

# 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, 1x(200 P)(400), 2x(800 C)(200), 4x(200 S)(200), 1 mile	4 miles	1 mile, 2x2 miles P(800) + 4x(100 S), 1 mile	Rest	4 miles + 4x(100 S)	9 miles	30 miles
2	Rest	1 mile, 1x(200 P)(400), 2x(800 C)(200), 4x(200 S)(200), 1 mile	4 miles	1 mile, 2x2 miles P(800) + 4x(100 S), 1 mile	Rest	4 miles + 4x(100 S)	9 miles, incl. 4:00 TUT	30 miles
3	Rest	1 mile, 2x(200 C)(800), 800 C(400), 400 S(200), 1 mile	2 miles	3 miles + 4x(100 S)	Rest	5-K race	6 miles	23 miles
4	Rest	1 mile, 2x1 mile C(800), 6x(200 S)(200), 1 mile	4 miles	1 mile, 4 miles P(800), 1 mile C + 6x(100 S), 1 mile	Rest	5 miles + 6x(100 S)	10 miles, incl. 6:00 TUT	34 miles
5	Rest	1 mile, 2x1 mile C(800), 6x(200 S)(200), 1 mile	4 miles	1 mile, 4 miles P(800), 1 mile C + 6x(100 S), 1 mile	Rest	5 miles + 6x(100 S)	11 miles	35 miles
6	Rest	1 mile, 2x(800 S)(400), 400 S(200), 200 S(200), 1200 P(1), 1 mile	4 miles	8 miles (incl. 6x(100 S)) + 4x(100 S)	Rest	10-K race	8 miles	32 miles
7	Rest	1 mile, 2x(200 C)(800), 4x(400 S)(200), 4x(200 S)(100), 1 mile	4 miles	1 mile, 3 miles P(800), 1x(800 C)(400), 2 miles P(1), 1 mile	Rest	4 miles + 6x(100 S)	13 miles, incl. 8:00 TUT	36 miles
8	Rest	1 mile, 2x(200 C)(800), 4x(400 S)(200), 4x(200 S)(100), 1 mile	4 miles	1 mile, 4 miles P(800), 1x(800 C)(400), 2 miles P(1), 1 mile	Rest	6 miles + 6x(100 S)	6 miles	31 miles
9	Rest	1 mile, 4x(400 C)(200), 2x(200 S)(100), 1 mile	2 miles P(1) + 4x(100 S)	1 mile, 2x(400 C)(200), 1x(200 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 (2:00/mi), run 7x07 (1200), 4x45 (800); for

9:00 pace (1:57:59), run 6x24 (1200), 4x16 (800); for 8:00 pace (1:44:52), run 5x42 (1200), 3x48 (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 4x30 (800), 2x15 (400), 1x07 (200); for 9:00 half-marathon pace, run 4x04 (800), 2x02 (400), 1x01 (200); for 8:00 half-marathon pace, run 3x37 (800), 1x48 (400), 0x54 (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.

# Runners World Strength Training

**Higdon, Hal**



## **Runners World Strength Training:**

*Runner's World Guide to Cross-Training* Matt Fitzgerald, 2004-10-15 Features everything runners need to know about the best cross training programs available including a series of strength exercises non impact cardiovascular activities and suggestions on how to integrate running and cross training Original 20 000 first printing *Runner's World Complete Book of Women's Running* Dagny Scott Barrios, Editors of Runner's World Maga, 2007-10-30 Runner s World Complete Book of Women s Running is designed specifically to address the unique challenges and rewards the sport presents to the fastest growing segment of the market women runners More than 10 million women across the country now identify themselves as regular runners In response to the dramatic increase in the number of women in the sport Dagny Scott Barrios and the experts at Runner s World have created this singular guide where women will discover how to train for any race from a 5K to a marathon eat nutritiously and for maximum energy lose weight permanently deal with self consciousness and body image run during pregnancy and through menopause choose the best clothes and accessories run anywhere safely prevent and treat injuries especially those that women are most likely to encounter With clear photographs running sidebars and testimonials from women runners of all ages and abilities this comprehensive resource provides the most current practical advice available anywhere for women runners of all levels

