

# sub 2 hour half marathon training plan

Sub 2 Hour Half Marathon Training Plan: How to Break That Barrier with Confidence

**sub 2 hour half marathon training plan** is a goal many runners dream of achieving. Crossing the finish line of a half marathon in under two hours is a milestone that symbolizes not only endurance but also well-structured preparation, smart pacing, and mental toughness. Whether you're a beginner aiming to improve or an intermediate runner looking to hit this new personal best, having a clear, effective training plan tailored to breaking that two-hour mark is essential.

In this article, we'll explore the key components of a sub 2 hour half marathon training plan, including workout strategies, pacing tips, nutrition advice, and recovery techniques. Along the way, you'll discover how to build your stamina, speed, and mental resilience to confidently tackle 13.1 miles in under 120 minutes.

## Understanding the Sub 2 Hour Half Marathon Goal

Before diving into training specifics, it helps to understand what a sub 2 hour half marathon actually entails. Finishing 13.1 miles in two hours means maintaining an average pace of approximately 9 minutes and 9 seconds per mile (or about 5 minutes and 41 seconds per kilometer). For many recreational runners, this pace is attainable with consistent training and strategic preparation.

## Why Set a Sub 2 Hour Goal?

Setting a sub 2 hour goal is more than just hitting a number on your watch. It's a powerful motivator that pushes you to:

- Improve your cardiovascular fitness
- Build muscular endurance
- Develop a better running form
- Learn how to pace yourself effectively
- Gain confidence in your physical and mental capabilities

This goal also provides a clear benchmark to measure your progress and tailor your workouts accordingly.

## **Key Components of a Successful Training Plan**

A well-rounded sub 2 hour half marathon training plan combines various types of workouts, rest days, and nutrition strategies to optimize your performance.

### **1. Base Mileage and Endurance Building**

Building a strong aerobic base is the foundation of any half marathon training program. This involves gradually increasing your weekly running mileage at an easy, conversational pace. Consistent mileage improves your heart and lung capacity, strengthens your muscles, and conditions your joints and tendons to handle longer distances.

For a sub 2 hour goal, aim to run between 15 and 25 miles per week, depending on your starting fitness level. The key is gradual progression – avoid sudden jumps in mileage to prevent injury. Incorporate one long run per week that starts around 5 miles and builds up to 10 or 11 miles over several weeks.

## 2. Speed Workouts to Boost Pace

To hit that 9:09 per mile pace, you'll need to improve your speed and running economy. Interval training, tempo runs, and hill repeats are essential components of a sub 2 hour half marathon training plan.

- **Interval Training:** Short bursts of high-intensity running (e.g., 400m or 800m repeats) with recovery jogs help increase your VO2 max and teach your body to recover quickly.
- **Tempo Runs:** Sustained efforts at a “comfortably hard” pace—usually around your goal race pace or slightly faster—build your lactate threshold, allowing you to maintain a faster pace for longer.
- **Hill Repeats:** Running uphill strengthens leg muscles and improves running form, both of which contribute to faster speed on flat terrain.

Incorporate these workouts once or twice per week, making sure to warm up and cool down properly.

## 3. Recovery and Cross-Training

Recovery is often overlooked but is vital in any training plan. Rest days allow your muscles to repair and adapt, reducing the risk of injury. Cross-training activities like swimming, cycling, or yoga can maintain cardiovascular fitness while giving your running muscles a break.

Aim for at least one full rest day per week and one day of low-impact cross-training. Listen to your body and adjust rest as needed.

## 4. Nutrition and Hydration Strategies

Fueling your body properly supports energy levels during training and race day. Focus on a balanced diet rich in carbohydrates, lean proteins, healthy fats, and plenty of fruits and vegetables. Hydration is equally important, especially during long runs and in warmer weather.

Practice your race-day nutrition during long runs to find out what works best for you—whether that's gels, sports drinks, or electrolyte supplements.

## Sample 8-Week Sub 2 Hour Half Marathon Training Plan

Here's a sample plan tailored for runners who already have some running experience and want to break the two-hour barrier.

