

# **13 Week Half Marathon Training Plan**

## **13 Week Half Marathon Training Plan: Your Guide to Success**

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Editor: Mark Johnson, CSCS, RRCA. Mark is a certified strength and conditioning specialist and a certified running coach with over 20 years experience designing and implementing successful training plans for runners of all abilities. His expertise ensures the accuracy and practicality of the training advice provided.

### **Introduction:**

Embarking on a half marathon journey is a significant accomplishment, requiring dedication, planning, and a well-structured training program. This comprehensive report details a 13-week half marathon training plan, supported by scientific research and practical experience. A carefully designed 13-week half marathon training plan allows for progressive overload, ensuring you're adequately prepared for race day while minimizing the risk of injury. This plan incorporates key training principles, including aerobic base building, speed work, long runs, and rest and recovery, crucial elements of any successful 13-week half marathon training plan.

### **Phase 1: Building the Foundation (Weeks 1-4)**

This initial phase focuses on establishing a solid aerobic base. Research consistently demonstrates the importance of a strong aerobic foundation for endurance performance (1). This phase involves gradually increasing your weekly mileage, focusing on easy runs at a conversational pace. The emphasis here isn't on speed, but on building endurance and adapting your body to the demands of running.

Week 1-2: 3 runs per week, totaling 10-15 miles. Include one easy long run (around 4 miles).

Week 3-4: 3-4 runs per week, totaling 15-20 miles. Increase the long run to 5-6 miles. Introduce one cross-training session (swimming, cycling, etc.) per week to improve overall fitness and reduce injury risk (2).

Key Considerations: Listen to your body. Don't increase mileage too rapidly. Proper warm-up and

cool-down routines are essential to minimize muscle soreness and prevent injuries. Hydration and nutrition play a crucial role in recovery and performance.

## **Phase 2: Increasing Intensity (Weeks 5-8)**

Phase 2 introduces speed work and progressively longer long runs. Interval training, incorporating high-intensity bursts followed by periods of recovery, has been shown to significantly improve running speed and endurance (3). Gradual increases in long run distance prepare your body for the demands of the half marathon distance.

Week 5-8: 4-5 runs per week. Incorporate 1-2 interval sessions per week (e.g., 8 x 400m repeats). Increase the long run gradually to 8-10 miles. Maintain cross-training.

Key Considerations: Pay close attention to your pace during interval sessions. Ensure adequate rest between intervals. Proper form is crucial during speed work to prevent injuries. Consider incorporating hill repeats for improved strength and power.

## **Phase 3: Race Preparation (Weeks 9-12)**

This phase focuses on maintaining fitness and fine-tuning your race strategy. The long runs continue to increase, peaking around 10-12 miles, simulating the race distance. Speed work is reduced in volume but maintained in intensity to sharpen your race pace.

Week 9-12: 4-5 runs per week. Reduce interval sessions to 1 per week. Maintain a long run of 10-12 miles. Include one easy recovery run each week.

Key Considerations: Practice your race-day nutrition and hydration strategy during long runs. Visualize your race plan. Rest and recovery become increasingly important as the race approaches. Consider tapering your mileage in the final week to allow for adequate rest and recovery before race day.

## **Phase 4: Race Week (Week 13)**

This week is crucial for rest and preparation. Reduce your mileage significantly, focusing on short, easy runs to maintain fitness without fatiguing your body. Ensure adequate hydration and nutrition. Rest well the night before the race.

Week 13: Short easy runs (2-3 miles). Focus on rest and mental preparation.

Key Considerations: Avoid any intense workouts during race week. Visualize a successful race. Get a

good night's sleep before race day.

## **The Importance of Rest and Recovery in a 13 Week Half Marathon Training Plan:**

Adequate rest and recovery are crucial for optimizing performance and preventing injury. During rest, the body repairs and rebuilds muscle tissue, replenishes energy stores, and reduces inflammation. Ignoring rest can lead to overtraining, fatigue, and an increased risk of injury (4). This 13-week half marathon training plan incorporates rest days and cross-training activities to ensure adequate recovery. Active recovery, like light jogging or walking, can also aid in recovery and reduce muscle soreness.