**The Runner's World Big Book of Marathon and Half-Marathon Training** Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Maga, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner s World Runner s World Big Book of Marathon and Half Marathon Training gives readers the core essentials of marathon training nutrition injury prevention and more The editors of Runner s World know marathon training better than anyone on the planet They have spent the last few years inviting readers to share the long sweaty journey to the starting line putting themselves on call to personally answer readers questions 24 7 This book includes testimonials from real runners more than 25 training plans for every level and ability workouts a runner s dictionary and sample meal plans Runner s World Big Book of Marathon and Half Marathon Training is a powerful and winning resource the ultimate tool kit for anyone who wants to get from the starting line to the finish line Runner's World Run Less, Run Faster, Revised Edition Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance

**Runner's World Performance Nutrition for Runners** Matt Fitzgerald, 2006 Draws on the latest scientific advice to provide an up to date nutrition reference specifically tailored to the needs of runners covering such topics as proper hydration customizing a diet for personal training needs and speeding up recovery times Original 15 000 first printing

**Runner's World Training Journal** Runner's World Magazine, 2006-09-19 A daily journal with sidebar tips on cross training running and nutrition **Runner's World Complete Book of Beginning Running** Amby Burfoot, Editors of

Runner's World Maga,2005-02-10 Runner s World Complete Book of Beginning Running by Amby Burfoot is the newest addition to the heralded Runner s World series focuses exclusively on the concerns of the tens of thousands of new runners who take up the sport every year Recognizing that newcomers to a sport need all the help they can get Runner s World now devotes an entire book to guiding the beginning runner through those challenging first days weeks and months Peppered throughout with motivating tips and advice from those who have been there this much needed volume presents a can t fail program that is sure to help new runners feel and look better and have more energy and less stress Inside you ll find Information on nutrition and how to adjust your diet to fit your new running lifestyle Training advice including how to use cross training stretching and strength exercises to keep enthusiasm up weight down and fitness at an optimum level A special section for women runners Written by the executive editor of Runner s World magazine and covering every problem the new runner may encounter from choosing the right shoes to preventing injury to preparing for a race this authoritative volume provides all the information and inspiration any novice requires to turn running into a healthy lifetime pursuit

*Runner's World Run to Lose* Jennifer Van Allen,Pamela Nisevich Bede,2015-12-22 Running burns an incredible amount of calories making it one of if not the most effective weight loss strategies around And running is accessible to nearly everyone all over the world This book provides the information you need to begin running for weight loss as well as the tools to stay on track Runner s World Run to Lose will serve the seasoned athlete as well as the couch surfer offering guidance on matters like how to strike a balance between getting enough nutrients to fuel workouts while cutting enough calories to meet weight loss goals how to time calorie and nutrient intake to maximize workout power and recovery time and how to get the highest quality lowest calorie carbs to fuel workouts among other invaluable tips

**Runner's World Train Smart, Run Forever** Bill Pierce,Scott Murr,Editors of Runner's World Maga,2017-04-04 From the experts at the Furman Institute of Running and Scientific Training FIRST Runner s World Train Smart Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential This book will teach you how to become a fit fast and healthy lifelong runner by following the authors innovative 7 hour workout week In this new approach Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner Runner s World Train Smart Run Forever is appropriate for all runners but is especially helpful if you re frustrated by injuries or looking to maintain your healthy lifestyle as you age This book addresses the controversies surrounding the dangers of overtraining and the stress associated with the constant craving for faster race times Complete with a comprehensive program to enhance overall fitness improve race times and support healthy aging this book will show you how to achieve your fitness goals at any stage