### Week 1-2: Building the Base

- Monday: Rest
- Tuesday: 3 miles easy + strides
- Wednesday: Cross-train or rest
- Thursday: 4 miles with 2 miles at tempo pace (~9:00/mile)
- Friday: Rest
- Saturday: Long run 5-6 miles easy pace
- Sunday: 3 miles easy or cross-train

### Week 3-4: Introducing Speed Work

- Monday: Rest

- Tuesday: Interval workout (6 x 400m at 7:45/mile pace with 400m jog recovery)
- Wednesday: 3 miles easy or cross-train
- Thursday: 5 miles with 3 miles at goal pace (~9:09/mile)
- Friday: Rest
- Saturday: Long run 7-8 miles easy pace
- Sunday: 3 miles recovery jog

## **Week 5-6: Increasing Intensity**

- Monday: Rest
- Tuesday: Hill repeats (6 x 1-minute uphill sprints with jog down recovery)
- Wednesday: 4 miles easy
- Thursday: Tempo run 5 miles at 8:50-9:00/mile pace
- Friday: Rest
- Saturday: Long run 9-10 miles easy pace
- Sunday: Cross-train or rest

## **Week 7: Peak Week**

- Monday: Rest
- Tuesday: Interval workout (4 x 800m at 7:45/mile pace)
- Wednesday: 3 miles easy
- Thursday: 5 miles at goal pace
- Friday: Rest
- Saturday: Long run 8 miles easy
- Sunday: Rest or light cross-train

## Week 8: Taper and Race Week

- Monday: Rest
- Tuesday: 3 miles easy with strides
- Wednesday: Rest
- Thursday: 2 miles at goal pace
- Friday: Rest
- Saturday: Rest
- Sunday: Race day!

## Tips for Race Day Success

A sub 2 hour half marathon training plan is only part of the equation. On race day, how you approach the run can make all the difference.

- **\*\*Pace Smart:\*\*** Start slightly slower than your target pace for the first couple of miles to conserve energy. Gradually increase your pace as you settle in.
- **\*\*Stay Hydrated:\*\*** Take advantage of water stations, especially in warm weather. Dehydration can sap your energy and slow you down.
- **\*\*Use Positive Self-Talk:\*\*** Mental toughness is key for pushing through tough moments. Remind yourself of your training and your goal.
- **\*\*Run Your Own Race:\*\*** Avoid the temptation to sprint alongside faster runners early on. Focus on your pace and form.

## Additional Considerations for Training

Every runner's journey is unique. Some might struggle with motivation, others with injuries or time management. Here are some extra insights to help keep you on track:

- **\*\*Listen to Your Body:\*\*** If you feel persistent pain, it's better to rest or see a healthcare professional than push through and risk injury.
- **\*\*Gear Up:\*\*** Invest in a good pair of running shoes suited to your gait and terrain, and replace them every 300-500 miles.
- **\*\*Track Progress:\*\*** Keep a training log or use apps to monitor your mileage, pace, and how you feel during runs. This helps identify what works best.
- **\*\*Join a Running Group:\*\*** Training with others can provide accountability and motivation, plus valuable tips from more experienced runners.

Achieving a sub 2 hour half marathon is within reach if you commit to a structured training plan and listen to your body along the way. With consistency, smart workouts, and mental preparation, you'll be crossing that finish line with a smile and a time you can be proud of.

## Frequently Asked Questions

### What is a sub 2 hour half marathon training plan?

A sub 2 hour half marathon training plan is a structured schedule designed to help runners complete a half marathon (13.1 miles) in under two hours, typically involving a mix of easy runs, long runs, speed workouts, and rest days.

### How many weeks should a sub 2 hour half marathon training plan last?

Most sub 2 hour half marathon training plans last between 8 to 12 weeks, giving runners enough time to build endurance, improve speed, and recover properly.

### What types of workouts are included in a sub 2 hour half marathon

## training plan?

The training plan usually includes easy runs, long runs to build endurance, tempo runs to improve lactate threshold, interval training for speed, and rest or cross-training days to prevent injury.