## **Nutrition and Hydration:**

Proper nutrition and hydration are paramount for optimal performance and recovery. A balanced diet rich in carbohydrates, protein, and healthy fats provides the energy needed for training. Adequate hydration prevents dehydration, which can negatively impact performance and increase the risk of heatstroke. Experiment with different fueling strategies during training to determine what works best for you on race day.

## **Injury Prevention:**

Preventing injuries is critical for successful completion of your 13-week half marathon training plan. Proper warm-up and cool-down routines, gradual increases in mileage, and incorporating cross-training activities are essential to reduce the risk of injury. Choosing the right running shoes and paying attention to your body's signals are also vital aspects of injury prevention. If you experience pain, stop running and seek professional medical advice.

## **Conclusion:**

This 13-week half marathon training plan provides a comprehensive framework for achieving your half marathon goals. By following this plan and incorporating the key principles of progressive overload, rest and recovery, proper nutrition, and injury prevention, you will significantly increase your chances of successfully completing your half marathon. Remember to listen to your body, adjust the plan as needed, and enjoy the journey! This 13-week half marathon training plan is designed to be adaptable; consult with a healthcare professional or certified running coach to personalize it to your specific needs and experience level.

## FAQs:

1. Can I modify this 13-week half marathon training plan if I'm a beginner runner? Yes, you can modify the plan by reducing the mileage and intensity, especially in the initial weeks. Start with shorter runs and gradually increase the distance and intensity as your fitness improves.
2. What if I miss a run or two? Don't panic! If you miss a run, don't try to make up for it by doing extra mileage the following day. Just incorporate the missed run into your subsequent training schedule, focusing on completing the remaining training sessions effectively.
3. What type of shoes should I wear? Invest in running shoes specifically designed for your foot type and running style. Consult a specialist at a running store for personalized recommendations.
4. What should I eat before, during, and after a run? Before a run, consume easily digestible carbohydrates. During longer runs, consider energy gels or chews. After a run, replenish glycogen stores with carbohydrates and protein.
5. How important is stretching? Stretching is crucial for improving flexibility, reducing muscle soreness, and preventing injuries. Incorporate regular stretching into your routine.
6. How can I deal with runner's knee? If you experience runner's knee, rest, ice, and seek professional medical advice. Modifying your running form and strengthening your leg muscles can also help.
7. What is the best time of day to run? Run at a time of day that suits your schedule and energy levels.
8. How do I know if I'm overtraining? Signs of overtraining include persistent fatigue, decreased performance, loss of motivation, and increased susceptibility to illness or injury.
9. What if I don't reach my goal time? Focus on your personal achievement. Completing the half marathon is a significant accomplishment, regardless of your finishing time. Learn from the experience and use it to improve your training for future races.

## Related Articles:

1. Beginner's Guide to Half Marathon Training: A simplified 13-week half marathon training plan for novice runners, emphasizing gradual progression and injury prevention.
2. Half Marathon Training for Experienced Runners: A more advanced 13-week half marathon training plan incorporating higher mileage, speed work, and hill training for experienced runners.
3. Nutrition and Hydration for Half Marathon Training: A detailed guide on optimizing your nutrition and hydration strategy to improve performance and recovery during your 13-week half marathon training plan.
4. Injury Prevention Strategies for Half Marathon Training: A comprehensive review of strategies to minimize the risk of injury during a 13-week half marathon training plan.
5. Mental Strategies for Half Marathon Success: Tips and techniques to enhance your mental

fortitude and resilience during the challenging weeks of your 13-week half marathon training plan.

6. Pacing Strategies for a Half Marathon: Guidance on effective pacing strategies to optimize your performance and avoid burnout during the race.

7. Half Marathon Race Day Checklist: A practical checklist of essentials to ensure a smooth and efficient race day experience.

8. Choosing the Right Running Shoes for Half Marathon Training: A guide to selecting the appropriate running footwear to support your feet and prevent injuries during your 13-week half marathon training plan.

9. Post-Half Marathon Recovery and Next Steps: Advice on recovery strategies and planning for future running goals after successfully completing your half marathon.

(Note: References 1-4 would be cited here using a consistent citation style like APA or MLA, referencing relevant scientific studies supporting the claims made throughout the article.)