Runner's World Guide to Cross-Training Matt Fitzgerald,Editors of Runner's World Maga,2004-09-23 How to cross train to improve running times and prevent overuse injuries whether you are participating in your first 10 K or competing to win a marathon or triathlon If you want to enjoy a long successful life of running it s essential to incorporate non running activities

into your training program Strength exercises will keep your muscles in balance Flexibility exercises will keep them supple And alternative endurance activities will help heal existing injuries while preventing future ones In *Runner's World Guide to Cross Training* Matt Fitzgerald seasoned runner triathlete sports and fitness journalist and online coach to runners and triathletes tells you everything you need to know about the very best cross training exercises for runners from the equipment you'll have to buy to the techniques you'll have to master In addition to strength training and flexibility exercises he recommends the six best non impact cardiovascular activities for runners pool running elliptical training bicycling inline skating swimming and cross country skiing The book shows how to integrate running and cross training and features five complete sample programs that will train you to compete in a basic 10 K advanced 10 K half marathon basic marathon advanced marathon and triathlon Until now there hasn't been a credible cross training book designed especially for runners With the imprimatur of *Runner's World* magazine recognized everywhere as the most authoritative source of information on the sport this excellent guide will be welcomed by runners at every level as the book to consult for advice on this vital topic

**Runner's World Your Best Stride** Jonathan Beverly, 2017-06-13 Run the Way You Were Born to Run Every runner wants a smooth light powerful and resilient stride But there isn't one ideal form all runners should try to emulate Instead research and experience show that people can run effectively in a wide variety of patterns with some universal elements In lively accessible prose author Jonathan Beverly details his search for common ground among physical therapists podiatrists biomechanics researchers and coaches and reveals how individual runners can apply those principles and improve their performance avoid injury and enhance their enjoyment on the run With specific illustrated exercises that show how to counteract tight muscles from excessive sitting improve limited arm mobility from hunching over electronic devices strengthen your feet for better balance and improve speed by lengthening your stride *Runner's World Your Best Stride* is an approachable guide to human movement and a practical tool for improved running performance *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 **Build Your Running Body** Pete Magill, Thomas Schwartz, Melissa Breyer, 2014-07-29 The best running book ever Bob Anderson founder of *Runner's World* Whether you're a miler or an ultramarathoner if you want a fit fast and injury resistant running body there's a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in *Build Your Running Body* runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance

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Runner's World Complete Book of Running Editors of Runner's World Maga,2009-12-22 Revised and updated edition of the popular book on everything you ned to know about running      *Runner's World How to Make Yourself Poop* Meghan Kita,Editors of Runner's World Maga,2018-06-05 Every runner knows how important it is to prevent an unfortunate bathroom accident midrun This book can show you how For any runner who wants a quick easy reference guide to every running issue under the sun look no further With tips on training nutrition gear motivation health and racing Runner s World How to Make Yourself Poop is essential reading for runners who want to improve their performance From The Best Way to Tie Your Shoes to 9 Tactics for Busting Out of a Running Rut and everything in between these short easy to use tips from reliable experts are the perfect gift for any runner in your life      *Runner's World Performance Nutrition for Runners* Matt Fitzgerald,Editors of Runner's World Maga,2005-11-27 Up to date nutrition advice for runners based on the latest science Runners have different nutrition and recovery needs than other endurance athletes Yet until now they ve had no nutritional resource specifically addressing their concerns This comprehensive guide distills the newest thinking in the science of exercise nutrition into practical hands on tips that will help runners stay healthy recover faster enjoy better workouts and race successfully Readers will learn detailed information on nutritional topics important to runners from balancing internal energy stores to proper hydration how to customize their diets to their individual training needs shopping tips and dining out strategies to help runners maximize their nutritional intake the top 5 pre race meals and top 5 healthiest snacks for runners nutritional tips for special populations including women children diabetics and older runners      **Runner's World Guide to Injury Prevention** Dagny Scott Barrios,2004-12-01 A practical handbook for runners offers useful information and advice on how to prevent and treat injuries including the best strength training exercises for runners how to cope with the mental repercussions of injury the latest research into hydration the use of cross training to prevent and heal injury stretching and special concerns for young runners women and older runners Original 15 000 first printing      **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

## Adopting the Melody of Term: An Psychological Symphony within **Runners World Strength Training**

In some sort of eaten by monitors and the ceaseless chatter of fast interaction, the melodic splendor and mental symphony developed by the written term frequently fade in to the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, located within the pages of **Runners World Strength Training** a charming fictional value brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that interesting masterpiece conducts viewers on a psychological trip, well unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths with this emotional review, we can discover the book is main harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

<https://now.acs.org/data/virtual-library/default.aspx/relational%20database%20systems.pdf>

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