## How important is pacing in achieving a sub 2 hour half marathon?

Pacing is crucial; to finish under two hours, runners need to maintain an average pace of about 9 minutes and 9 seconds per mile. Practicing this pace during training helps improve efficiency and confidence on race day.

## Can beginners follow a sub 2 hour half marathon training plan?

Yes, beginners can follow a sub 2 hour plan but should start with a base level of fitness and gradually increase mileage. It's important to listen to the body and adjust the plan as needed to avoid injury.

## What nutrition tips support a sub 2 hour half marathon training plan?

Proper nutrition includes eating balanced meals with carbohydrates, proteins, and fats, staying hydrated, and fueling appropriately before and after runs. Carbohydrate-rich meals before long runs and races help maintain energy levels.

## Additional Resources

Sub 2 Hour Half Marathon Training Plan: Unlocking Your Optimal Performance

**sub 2 hour half marathon training plan** represents a significant milestone for many runners aiming to balance endurance and speed. Achieving a finishing time under two hours in a half marathon is an attainable yet challenging goal that demands a strategic and disciplined approach to training. This article delves into the essential components and methodologies behind an effective sub 2 hour half marathon training plan, analyzing the physiological demands, training phases, and practical strategies that can enhance performance.

# Understanding the Sub 2 Hour Half Marathon Benchmark

Running a half marathon in under two hours requires maintaining an average pace of approximately 9 minutes and 9 seconds per mile (or about 5 minutes and 41 seconds per kilometer). While this pace is accessible to many recreational runners, it still necessitates a well-rounded training regimen that builds aerobic capacity, muscular endurance, and running economy.

The sub 2 hour half marathon not only tests physical endurance but also mental resilience, pacing strategy, and recovery management. Unlike sprint distances, where anaerobic capacity dominates, or full marathons that demand extensive glycogen management, half marathons are primarily aerobic events with a significant anaerobic threshold component. This distinction influences how training plans should be structured.

## Key Components of a Sub 2 Hour Half Marathon Training Plan

To successfully break the two-hour barrier, a training plan must integrate several core elements:

### 1. Base Mileage and Aerobic Conditioning

Building a strong aerobic foundation is imperative. This phase typically involves consistent moderate-intensity runs ranging from 20 to 40 miles per week, depending on the runner's experience and fitness level. The objective is to enhance cardiovascular efficiency and increase mitochondrial density in muscle cells, facilitating better oxygen utilization.

Long runs, usually between 8 to 12 miles, are central during this phase. They should be performed at a comfortable pace, often around 60-70% of maximum heart rate, to promote fat metabolism and endurance without causing excessive fatigue.

## **2. Speed Work and Interval Training**

Incorporating tempo runs, intervals, and fartlek sessions introduces the anaerobic element necessary for maintaining a faster pace over the 13.1 miles. Tempo runs, which are sustained efforts at or near lactate threshold pace (slightly faster than race pace), help the body adapt to clearing lactate efficiently.

Interval training, such as 400-meter or 800-meter repeats at a pace faster than race pace with recovery periods, improves VO2 max and running economy. These workouts increase the runner's ability to sustain higher speeds and recover quickly between efforts.

## **3. Strength Training and Cross-Training**

Strengthening key muscle groups, including the glutes, hamstrings, core, and calves, reduces injury risk and improves running efficiency. A sub 2 hour half marathon training plan often incorporates 2-3 sessions per week of resistance training focusing on compound movements like squats, lunges, and deadlifts.

Cross-training activities such as cycling, swimming, or elliptical workouts provide cardiovascular benefits while minimizing impact stress on joints. This approach is especially valuable during recovery days or injury prevention phases.

## **4. Recovery and Nutrition Strategies**

Recovery is as crucial as training intensity. Without adequate rest, the risk of overtraining and injury increases, potentially derailing progress. Sleep quality, hydration, and nutrition tailored to support glycogen replenishment and muscle repair are essential components.

Carbohydrate intake before and after workouts fuels performance and recovery, while adequate protein consumption aids muscle repair. Many training plans recommend periodized nutrition aligned with training cycles to optimize energy availability and adaptation.

