) marathon is really like If you respect the distance and take the appropriate time to prepare, the finish line will feel more victorious and less torturous. The length of time it takes varies widely; some runners can tack onto an existing base and be ready in just 12 weeks. Others take longer... How to pick the right training plan for you There are many different training plans out there, and it's important to choose a good one. Most runners start with a 12-week marathon training plan. Are you an experienced runner who needs a tune-up before your next marathon? Or are you a beginner who needs a more gradual approach? Here's how to pick the right training plan for you. How to get ready for 26.2 miles. The 18-week marathon training plan for first-timers. More miles you get to before starting this plan, the better. Walk, run, or do a walk/run combo. You should be able to complete 15 miles a week without any problems before starting. 20-week marathon training plan for comeback runners Are you an experienced runner who has taken some time off from the marathon, but are ready to come back to 26.2? Here's a plan that might be perfect to get you back in form. (Even) more half marathon training plans Check out this 12-week training plan that's perfect for beginners, this 12-week plan for intermediate runners, and this 12-week plan for advanced runners. What is the average time for a half marathon? For men, the average finishing time for a half marathon is 1:55. This is approximately 8:49 minutes per mile pace. For women, the average finishing time for a half marathon is 2:11. This is approximately 10:02 minutes per mile pace. How many days per week should I train for a half marathon? The exact days per week will vary depending on how many weeks your training plan is designed for, most plans will budget between 8 and 20 weeks. More experienced runners could safely run between three and five days training for a half marathon. Beginner runners should expect to run between three and four days per week over their entire training plan. We independently produce all the content associated with training plans we feature on HalfMarathons.net. If you buy or sign up for services through the links on our site, we may receive an affiliate commission – which in turn supports our work.