

# Hal Higdon's Half Marathon Training Program

<b>Half Marathon Training: Novice</b>							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
2	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
3	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
4	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
5	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest	40 min cross	6 m run
6	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest or easy run	Rest	<b>5-K Race</b>
7	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run + strength	Rest	50 min cross	7 m run
8	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run
9	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest or easy run	Rest	<b>10-K Race</b>
10	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	9 m run
11	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	10 m run
12	Stretch & Strengthen	4 m run	3 m run or cross	2 m run	Rest	Rest	<b>Half Marathon</b>

# Hal Higdon Half Marathon Training Guide

**Gwen Robbins, Debbie Powers, Sharon  
Burgess**



## **Hal Higdon Half 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. **Marathon, Revised and Updated 5th Edition** Hal Higdon, 2020-03-03 Now completely updated and revised a new edition of the long running marathon training guide that has helped more than half a million people reach their goals. Marathon The Ultimate Training Guide is among the bestselling running books of all time for many reasons but above all others is this one. It works. Marathon running has changed in the seven years since the fourth edition there are more runners than ever before the popularity of half marathons has grown immensely and guidelines for best recovery and diet practices have changed. This revised fifth edition includes a new chapter on ultramarathons along with material on recovery techniques several new training programs and advice on how to win a Boston qualifying race and improve your personal record. At its core remains Hal Higdon's clear and essential information on injury prevention training and nutrition. Marathon demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain taking the guesswork out of marathon training whether it's for your first or fiftieth. With Higdon's comprehensive approach and tried and tested methods any runner will learn how to optimize their training and achieve their marathon goals. **Hal Higdon's How to Train** Hal Higdon, 1997 Describes twenty four training programs designed for different sports types of people and goals. Marathon Hal Higdon, 2011-09-27 A training guide for beginners first time marathoners and women runners counsels readers on how to build speed and distance while maximizing one's performance and building on defensive running skills in an updated edition by a senior writer for Runner's World magazine. Original. **Marathon** Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon including training schedules advice on diet defensive running strategies and tips for staying motivated. **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 *Running for a Higher Purpose* Thomas John Paprocki, 2021-03-26 What if you could improve your physical health while deepening your spiritual life In *Running for a Higher Purpose* Most Rev Thomas John Paprocki Catholic bishop of Springfield a marathon runner and hockey player shares how the simple discipline of running can help you unlock profound spiritual benefits Paprocki took up running as a teenager for his health he ran his first marathon in his forties Along the way he discovered that improving your physical health through running is a way to honor God and grow deeper in your spiritual life Perfect for those who want to try running for the first time as well as for more experienced runners who want to set goals for a new challenge *Running for a Higher Purpose* offers eight steps to reach spiritual and physical fitness Review Review where you are Reform Identify how to improve Resolve Resolve to put change into effect Repeat Don't quit Renew Renew your physical and spiritual wellness Relax Balance physical and spiritual exercise with the need to rest Reward Feel personal satisfaction and reward by achieving your goals Rejoice Integrating a sound mind in a sound body leads to eternal happiness Each chapter includes an inspirational quotation a personal promise statement and a prayer **Hal Higdon's Smart Running** Hal Higdon, 1998-06-15 Presents questions and answers from the Ask the Experts column on America Online with tips on equipment technique training racing and health and fitness **Run Fast** Hal Higdon, 2016-10-04 Achieve a personal best at any distance Are you looking for better race times whether you run 5Ks or marathons Searching for that ultimate exhilarating moment when you're running faster than ever before Or do you just want to have more fun when you run You can run faster and this book will show you how *Run Fast* is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance Hal Higdon is one of the most experienced and trusted experts in running and this classic volume is completely revised and updated with new workouts race distances and advice for runners of every level *Run Fast* spells out a complete program to help you increase your speed build your endurance improve your times and motivate yourself to achieve your running goals New training plans for novice runners make getting started easy More experienced runners will discover refreshing workouts that both improve their speed and make training fun And if you've taken an exercise break you'll see how to get back in shape while staying injury free Packed with stories and tips from coaches record holders and average runners alike *Run Fast* is brimming with inspiration Experience the thrill of better race times the satisfaction of running strong and the sheer joy that comes from running faster than ever before Mastering the

Marathon Don Fink,2010-09-01 The ideal resource for athletes age forty and older who seek faster times and fewer injuries

IronFit's Marathons after 40 Don Fink,Melanie Fink,2017-03-01 The only marathon training guide athletes forty and older will ever need Updated with full color exercise photography cutting edge training strength core and flexibility programs and specific instruction for the most popular version of the marathon the Half Marathon this book starts with a simple premise training methods for younger athletes no longer work for athletes over forty Melanie and Don Fink present step by step action plans for faster times fewer injuries and more enjoyment for the Master s marathoner Including profiles of successful older athletes this book also provides ways to avoid common training and racing mistakes recovery methods unique to forty plus athletes secrets to staying injury free and much more **Running and Living** Rahul S.

Verghese,2015-06-25 The psychological training of the marathon Gustavo Vaquera,2025-05-20 The book addresses psychological preparation for the marathon a dimension often overlooked in favor of running physiological nutritional and biomechanical aspects Although it is widely acknowledged that the mind plays a crucial role especially in the last 12 kilometers many runners and coaches lack a systematic method to develop it relying instead on intuitive or motivational advice The work debunks the myth that physical suffering automatically strengthens the mind and criticizes the lack of concrete tools in classical literature It proposes a scientific approach integrating Neuroscience Psychoanalysis Sport Psychology and the experiences of professional athletes to train skills such as resilience pain management focus motivation psychological endurance anxiety control and other mental factors that influence marathon performance It includes a 16 week program with scientifically validated techniques visualization mindfulness mental training journals present moment training and others It demonstrates that it is not enough to merely mention psychological aspects it is essential to show how they can be trained Chicago Running Guide Brenda Barrera,Eliot Wineberg,2000 Equips runners with the information they need to enjoy Chicago s top running routes With the 31 best training routes and nine most popular racecourses in and around the city the 40 entries show distance scenery terrain hill ratings available facilities and tips on how to best enjoy each run

Runner's World ,2007-07 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Runner's World** ,2007 *Run Fast* Hal Higdon,1992 Hal Higdon shows runners of every calibre how to train and run short popular 5 8 and 10 kilometre races faster with added information on how to recuperate and stay focused when the going gets rough *A Fit Way of Life* Gwen Robbins,Debbie Powers,Sharon Burgess,2008 A Fit and Well Way of Life Gwen Robbins,Debbie Powers,Sharon Burgess,2008 **Run Fast** Hal Higdon,2016-10-04 Achieve a personal best at any distance Are you looking for better race times whether you run 5Ks or marathons Searching for that ultimate exhilarating moment when you re running faster than ever before Or do you just want to have more fun when you run You can run faster and this book will show you how Run Fast is a comprehensive guide for runners of all abilities to improve your speed and achieve a personal best at any distance Hal

Higdon is one of the most experienced and trusted experts in running and this classic volume is completely revised and updated with new workouts race distances and advice for runners of every level Run Fast spells out a complete program to help you increase your speed build your endurance improve your times and motivate yourself to achieve your running goals New training plans for novice runners make getting started easy More experienced runners will discover refreshing workouts that both improve their speed and make training fun And if you've taken an exercise break you'll see how to get back in shape while staying injury free Packed with stories and tips from coaches record holders and average runners alike Run Fast is brimming with inspiration Experience the thrill of better race times the satisfaction of running strong and the sheer joy that comes from running faster than ever before

## **Hal Higdon Half Marathon Training Guide** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Hal Higdon Half Marathon Training Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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