## **Structuring the Training Plan: Phases and Periodization**

A successful sub 2 hour half marathon training plan typically spans 10 to 16 weeks, divided into distinct phases:

### **1. Base Phase (Weeks 1–4)**

- Focus: Build aerobic endurance and establish consistent weekly mileage.
- Activities: Easy runs, long runs, light cross-training, and initial strength training.
- Goal: Prepare the body for more intense workouts while minimizing injury risk.

### **2. Build Phase (Weeks 5–10)**

- Focus: Introduce tempo runs, intervals, and hill workouts.
- Activities: Structured speed sessions, progressively longer tempo runs, continued long runs.
- Goal: Enhance lactate threshold and running efficiency at race pace.

### **3. Peak Phase (Weeks 11–14)**

- Focus: Maximize race-specific intensity.
- Activities: Race pace runs, tapering volume but maintaining intensity.
- Goal: Sharpen speed and maintain endurance without accumulating fatigue.

## 4. Taper Phase (Weeks 15–16)

- Focus: Reduce overall training volume to allow full recovery.
- Activities: Short, easy runs with occasional strides.
- Goal: Enter race day rested, energized, and primed for optimal performance.

## Sample Weekly Breakdown in the Build Phase

- **Monday:** Rest or cross-training
- **Tuesday:** Interval training (e.g., 6 x 800m at 5K pace with 2-minute recoveries)
- **Wednesday:** Easy run (4-6 miles) + strength training
- **Thursday:** Tempo run (4-6 miles at half marathon pace)
- **Friday:** Rest or easy recovery run (3-4 miles)
- **Saturday:** Long run (8-12 miles at conversational pace)
- **Sunday:** Recovery run or cross-training

Such a plan balances intensity and recovery, ensuring progressive overload without excessive strain.

# Evaluating the Pros and Cons of Sub 2 Hour Half Marathon Training Plans

## Pros:

- **Structured Guidance:** Provides clear milestones and progression, which helps maintain motivation and focus.
- **Improved Performance:** Balanced training across aerobic, anaerobic, and strength components optimizes race-day outcomes.
- **Injury Prevention:** Incorporation of recovery and strength training reduces overuse injuries common in distance running.

## Cons:

- **Time Commitment:** Requires consistent training over several months, which may be challenging for individuals with busy schedules.
- **Risk of Overtraining:** Without proper attention to rest, runners may experience burnout or injuries.
- **Individual Variability:** One-size-fits-all plans may not account for personal differences in fitness, experience, or recovery ability.

## Tools and Metrics to Monitor Progress

Implementing technology can enhance adherence and effectiveness of a sub 2 hour half marathon training plan. GPS watches, heart rate monitors, and running apps allow runners to track pace, distance, and effort levels with precision.

Additionally, metrics such as VO2 max estimates, lactate threshold pace, and cadence can provide insight into physiological improvements. Regular time trials or race simulations help gauge readiness, allowing for training adjustments.

## Integrating Mental Preparation and Race Day Strategy

Achieving a sub 2 hour half marathon is not purely physical; mental toughness and strategic pacing are equally critical. Visualization techniques, goal setting, and positive self-talk can improve focus and reduce race anxiety.

On race day, starting conservatively to avoid early burnout is advisable. Maintaining a steady pace just below target speed for the first half of the race and then gradually increasing efforts in the final miles often yields the best results. Nutrition during the race, such as timing carbohydrate intake, can also influence endurance and energy levels.

The sub 2 hour half marathon training plan, when executed with discipline and adaptability, empowers runners to reach a significant milestone that balances speed and endurance. By understanding the physiological demands, structuring training phases effectively, and incorporating recovery and mental strategies, athletes can optimize their performance and enjoy the rewarding experience of surpassing this benchmark.

