# 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
3	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	10%:
9	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 Miles
O	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 7 Miles
1	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
2	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 6 Miles
L3	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 11 Miles
4	Rest Day	Training Run 4 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
.5	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.

For more guidance, visit marathonhandbook.com/couch-to-half-marathon

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J Elliott



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#### **Table of Contents Half Marathon Guide 2009**

- 1. Understanding the eBook Half Marathon Guide 2009
  - o The Rise of Digital Reading Half Marathon Guide 2009
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Half Marathon Guide 2009
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Half Marathon Guide 2009
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Half Marathon Guide 2009
  - Personalized Recommendations
  - Half Marathon Guide 2009 User Reviews and Ratings
  - Half Marathon Guide 2009 and Bestseller Lists
- 5. Accessing Half Marathon Guide 2009 Free and Paid eBooks
  - Half Marathon Guide 2009 Public Domain eBooks
  - Half Marathon Guide 2009 eBook Subscription Services
  - Half Marathon Guide 2009 Budget-Friendly Options

- 6. Navigating Half Marathon Guide 2009 eBook Formats
  - o ePub, PDF, MOBI, and More
  - Half Marathon Guide 2009 Compatibility with Devices
  - Half Marathon Guide 2009 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Half Marathon Guide 2009
  - Highlighting and Note-Taking Half Marathon Guide 2009
  - Interactive Elements Half Marathon Guide 2009
- 8. Staying Engaged with Half Marathon Guide 2009
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Half Marathon Guide 2009
- 9. Balancing eBooks and Physical Books Half Marathon Guide 2009
  - $\circ\,$  Benefits of a Digital Library
  - Creating a Diverse Reading Collection Half Marathon Guide 2009
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Half Marathon Guide 2009
  - Setting Reading Goals Half Marathon Guide 2009
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Half Marathon Guide 2009
  - Fact-Checking eBook Content of Half Marathon Guide 2009
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements

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