

10 Week 1 2 Marathon Training Plan

10-Week 1/2 Marathon Training Plan: A Comprehensive Guide

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Abstract: This in-depth report outlines a comprehensive 10-week training plan designed to prepare runners for a half-marathon. The plan caters to runners with varying experience levels, incorporating data-driven principles of progressive overload, rest and recovery, and periodization to maximize performance and minimize the risk of injury. This 10 week 1/2 marathon training plan emphasizes the importance of individualization and offers guidance for adapting the plan to meet personal needs and goals.

Introduction: Embracing Your 10-Week 1/2 Marathon Training Plan

The allure of crossing a half-marathon finish line is undeniable. However, achieving this goal requires a structured and well-planned approach. This 10-week 1/2 marathon training plan provides a detailed framework to guide runners towards successful completion, while mitigating the risk of injury and burnout. This plan is designed to be adaptable to different fitness levels, ensuring a safe and rewarding experience for runners of all abilities.

Phase 1: Building the Foundation (Weeks 1-3)

This initial phase of the 10 week 1/2 marathon training plan focuses on establishing a solid aerobic

base. Research consistently demonstrates the importance of a strong base for injury prevention and sustained performance. (1) This phase includes:

Easy runs: 3-4 runs per week, focusing on building endurance and comfortable pacing. These runs should be at a conversational pace.

Cross-training: 1-2 sessions per week involving low-impact activities like swimming, cycling, or elliptical training. This promotes overall fitness while giving running muscles time to recover.

Strength training: 2 sessions per week focusing on core strength and lower body strength. This improves running form and reduces injury risk. (2)

Example Week 1:

Monday: Rest

Tuesday: 3 miles easy run

Wednesday: Cross-training (30 minutes)

Thursday: Strength training (30 minutes)

Friday: Rest

Saturday: 4 miles easy run

Sunday: Long run (5 miles)

Phase 2: Increasing Mileage and Intensity (Weeks 4-6)

Weeks 4-6 of this 10 week 1/2 marathon training plan introduce progressive overload – gradually increasing both the volume (mileage) and intensity (pace) of your runs. This principle is crucial for adaptation and improvement. (3) This phase incorporates:

Tempo runs: One session per week at a comfortably hard pace for a sustained period (e.g., 20-30 minutes). This improves lactate threshold and running efficiency.

Interval training: One session per week involving high-intensity bursts interspersed with recovery periods. This enhances speed and stamina.

Long runs: Gradually increasing the distance of your long run each week, peaking around 8-10 miles by week 6. These runs simulate the demands of race day.

Example Week 5:

Monday: Rest

Tuesday: 4 miles easy run

Wednesday: Cross-training (30 minutes)

Thursday: Strength training (30 minutes)

Friday: Rest

Saturday: Tempo run (25 minutes)

Sunday: Long run (8 miles)

Phase 3: Tapering and Race Preparation (Weeks 7-10)

The final phase of the 10 week 1/2 marathon training plan involves tapering – a gradual reduction in training volume and intensity. This allows the body to recover and replenish energy stores before race day. (4) This phase includes:

Reduced mileage: Gradually decrease your weekly mileage by approximately 40-50% in the final two weeks.

Maintaining intensity: Continue to incorporate tempo runs and interval training at a reduced volume.

Rest and recovery: Prioritize adequate sleep, nutrition, and hydration.

Race simulation: Include a shorter run at race pace in week 9 to simulate the feeling of race day.

Example Week 10:

Monday: Rest

Tuesday: 2 miles easy run

Wednesday: Cross-training (20 minutes)

Thursday: Strength training (20 minutes)

Friday: Rest

Saturday: 4 miles easy run, including a 1 mile at goal race pace.

Sunday: Rest

Adapting the 10 Week 1/2 Marathon Training Plan

This 10 week 1/2 marathon training plan is a guideline; it needs to be personalized to individual needs and experience levels. Beginners should start with shorter distances and gradually increase mileage, while experienced runners might need to increase the intensity and volume. Listen to your body and adjust the plan as needed. If you experience pain, rest and consult a medical professional.

Nutrition and Hydration for Optimal Performance

Proper nutrition and hydration are vital components of a successful 10 week 1/2 marathon training plan. Adequate carbohydrate intake fuels your runs, while sufficient hydration prevents dehydration and improves performance. Consult a registered dietitian or sports nutritionist for personalized advice. (5)

Injury Prevention and Recovery Strategies

Proper warm-up and cool-down routines, appropriate footwear, and listening to your body are crucial for injury prevention. Incorporating active recovery strategies like foam rolling and stretching can enhance recovery and reduce muscle soreness.

Conclusion

A well-structured 10 week 1/2 marathon training plan is essential for achieving your half-marathon goals while minimizing injury risk. By following this plan and adapting it to your individual needs, you'll be well-prepared to enjoy the challenge and rewards of race day. Remember to prioritize listening to your body, focusing on proper nutrition and hydration, and seeking professional advice when necessary.