## **Sub 2 Hour Half Marathon Training Plan**

**sub 2 hour 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.

**sub 2 hour half marathon training plan: Nell McAndrew's Guide to Running** Nell McAndrew, Lucy Waterlow, 2015-04-09 Through her bestselling exercise DVDs and incredible running achievements, including running a sub three hour marathon, Nell McAndrew has built a reputation as a fitness expert. Running continues to rise in popularity, but many of us don't know where to start. This book shares Nell's love of running and will inspire you to take up the sport, as well as helping anyone already running to improve their performance. Nell and co-author Lucy Waterlow, also an experienced runner, will equip you, whatever your age or ability, with the know-how to make running part of your life and help you learn to love training and competing as much as they do. Find out how to get started with running and how to improve with specific sections on nutrition, marathon running and women's running (including exercising during and after pregnancy). This is a visual, practical and insightful guide offering informative and fun coverage with tips, accurate up-to-date information and the experiences of 'real' runners you can identify with.

**sub 2 hour half marathon training plan: Running Fitness - From 5K to Full Marathon** David Ross, 2015-02-20 Running Fitness presents a structured and practical training guide aimed at a large portion of the running community, including beginners and those looking to improve in the sport. Author David Ross, a runner of many years experience, provides a training path that develops running capability from a simple 5K race up to full marathon, whilst making the sport easily accessible to those who wish to enjoy many years of fulfilment, success and longevity. Learn about warm-up and cool-down drills, speed and hill training, long runs, race pace, recovery and rest, plus cross training, core fitness, diet and energy supplements.

**sub 2 hour half marathon training plan: Marathon** Hal Higdon, 2011-09-27 A training guide for beginners, first-time marathoners, and women runners counsels readers on how to build speed and distance while maximizing one's performance and building on defensive running skills, in an updated edition by a senior writer for Runner's World magazine. Original.

**sub 2 hour half marathon training plan: Brain Training For Runners** Matt Fitzgerald, 2007-09-04 Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named Brain Training. Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run in the zone - Outsmart injuries - Fuel the brain for maximum performance Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain Training for Runners offers easily applied advice and delivers practical results for a better overall running experience.

**sub 2 hour half marathon training plan: Marathoning 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 *Marathoning 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.

**sub 2 hour half marathon training plan: *The New Rules of Running*** Vijay Vad, M.D., Dave Allen, 2014-04-01 The ultimate guide to injury-free running and racing, from renowned sports medicine specialist Vijay Vad with training schedules designed by coach and 2-time NYC Marathon Champion Tom Fleming Whether you're learning to run, trying to lower your Personal Record, recovering from injury, or just getting in shape, *The New Rules of Running* will make you a faster, healthier runner. The only book on running authored by a sports medicine specialist, this informative guide offers: A primer on running's most common injuries, emphasizing prevention and recovery, to get you through the grueling training months unscathed. Essential strengthening exercises, stretches, nutrition, and hydration tips.

**sub 2 hour half marathon training plan: *Hal Higdon's Half Marathon Training*** Hal Higdon, 2016-04-01 Hal Higdon's name is synonymous with running. As contributing editor of *Runner's World* and best-selling author, he has helped countless runners achieve their distance goals. Now, he's created the definitive guide on today's most popular distance, the 13.1-mile half marathon. *Hal Higdon's Half Marathon Training* is everything you wanted to know about running the half marathon, including where to begin, what to focus on, how to pace yourself, how to avoid injury, how to track your progress, how to stay the course, and how to improve. Whether this is your first or fiftieth half marathon, there is a plan for you. Inside you'll find more than 15 customizable programs, ranging from novice to advanced (you'll even find a walking-only plan), as well as proven strategies, race-day tips, and motivation from half-marathoners around the globe. From day 1 to mile 13.1, Hal will guide, encourage, and pace you to your goal. Other guides might help you complete the half, but only one will introduce you to the joys of running. *Hal Higdon's Half Marathon Training* is a book you'll return to for guidance and inspiration for a lifetime of running.