**13 week half marathon training plan:** 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.

**13 week half marathon training plan:** Run to the Finish Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

**13 week half marathon training plan:** Faster Road Racing Pete Pfitzinger, Philip Latter, 2014-11-24 Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for Running Times, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. Faster Road Racing: 5K to Half Marathon presents easy-to-follow programs proven to give you an edge in your next race. You'll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger's multi-race, multi-distance training plans are invaluable. Faster Road Racing is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

**13 week half marathon training plan:** Hansons Marathon Method Humphrey Luke, 2012-11-27 In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. Hansons Marathon Method offers a radical overhaul of marathon training that promises

to turn any runner into a true marathoner and help experienced marathoners set new personal bests. Hansons Marathon Method does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

**13 week half marathon training plan: 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.

**13 week half marathon training plan: Runner's World Run Less Run Faster** Bill Pierce, Scott Murr, 2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

**13 week half marathon training plan: Advanced Marathon** Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science-based training for serious runners. Advanced Marathon has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathon provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathon is simply the most comprehensive and efficient approach to marathon training. If you're ready to achieve your personal best, this book is for you.

**13 week half marathon training plan: The Run Walk Run Method** Jeff Galloway, 2016-08-16 Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUNTM, low mileage, three-day suggestions to an

over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

**13 week half marathon training plan: The Little Red Book of Running** Scott Douglas, 2011-06-29 running.

**13 week half marathon training plan: Daniels' Running Formula** Jack Daniels, 2014  
Recommended by Runner's World magazine as the best training book by the world's greatest coach, Daniels' Running Formula provides an expert training and racing blueprint for dedicated runners of all abilities.

**13 week half marathon training plan: 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 Magazine, 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.

**13 week half marathon training plan: Hansons First Marathon** Luke Humphrey, Keith Hanson, Kevin Hanson, 2018-10-12 The results have been proven at every level, from the beginner to the elite, the Hanson's training system works. - Desiree Davila, Olympic marathoner With the right training, ANYONE can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: Finding your foot type and a good shoe for marathon training The types of workouts and how (and why) to do them Choosing your race wisely Training around travel, illness, and navigating injuries How to stretch and strength train for marathon Ways to recover from daily runs and after your race Science-based nutrition and hydration guidelines for workouts and race day What to do differently during the crucial final 6 weeks before your race How to get to the start line feeling confident, stress-free, and ready Setting an ideal marathon race strategy that puts you in control Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose Hansons First Marathon to start your marathon adventure and you'll set yourself up for success.

**13 week half marathon training plan: Dusk Before the Dawn** Larry Ketchersid, 2006-04  
Combining nanotechnology, martial arts and a struggle for world domination, Dusk Before the Dawn

follows people struggling to not only survive in a new world order, but to shape it.

**13 week half marathon training plan: Run Faster from the 5K to the Marathon** Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

**13 week half marathon training plan: Slow Burn** Stu Mittleman, Katherine Callan, 2011-11-01 In Slow Burn, endurance master Stu Mittleman delivers a program for creating energy and increasing endurance so you can go the distance and feel great doing it every day, week, and year. Change your workout, change your life: Think: Stu shares his proven formula for breaking down seemingly insurmountable goals into a series of manageable tasks. Train: Learn to understand your body's signals and refocus your training so that the movement -- not the outcome -- is the reward. Eat: Stu teaches you how to make nutritional choices that leave you energized -- not exhausted -- all day long. You really can accomplish more -- with less effort -- than you ever imagined. All you have to do is change your focus and you'll change your life. Let Slow Burn show you how to enjoy the journey and achieve the results.

**13 week half marathon training plan: No Meat Athlete** Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

**13 week half marathon training plan: Run for Good** Christine Many Luff, 2018-11-16 Have you always wanted to learn to run and experience the life-changing benefits of running? Or have you tried to start running in the past, but just couldn't stick with it? Maybe you thought you weren't meant to be a runner, or just didn't have the time, energy, motivation, or willpower to keep running. Whether you're brand-new to running, tried it in the past without much success, or you just can't get into a running groove, RUN FOR GOOD gives you a comprehensive roadmap to starting and maintaining a lifelong running habit. Based on her years of experience as a runner, certified running coach and trainer, and fitness writer/researcher, author Christine Luff gives you an expert-guided, step-by-step plan for creating an enduring running habit. In this book, you'll learn: -Tips on how to run, what to wear, and how to make running easier -How to establish a habit loop to make running part of your regular routine -How to deal with inevitable setbacks and roadblocks that pop up -How



to run smartly and safely with the right training schedules -Tips, tricks, and effective strategies to stay motivated to keep running -Strategies for racing, proper nutrition, injury prevention to keep your running habit going -How to avoid issues and problems that have derailed your healthy habits in the past -Advice on how to make running a rewarding and fun part of your life. This ultimate guide to running will get you started on the right foot with running, help you develop (or re-discover) a love and gratitude for running, and inspire and motivate you to keep running - for good.