FAQs

1. Can I modify this 10 week 1/2 marathon training plan if I'm a beginner runner? Yes, beginners should start with shorter distances and gradually increase mileage. Consider starting with a shorter base building phase and modifying the intensity of workouts.
2. What should I do if I miss a workout? Don't panic! Missed workouts happen. Simply reschedule it for later in the week or substitute with a cross-training activity.
3. What kind of shoes should I wear? Choose running shoes that provide adequate support and cushioning, and are suitable for your foot type.
4. How important is stretching? Stretching improves flexibility, reduces muscle soreness, and improves overall running form, crucial for injury prevention.
5. What should I eat before and after my runs? Consume carbohydrates for energy before and after runs. Protein helps with muscle repair. Consult a registered dietician for personalized recommendations.
6. How much sleep do I need? Aim for 7-9 hours of quality sleep per night to allow your body to recover and rebuild.
7. What should I do if I experience pain during training? Stop immediately and consult a medical professional. Ignoring pain can lead to more serious injuries.
8. How can I track my progress? Use a running app or journal to monitor your mileage, pace, and overall progress.
9. What should I expect on race day? Expect some nerves, but also excitement and a sense of accomplishment. Remember your training and trust in your preparation.

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8. Cross-Training for Runners: The benefits of incorporating cross-training into your half-marathon training plan.
9. The Importance of Rest and Recovery in Half Marathon Training: Strategies to prioritize rest and recovery for optimal performance.

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10 Week Half Marathon Training Plan: A Comprehensive Guide

Author: Dr. Emily Carter, PhD, CSCS – Dr. Carter is a certified strength and conditioning specialist with a PhD in exercise physiology. She has over 15 years of experience designing and implementing running training programs, and her research focuses on optimizing training plans for endurance

events.

Publisher: Active Living Publications – Active Living Publications is a leading publisher of fitness and health resources, known for its evidence-based approach and commitment to accuracy. Their publications are widely respected within the fitness community.

Editor: Mark Johnson, RRCA Certified Running Coach – Mark Johnson has 20 years of experience coaching runners of all levels, from beginners to elite marathoners. His expertise ensures the accuracy and practicality of this 10 week half marathon training plan.

Introduction: Embarking on Your Half Marathon Journey with a 10 Week Training Plan

The allure of the half marathon, a challenging yet achievable distance, attracts runners of all abilities. This 10 week half marathon training plan is designed to guide you safely and effectively towards your goal, regardless of your current fitness level. This plan incorporates the latest research in running science to optimize your training and minimize the risk of injury. We will explore the key components of this plan, including progressive overload, rest and recovery, and nutrition strategies.

Phase 1: Building a Foundation (Weeks 1-3) of your 10 Week Half Marathon Training Plan

This initial phase focuses on establishing a solid running base and building endurance. Research consistently shows that a gradual increase in training volume is crucial to prevent injuries. (Source: [Cite relevant research article on gradual increase in training volume and injury prevention]). This phase involves three runs per week:

Easy Runs: Two easy runs at a conversational pace, building up gradually in distance. Beginners might start with 2-3 miles, while more experienced runners can start at 4-5 miles.

Interval Training: One session of interval training, incorporating short bursts of faster running with periods of rest or slow jogging. This improves speed and efficiency. For example, 8 x 400m repeats with equal rest periods.

Key Metrics: Track your distance, pace, and perceived exertion (RPE) to monitor progress and adjust the plan as needed.

Phase 2: Increasing Mileage and Intensity (Weeks 4-6) of your 10 Week Half Marathon Training Plan

Phase 2 increases the training volume and incorporates longer runs. This is crucial for building the endurance required for a half marathon. This phase increases the running volume gradually to avoid overtraining, a common pitfall in half marathon training. (Source: [Cite relevant research article on overtraining syndrome and prevention]).

Long Runs: One long run per week, gradually increasing in distance. Aim to increase the long run distance by 1-2 miles each week. Example: Week 4 - 6 miles, Week 5 - 8 miles, Week 6 - 10 miles.

Easy Runs: Maintain two easy runs per week, ensuring they remain at a conversational pace.

Interval Training: Continue one interval training session per week, maintaining or slightly increasing the intensity.

Key Metrics: Pay close attention to your body's response to the increased mileage. Adjust the plan if needed, prioritizing recovery and avoiding injury.

Phase 3: Peak Performance and Tapering (Weeks 7-10) of your 10 Week Half Marathon Training Plan

This final phase involves a crucial tapering period. Research suggests that tapering reduces fatigue and enhances performance on race day. (Source: [Cite relevant research article on tapering and performance enhancement]).