**sub 2 hour half marathon training plan: *Marathon, Revised and Updated 5th Edition*** Hal Higdon, 2020-03-03 Now completely updated and revised--a new edition of the long-running marathon training guide that has helped more than half a million people reach their goals. *Marathon: The Ultimate Training Guide* is among the bestselling running books of all time for many reasons, but above all others is this one: It works. Marathon running has changed in the seven years since the fourth edition--there are more runners than ever before, the popularity of half-marathons has grown immensely, and guidelines for best recovery and diet practices have changed. This revised fifth edition includes a new chapter on ultramarathons, along with material on recovery techniques, several new training programs, and advice on how to win a Boston qualifying race and improve your personal record. At its core remains Hal Higdon's clear and essential information on injury prevention, training, and nutrition. *Marathon* demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain, taking the guesswork out of marathon training, whether it's for your first or fiftieth. With Higdon's comprehensive approach and tried-and-tested methods, any runner will learn how to optimize their training and achieve their marathon goals.

**sub 2 hour half marathon training plan: *Cap City Half Marathon: The Ultimate Runner's Guide*** Himanshu Vishwakarma, *Cap City Half Marathon: The Ultimate Runner's Guide* is your one-and-only guide to one of the Midwest's best running events. Whether you're training for your first half marathon or looking for your next personal best, this book provides the knowledge, tactics,

and motivation you need to make the most of your experience at Cap City. Inside, you will find: 1. A thorough exploration of Cap City Half Marathon's history and personality 2. Course details and highlights to prepare you for every one of the 13.1 miles 3. Expert training advice for first-time half marathoners. 4. Daily essentials, race-day checklists, nutrition, and hydration. 5. Mental strategies to help you perform at your best before the race starts, during the race, and after you're finished. A celebration of Columbus's unique afterparty — the Champion's Party — your first steps of glory and how to truly enjoy your victory. Chock-full of practical tips, motivational insights, and local knowledge, this guide will make sure you make it to the starting line with confidence and cross the finish line with pride. Lace-them up! It's time to hit the streets of Columbus and celebrate every step of your half marathon journey!

**sub 2 hour half marathon training plan:** Runner's World Run Less, Run Faster, Revised Edition Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less, providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance.

**sub 2 hour half marathon training plan:** Runner's World Complete Guide to Trail Running Dagny Scott Barrios, 2003-04-19 Discusses all aspects of trail running, from preventing injury to storing up calories for the day's adventure.

**sub 2 hour half marathon training plan:** Running Injury Free Allen Leigh,

**sub 2 hour half marathon training plan:** The Trail Runner's Companion Sarah Lavender Smith, 2017-06-01 The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature. Not only are runners taking to the trail, but a growing number are challenging themselves to go past the conventional 26.2-mile marathon point. The time is right for a book that covers everything a runner needs to safely and successfully run and race trails, from 5Ks to ultra distances. Like a trusted coach, The Trail Runner's Companion offers an inspiring, practical, and goal-oriented approach to trail running and racing. Whether readers are looking to up their distance or tackle new terrain, they'll find sophisticated, yet clear advice that boosts performance and enhances well-being. Along the way, they'll learn: Trail-specific techniques and must-have gear What to eat, drink, and think—before, during, and after any trail run How to develop mental tenacity and troubleshoot challenges on longer trail adventures Colorful commentary on the characters and culture that make the sport special With an engaging, encouraging voice, including tips and anecdotes from well-known names in the sport, The Trail Runner's Companion is the ultimate guide to achieving peak performance—and happiness—out on the trails. Sarah Lavender Smith has long been one of trail running's finest and most insightful writers, and her first book, The Trail Runner's Companion, ties everything together for all trail runners, from newbies to veterans and all abilities in between. She expertly and empathetically describes how one should train, eat, drink, and think while becoming a trail runner. But perhaps most importantly of all, she tells us what it means to be a trail runner—why this journey, in her words, 'all the way up to the summit and back down,' is worth the effort. If you already are a trail runner, The Trail Runner's Companion will make you want to become a better trail runner. If you aren't yet a trail runner, The Trail Runner's Companion will make you want to become one." - John Trent, longtime ultrarunner, race director, Western States 100-Mile Endurance Run board member, and award-winning sportswriter The Trail Runner's Companion is a must-have for all trail runners, both new and experienced. It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book. If only I had The Trail Runner's Companion to read before my first trail race, I could have avoided so many mistakes! I highly recommend it." - Kaci Lickteig, 2016 UltraRunning Magazine UltraRunner of the Year and Western States 100-Mile Endurance Run champion