**13 week half marathon training plan: Running for Mortals** John Bingham, Jenny Hadfield, 2007-04-17 The authors of Marathoning for Mortals - John The Penguin Bingham and Coach Jenny Hadfield, MA, CPT - now show beginning runners how to fit running into their lifestyle easily You don't have to run fast or competitively to reap the rewards that running has to offer. What you do need is the courage to start. That is the Penguin mantra that has enabled John Bingham—through his best-selling book No Need for Speed, his popular monthly column for Runner's World magazine, and his many appearances at major running events throughout the year—to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them. By teaming up with coach Jenny Hadfield, his wife and coauthor on Marathoning for Mortals, Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules. In this book, backed by Runner's World, the authority of America's leading running magazine, the authors provide tips for getting started, sticking to a routine, eating for energy, hydration, and training for speed and endurance.

**13 week half marathon training plan: The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training** Mario Fraioli, 2013-04-01 Rock your run with The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training! This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

**13 week half marathon training plan: Healthy Tipping Point** Caitlin Boyle, 2012-05-01 Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of Operation Beautiful. In Healthy Tipping Point, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, Healthy Tipping Point provides the drive to thrive.

**13 week half marathon training plan: The 9-Mile Marathon** M Marlies N Kort, 2018-04-25 In the RUNNING society most people will tell you what 9-MILERS are doing is IMPOSSIBLE.

Running solid marathons without those endless long and slow 18+ mile training runs. Yet it's happening EVERY DAY! 9-Milers are the REBELS. The 'Crazy Ones'. The round pegs in the square holes. They're NOT fond of the traditional running rules. 9-Milers CHANGE things. They PUSH things FORWARD. You can't ignore them. 9-MILERS want to HAVING IT ALL. Living a busy LIFE with work, FAMILY and friends, AND enjoy the THRILL of running marathons at THE BIG EVENTS. Feeling GREAT. POWERFUL. Finish STRONG. FIT. Maybe even FASTER than they EVER thought POSSIBLE. Author and founder of 9MILER4LIFE Marlies Kort, 2h47 marathon finisher and Ironman 70.3 World Champion F40-44, doesn't want to CHANGE the way you're training today. With The 9-Mile Marathon Training System Marlies Kort wants to replace it with something TOTALLY NEW; training, running and 'living' The 9-Miler Way.

**13 week half marathon training plan: Marathon** David A. Smith, 1982

**13 week half marathon training plan: Simple Marathon Training** Jay Johnson, 2016-11-01  
Book Description Do you dream of running a great marathon, but your busy life and obligations make the training commitments difficult? Do you suffer from injuries that put you on the sidelines when you desire to race? The 20-week Simple Marathon Training system can prepare you for marathon success. With a modern outlook on training schedules, innovative exercises for injury prevention and maximizing time spent training, the Simple Marathon Training system prepares you to toe the line with the confidence to run your best marathon. The Simple Marathon Training system has improved marathon times and the overall experience for many busy adult runners with hectic lives. This system works. It will for you, too. Included in Simple Marathon Training is a day-by-day schedule which includes running assignments as well as the crucial element missing from most training plans: core strength, hip strength and hip mobility exercises. You don't have to look at a sequence of photos in the book to learn these routines, rather, you will be able to watch all these strength and mobility videos online, for free. The incorporation of training videos into a sound marathon training program makes Simple Marathon a one of a kind system; a book that will help any committed athlete run a great marathon. The Geek Out section at the back of the book is another unique aspect of Simple Marathon Training. The Geek Outs are written by world-renowned physiologists and professional marathoners as well as Coach Jay's clients who have been using the system for several years to run PRs. You'll learn why it's best to do your hardest strength and mobility work on the same day as your workouts and long runs. You'll learn the correct method for fueling during a marathon. Information on imagery leading up to the race and mental skills to use during race day are just some of the topics in the Geek Out section. The bottom line is, if you're a busy adult with a hectic life, Simple Marathon Training is the right training book for you. Jay's training system works beautifully for runners who aim for excellence in every area of their lives-athletically, personally and professionally. He understands that we're busy but still want to run our best; he's helped me do just that. Cindy Kuzma, Freelance health and fitness writer and contributing editor to Runner's World Magazine