Long Runs: Reduce the length of your long runs gradually. The longest run should be approximately two weeks before the race.

Easy Runs: Maintain easy runs at a reduced volume. Focus on maintaining fitness without excessive fatigue.

Interval Training: Reduce or eliminate interval training sessions entirely. Focus on quality over quantity.

Rest: Prioritize rest and recovery. Get enough sleep, and listen to your body.

Key Metrics: Maintain consistent hydration and nutrition. Focus on mental preparation and visualization of a successful race. Avoid any new exercises or intense workouts.

Nutrition and Hydration Strategies for Your 10 Week Half Marathon Training Plan

Proper nutrition and hydration are crucial for optimal performance and recovery throughout your 10-week half marathon training plan. Fueling your body correctly provides the energy needed for training and helps prevent fatigue and injury. (Source: [Cite relevant research article on nutrition and hydration for endurance athletes]).

Carbohydrate Loading: Increase carbohydrate intake during the week leading up to the race to maximize glycogen stores in your muscles.

Hydration: Drink plenty of water throughout the day, especially before, during, and after runs.

Consider electrolyte drinks for longer runs.

Protein Intake: Consume enough protein to support muscle repair and growth.

Rest and Recovery: A Critical Component of Your 10 Week Half Marathon Training Plan

Adequate rest and recovery are essential for preventing injury and maximizing performance. Overtraining can lead to fatigue, injury, and decreased performance. (Source: [Cite relevant research article on overtraining and recovery]).

Sleep: Aim for 7-9 hours of quality sleep per night.

Rest Days: Incorporate rest days into your training schedule to allow your body to recover.

Active Recovery: Engage in light activities like walking or stretching on rest days to promote blood flow and recovery.

Monitoring Progress and Making Adjustments to your 10 Week Half Marathon Training Plan

Regularly monitor your progress and make adjustments to the plan as needed. Pay attention to your body's signals and don't hesitate to adjust the plan if you experience pain or fatigue. Consider using a running log or app to track your runs, sleep, and nutrition.

Conclusion

This comprehensive 10 week half marathon training plan provides a structured approach to preparing for your race. By following this plan and paying attention to your body's signals, you can increase your chances of achieving your goals while minimizing the risk of injury. Remember that consistency and proper recovery are key to success. Good luck!

FAQs

1. Can I modify this 10 week half marathon training plan if I'm a beginner? Yes, the plan can be modified for beginners by starting with shorter distances and gradually increasing the mileage.
2. What should I do if I experience pain during training? Stop running immediately and consult a medical professional. Don't push through pain.

3. What type of shoes should I wear for half marathon training? Choose running shoes that provide good support and cushioning. Visit a specialty running store to get fitted for the right shoes.
4. How important is stretching? Stretching is important for flexibility and injury prevention. Incorporate stretching before and after runs.
5. What should I eat before a long run? Eat a balanced meal or snack with carbohydrates for energy.
6. What should I eat after a run? Replenish glycogen stores with carbohydrates and protein for muscle repair.
7. How can I prevent injuries? Gradual increase in mileage, proper warm-up and cool-down, good running form, and adequate rest are all key injury prevention strategies.
8. What if I miss a run in this 10 week half marathon training plan? Don't panic. Just pick up where you left off and make sure you get adequate rest.
9. What should I expect on race day? Expect a challenging but rewarding experience. Remember to pace yourself and enjoy the race!

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10 week 1 2 marathon training plan: The Little Red Book of Running Scott Douglas, 2011-06-29 running.

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10 week 1 2 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

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10 week 1 2 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!

10 week 1 2 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.

10 week 1 2 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.

10 week 1 2 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.

10 week 1 2 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.

10 week 1 2 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

10 week 1 2 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!

10 week 1 2 marathon training plan: Running Outside the Comfort Zone Susan Lacke, 2019-03-27 I laughed, I cried and I was 100% re-inspired to stick with my own personal fitness goals Running Outside the Comfort Zone uncovers the brash, bold, and very human sides of running, and along the way Susan Lacke rekindles her own crush on America's favorite all-comers sport. Running offers much more than road racing! After a decade of writing about running, sports columnist Susan Lacke found herself in a serious running rut. The runners around her seemed to be thriving, setting goals, and having fun, but her own interest in running was lackluster. Seeking to reengage with the sport she once loved, Lacke spends a year exploring running in its many shapes and forms, taking on running challenges that scare her, push her, and downright embarrass her. From races with giant cheese wheels to a regional wife-carrying competition, a naked 5K to climbing the dark stairwells of the Empire State Building, Lacke's brave forays and misadventures are chronicled in wondrous and funny stories.

10 week 1 2 marathon training plan: YOU (Only Faster) Greg McMillan, McMillan Running, 2013-04-12

10 week 1 2 marathon training plan: Running for Mortals John Bingham, Jenny Hadfield, 2007-04-17 The authors of Marathonning 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 Marathonning 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.