**sub 2 hour half marathon training plan:** Marathon and Half Marathon Graeme Hilditch, 2014-10-31 The popularity of the marathon and half marathon continues unabated. Up and down the country people are signing up in their thousands, many to raise money for their favourite charity, others simply as a means of getting fit. Whatever the motive, these are testing endurance events

requiring serious preparation. Now in its second edition, *Marathon and Half Marathon - A Training Guide* is essential reading for anyone intending to enter a half or full marathon. Written by a highly experienced personal trainer who has helped hundreds of runners achieve their own personal goal, this acclaimed and best-selling book has everything you need, from advice on what to wear to staying fit during those long training sessions. This fully updated and revised edition features: New 'pre-hab' and core stability exercises to help prevent injury; the latest science on how, when and why to stretch; expert advice on how to use your time to train most effectively; a series of programmes aimed at beginner, intermediate and advanced runners and finally, inspirational real-life stories from runners. A fully updated second edition of this best-selling and highly acclaimed book, aimed at novices entering a full or half marathon for the first time in aid of their favourite charity and also aimed at the more experienced runners looking to improve their times. Fully illustrated with 126 colour images and diagrams.

**sub 2 hour half marathon training plan: Marathon and Half-Marathon** Marnie Caron, SportMedBC, 2009-07-01 Over 20 million Americans run recreationally, but doing it right is more than a matter of buying an expensive pair of shoes and heading for the track. Building on the popularity of *The Beginning Runner's Handbook*, this practical, easy-to-use guide provides a step-by-step program for running a half or full marathon for the first time. It shows readers how to get motivated and set realistic goals, choose the proper shoes, eat right, build strength and endurance, and avoid sore muscles and injury. The book includes tips from elite runners on such subjects as staying motivated when the weather is extreme, running technique, running with a dog, and running partners. Finally, the book describes strategies for the race, what to expect on race day, and the psychological effects of finishing a half or full marathon. Most importantly, it includes a full training program designed to ensure that that crucial first race is a winner.

**sub 2 hour half marathon training plan: Of Cancer and Marathons: The Run Of A Lifetime** Shiraz Siddiqui, Shiraz Siddiqui was the epitome of health and success until a devastating diagnosis changed everything. At 27, this fitness instructor and marathon runner faced an opponent tougher than any race: Acute Lymphoblastic Leukaemia. In this gripping memoir, Shiraz takes you on an extraordinary journey of resilience, hope, and triumph against overwhelming odds. From the depths of despair to the heights of personal achievement, he demonstrates that even in the darkest moments, there's always a way forward. Remember, he fought cancer four times and was one of the rare people who dealt with two types of cancer in his lifetime. Are you ready to transform your own challenges into opportunities? Dive into *Of Cancer and Marathons* and unlock the power of resilience within you. It's not about the cards you're dealt, but how you play them. Can you rise above such seemingly insurmountable odds? Yes, YOU CAN!

**sub 2 hour half marathon training plan: Advanced Marathonning** Pete Pfitzinger, Scott Douglas, 2025-07-10 Written for serious runners, by the duo behind the hugely successful first three editions, *Advanced Marathonning*, Fourth Edition, is now in full color and includes the marathon training principles and training programs that thousands of marathon runners have used to set personal bests.

**sub 2 hour half marathon training plan: Marathon Running: Physiology, Psychology, Nutrition and Training Aspects** Christoph Zinner, Billy Sperlich, 2016-03-19 The book contains recent research about physiology, psychology, nutrition and training aspects of Marathon Running of different age, gender and performance level. The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and practitioners. The book includes a full range of useful practical knowledge, as well as trainings principles to guide the reader to run marathon faster. After reading the book the reader is able to develop training plans and owns the knowledge about up-to-date scientific results in the fields of physiology, psychology, nutrition in marathon running.

**sub 2 hour half marathon training plan: Runner's World**, 2008-07 *Runner's World* magazine aims to help runners achieve their personal health, fitness, and performance goals, and to

inspire them with vivid, memorable storytelling.

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