**13 week half marathon training plan: The Wim Hof Method** Wim Hof, 2020-09-24 STAR OF BBC ONE'S FREEZE THE FEAR 'I've never felt so alive' JOE WICKS 'A fascinating look at Wim's incredible life and method' FEARNE COTTON My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to take ownership over your own mind and wellbeing. 'The book will change your life' BEN FOGLE 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS

**13 week half marathon training plan: Once a Runner** John L. Parker, 2009-04-07 The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute

mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

**13 week half marathon training plan: The Marathon Method** Tom Holland, 2007-04-01 Get Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book *The 12-Week Triathlete* with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new PR or looking to qualify for Boston, this book is for you. **TRAIN LESS AND RUN YOUR BEST** Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of train less, run your best will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The *Marathon Method* provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more!

**13 week half marathon training plan: 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.

**13 week half marathon training plan: Runner's World Running on Air** Budd Coates, Claire Kowalchik, Editors of *Runner's World* Maga, 2013-04-09 Renowned running coach Budd Coates presents *Runner's World Running on Air*, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and more comfortably. Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps. This book reviews the basics of rhythmic breathing, teaching readers how to perform it while walking

and, eventually, while running. Weeklong sample schedules from different programs shows readers how to apply the rhythmic breathing scale to any workout. Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

**13 week half marathon training plan: Marathon for Mortals** John Bingham, Jenny Hadfield, 2003-05-02 Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In *Marathon for Mortals*, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In *Marathon for Mortals*, you'll find:

- 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon
- The advice you need to physically, mentally, and spiritually reach your dreams
- Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods
- Guidance for common motivational, physical, and emotional roadblocks

Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

**13 week half marathon training plan: Train Like a Mother** Dmitry McDowell, Sarah Bowen Shea, 2012-03-20 The authors of *Run Like a Mother* share a comprehensive guide to race training for busy runners of all experience levels. In *Train Like a Mother*, elite runners Dmitry McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race—from training plan to finish line. Covering four race distances (5K, 10K, half-marathon, and marathon), they discuss pre- and post-race nutrition; strength training; injury prevention (and rehab); the importance of recovery; and everything busy women need to know to add racing to their multitasking schedules. It is all presented with the same wit, empathy, and tone the avid fans connect and identify with.

**13 week half marathon training plan: Fast 5K** Pete Magill, 2019-09-10 Spend two hours with Pete Magill's *Fast 5K* and you'll know how to run your fastest 5K. In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K PR. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records. *Fast 5K* shares Magill's essential keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more. Offering three 12-week and one 16-week 5K training plans, *Fast 5K* is the key to your best 5K running times. Pete Magill is a world-class 5K runner, personally holds multiple American and world age-group records in track & field and road racing and is a 5-time USA Masters Cross Country Runner of the Year. Now in this distilled guide, you can get world-class advice on how to run your fastest 5K ever.

**13 week half marathon training plan: Males With Eating Disorders** Arnold E. Andersen, 2014-06-17 First published in 1990. The subject of anorexia nervosa and, more recently, bulimia nervosa in males has been a source of interest and controversy in the fields of psychiatry and medicine for more than 300 years. These disorders, sometimes called eating disorders, raise basic questions concerning the nature of abnormalities of the motivated behaviors: Are they subsets of more widely recognized illnesses such as mood disorders? Are they understandable by reference to underlying abnormalities of biochemistry or brain function? In what ways are they similar to and in what ways do they differ from anorexia nervosa and bulimia nervosa in females? This book will be of interest to a wide variety of people—physicians, psychologists, nurses, social workers, occupational therapists, nutritionists, educators, and all others who may be interested for personal or professional reasons.

