

Half-marathon Training Plan for Beginners

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	3 Miles	Rest	3 Miles	Rest	3 Miles or Cross Train	6 Miles
2	Rest	3 Miles	Rest	3 Miles	Rest	3 Miles or Cross Train	7 Miles
3	Rest	4 Miles	Rest	4 Miles	Rest	3 Miles or Cross Train	8 Miles
4	Rest	4 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	9 Miles
5	Rest	4 Miles	Rest	4 Miles + 4 Strides	Rest	Rest	5K Race
6	Rest	4 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	9 Miles
7	Rest	5 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	10 Miles
8	Rest	5 Miles	3 Miles	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	10 Miles
9	Rest	5 Miles	3 Miles	5 miles + 4 Strides	Rest	3 Miles or Cross Train	11 Miles
10	Rest	5 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	12 Miles
11	Rest	4 Miles	Rest	4 Miles + 4 Strides	Rest	3 Miles or Cross Train	8 Miles
12	Rest	3 Miles	Rest	3 Miles + 4 Strides	Rest	2 Miles	13.1 Race!

Mini Marathon Training Guide

Elite R N



Mini Marathon Training Guide:

Hal Higdon's Half Marathon Training Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training but it will show you where to focus your attention when to progress and how to keep it simple. **Half Marathon Training Schedule for Beginners** Elite R N, 2020-01-21 A 14 week training plan for complete half marathon for beginners. Running 3 days a week and 2 days for Strength and Stretches training for help to build muscle so that your body can handle the repetitive stress of all that pavement pounding. And the stronger you are the faster you'll go. Training for a half marathon needs to see you build up some regular running miles. Start this plan if you can already run for 20 to 30 minutes continuously. Your training should be progressive and balanced so you don't feel too tired. **Marathon Training For Dummies** Tere Stouffer Drenth, 2011-05-04 In today's modern world there's no need for anyone to run twenty five miles to deliver a message as Pheidippides did from Marathon to Athens around 500 B.C. However hundreds of runners each year run 26.2 miles at hundreds of marathons worldwide. To conquer this mountainous challenge you must know how to properly eat stretch identify and treat injuries and develop a running program that hones your mind and body into a running machine. Marathon Training For Dummies is for everyone who has always thought about running a marathon or half marathon 13.1 miles and for seasoned runners who want to tackle the challenge safely and successfully. This quick read reference helps all runners. Add strength and speed. Weight train. Improve your technique. Eat to maximize endurance. Treat injuries. Choose your races. In just four to six months of dedicated training any runner can be fully prepared to tackle a marathon. Map out an exercise program choose shoes and plan the race strategy that will get you across the finish line. Marathon Training For Dummies also covers the following topics and more: How far how fast. Blazing the best trail. Stretching methods. Doing LSD Long Slow Distance. Tempo run training. The last 24 hours. The best tune up races in North America. The week after the marathon. With several hundred thousand people finishing marathons each year you'll meet plenty of interesting people running along with you. There are numerous rewards for conquering the mental and physical challenges of a marathon and this fun and friendly guide is your road map to achieving them. **14 Week Half Marathon Training Schedule for Beginners** Elite R N, 2019-04-23 A 14 week training plan for complete half marathon for beginners. Running 3 days a week and 2 days for Strength and Stretches training for help to build muscle so that your body can handle the repetitive stress of all that pavement pounding. And the stronger you are the faster you'll go. Training for a half marathon needs to see you build up some regular running miles. Start this plan if you can already run for 20 to 30 minutes continuously. Your training should be progressive and balanced so you don't feel too tired. **The Complete Idiot's Guide to Triathlon Training** Colin Barr, Steve Katai, 2007 Whether it's a triathlon duathlon bike and run or aquathlon swim and run. Women as well as men are flocking to the sport. The Danskin Women's Triathlon Series the longest running series of its kind began in 1990 with three

races and 150 participants In 2005 Danskin hosted eight races and had almost 5 100 participants And the numbers continue to grow The Complete Idiot s Guide to Triathlon Training is the perfect book for anyone wanting to participate in any of these events Written by two regular guys who took up the sport as a lark they like the other hundreds of thousands of enthusiasts got hooked and compete regularly This book is filled with the inside tips practical advice and dozens of photos that triathlete will find useful no matter what level experience he or she has The Art of Running Daisy Edzel, 2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won t use Instead I ll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOu will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here s what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad Pain Having a Proper Form and Breathing Technique Which Part of Your Foot Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here **The Complete Idiot's Guide to Marathon Training** David Levine, Paula Petrella, 2011-05-03 A comprehensive guide to get you ready for race day According to the rule books a marathon is 26 2 grueling yet exhilarating miles Millions of people run marathons around the world Many more millions dream of doing it But novice or veteran runners marathons require training and plenty of it Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear jargon free language Includes dozens of instructional photos Practical advice that addresses the needs of men and women of all ages Marathoning for Mortals John Bingham, Jenny Hadfield, 2003-05-02 As Runner s World s columnist and poster child for adult onset athletes John the Penguin Bingham offers the ultimate introduction to long distance running and walking *The New Rules of Marathon and Half-Marathon Nutrition* Matt Fitzgerald, 2013-02-12 From basic tenets of training to nutrition guidelines this is the first resource for runners to fully integrate nutrition with training for a complete and systematic pre race plan A must for marathoners Library

Journal Every year roughly 2 million people participate in marathons and half marathons in the United States and no matter what level they are every one of these runners has likely hit The Wall running out of muscle fuel in the final miles and slowing down precipitously This setback and other common running disappointments are nutritional or metabolic in nature In The New Rules renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths distilling the most up to date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon Fitzgerald s powerful and easy to use tools will enable runners of all levels to attain their ideal racing weight calculate their precise daily energy needs and formulate a custom nutrition plan [How to Train For and Run Your Best Marathon](#) Gordon Bloch,1993-08-05 A valuable coaching on gearing up for and finishing a marathon From a national class marathoner who qualified for the Olympic Trials valuable coaching on gearing up for and finishing a marathon Bloch explains the benefits of cross training for marathon runners offers winning strategies specific to individual race courses and more

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