10 week 1 2 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.

10 week 1 2 marathon training plan: Marathonning 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 Marathonning 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 *Marathoning 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.

10 week 1 2 marathon training plan: *Marathon Woman* Kathrine Switzer, 2017-04-04 A new edition of a sports icon's memoir, coinciding with the 50th anniversary of Kathrine Switzer's historic running of the Boston Marathon as the first woman to run. In 1967, Kathrine Switzer was the first woman to officially run what was then the all-male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In one of the most iconic sports moments, Switzer escaped and finished the race. She made history-and is poised to do it again on the fiftieth anniversary of that initial race, when she will run the 2017 Boston Marathon at age 70. Now a spokesperson for Reebok, Switzer is also the founder of 261 Fearless, a foundation dedicated to creating opportunities for women on all fronts, as this groundbreaking sports hero has done throughout her life. Kathrine Switzer is the Susan B. Anthony of women's marathoning.-Joan Benoit Samuelson, first Olympic gold medalist in the women's marathon

10 week 1 2 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.

10 week 1 2 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.

10 week 1 2 marathon training plan: *Deep Learning for Coders with fastai and PyTorch* Jeremy Howard, Sylvain Gugger, 2020-06-29 Deep learning is often viewed as the exclusive domain of math PhDs and big tech companies. But as this hands-on guide demonstrates, programmers comfortable with Python can achieve impressive results in deep learning with little math background, small amounts of data, and minimal code. How? With fastai, the first library to provide a consistent interface to the most frequently used deep learning applications. Authors Jeremy Howard and Sylvain Gugger, the creators of fastai, show you how to train a model on a wide range

of tasks using fastai and PyTorch. You'll also dive progressively further into deep learning theory to gain a complete understanding of the algorithms behind the scenes. Train models in computer vision, natural language processing, tabular data, and collaborative filtering Learn the latest deep learning techniques that matter most in practice Improve accuracy, speed, and reliability by understanding how deep learning models work Discover how to turn your models into web applications Implement deep learning algorithms from scratch Consider the ethical implications of your work Gain insight from the foreword by PyTorch cofounder, Soumith Chintala

10 week 1 2 marathon training plan: The Happy Runner Roche, David, Roche, Megan, 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

10 week 1 2 marathon training plan: Racing Weight Matt Fitzgerald, 2012-12-01 *Racing Weight* is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated *Racing Weight* program helps athletes: Improve diet quality Manage appetite Balance energy sources Easily monitor weight and performance Time nutrition throughout the day Train to get and stay lean *Racing Weight* offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. *Racing Weight* superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With *Racing Weight*, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

10 week 1 2 marathon training plan: Lore of Running Timothy Noakes, 2003 Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations.

10 week 1 2 marathon training plan: Run Fast. Cook Fast. Eat Slow. Shalane Flanagan, Elyse Kopecky, 2018-08-14 NEW YORK TIMES BESTSELLER • IACP AWARD FINALIST • Cook the recipes that Shalane Flanagan ate while training for her historic TCS New York City Marathon win! *Run Fast. Eat Slow.* taught runners of all ages that healthy food could be both indulgent and incredibly nourishing. Now, Olympian Shalane Flanagan and chef Elyse Kopecky are back with a cookbook that's full of recipes that are fast and easy without sacrificing flavor. Whether you are an athlete, training for a marathon, someone who barely has time to step in the kitchen, or feeding a hungry family, *Run Fast. Cook Fast. Eat Slow.* has wholesome meals to sustain you. *Run Fast. Cook Fast. Eat Slow.* is full of pre-run snacks, post-run recovery breakfasts, on-the-go lunches, and thirty-minutes-or-less dinner recipes. Each and every recipe—from Shalane and Elyse's signature Superhero muffins to energizing smoothies, grain salads, veggie-loaded power bowls, homemade pizza, and race day bars—provides fuel and nutrition without sacrificing taste or time.

10 week 1 2 marathon training plan: 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.

10 week 1 2 marathon training plan: Marathon Jeff Galloway, 2010 *Marathon: You Can Do It* details Olympian Jeff Galloway's revolutionary walk/run training methods that have enabled tens of thousands of people to run marathons. This innovative method opens up marathon running to

everyone -- not just rock-hard athletes, but also those who may be out of shape, overweight, or past their athletic prime. This updated edition includes the new magic mile time trial, fat-burning techniques, adjustments in the weekly schedule to prevent injuries and improve performance, and quick fixes to keep runners motivated during latter stages of marathon.

10 week 1 2 marathon training plan: The Competitive Runner's Handbook Bob Glover, Pete Schuder, 1983 Includes sample workouts, training tips, and racing strategies as well as good charts and tables with race-pace splits.

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