**13 week half marathon training plan: Half Marathon Training Journal** Running Log, 2019-05-21 *Half Marathon Training Journal: Running Log Book To Daily Record Tracker Notebook* This undated Half Marathon Training Journal logbook is a perfect way to help runners track progress as they train for that big race. This 12 week planner or diary can help you keep all your

important data all in one place. We all know every runner loves to journal everything, as it's a great way to set goals, keeping you accountable and feel accomplished. Journaling your run workout and fitness exercise is key and an important part of your training. The interior includes an overview training schedule for 12 weeks and a section for your half marathon race information. Also includes daily pages to record distance, speed, route, weather conditions, start and end time, pace and sections for notes and personal thoughts for writing any other info you will want to write such as heart rate, calories burned, asthma condition, soreness, type of running shoes etc. Also has a lined reflection page at the end. Easy to use. Makes an excellent gift for that special runner in your life who is training for a half marathon. Get your copy to day! Features: size 6x9 inches, 75 pages, white paper, soft matte finish cover, paperback.

**13 week half marathon training plan:** The Beginning Runner's Handbook Ian MacNeill, Sport Medicine Council of B.C., 2001 Become a runner--in just weeks! If you're eager to join the millions of recreational joggers out there, or just improve your ability, these 13-week walk-run plans show exactly how to go about it. Developed by sports medicine physicians, and refined through years of clinic testing, this absolutely basic program spells out precisely how the beginner should train every single day. Walkers get on the road to long-term health and fitness by improving their cardiovascular conditioning, while first-time runners start with a combination of walking and jogging until they reach their goal of continuous running for 50 minutes. Personal anecdotes address everything from motivation to injury. Soon you'll be out in the park or on the track, enjoying a run and prolonging your life!

**13 week half marathon training plan:** *FASTER Way to Fat Loss* Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at [www.fasterwaytofatloss.com](http://www.fasterwaytofatloss.com).

**13 week half marathon training plan:** Running Your First Marathon Andrew Kastor, 2018-01-09 Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Just as Andrew has helped me on my journey, he is sure to help you on yours.—Ryan Hall, US Olympic Marathoner, holder of the US record in the half marathon, and marathon training expert As a marathon training coach for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor's marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, Running Your First Marathon is the only coaching you'll need to go the distance. Running Your First Marathon lays out a goal-oriented marathon training program with: A 20-Week Marathon Training Program—detailed day-by-day marathon training schedules and space to track your progress Marathon Training 101—advice and tips from world-class marathoners on marathon training, fueling your body, avoiding injury, and race-day preparation Motivational Marathon Training Boosts—from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential.—Shalane Flanagan, Olympic Silver Medalist, NYC Marathon champion, American record holder, and marathon training pro

**13 week half marathon training plan:** Run Your Butt Off! Leslie Bonci, Sarah Butler, Budd Coates, 2011-03-15 Shed unwanted pounds and keep them off ONCE AND FOR ALL with Run Your

Butt Off!, a back-to-basics, test panel-approved weight-loss plan and beginners' running program that yields sustainable, healthy results. The Run Your Butt Off! program is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks, no shortcuts, no silver bullets can circumvent that reality. With this program, you'll learn to burn fat from both sides of the weight-loss equation—the calories in and the calories out—at the same time. Run Your Butt Off! will make you fitter, stronger, and leaner.

**13 week half marathon training plan: Inside a Marathon** Ben Rosario, Scott Fauble, 2020-06-22 Inside a Marathon gives readers an all-access pass into the mind of a coach and an athlete as they work together to prepare for one of the world's most prestigious races, the New York City Marathon. Follow along from two different perspectives as Scott Fauble and Ben Rosario share all of the highs and lows over the course of the 18 weeks leading into NYC. Fauble and Rosario take an unprecedented dive into what exactly goes into professional marathon training, and they tell a compelling story along the way. With 50+ black and white photographs this edition also includes a chapter on the 2019 Boston Marathon where Fauble ran 2:09:09 and finished in seventh place.

**13 week half marathon training plan: 80/20 Triathlon** Matt Fitzgerald, David Warden, 2018-09-18 A breakthrough program for triathletes -- beginner, intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are caught in the so-called moderate-intensity rut, spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance--Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

**13 week half marathon training plan: The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training** Mario Fraioli, 2013-04-01 Rock your run with The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training! This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

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