

155 half marathon training plan

155 Half Marathon Training Plan: Your Guide to Running Success

155 half marathon training plan is an achievable and strategic approach designed for runners aiming to complete a half marathon in approximately 1 hour and 55 minutes. Whether you're a beginner stepping up from shorter distances or an intermediate runner looking to improve your pace, this plan offers a balanced mix of endurance, speed, and recovery. Running a half marathon in this time frame requires consistent training, smart pacing, and a solid understanding of your body's capabilities.

If you've ever wondered how to organize your weekly runs or what kind of workouts will get you to the finish line feeling strong, this guide will walk you through everything you need to know. From building your aerobic base to incorporating speed work and tapering before race day, the 155 half marathon training plan is crafted to maximize your potential while minimizing injury risk.

Understanding the 155 Half Marathon Goal

Before diving into training specifics, it's important to grasp what running a half marathon in 1:55 entails. This pace breaks down to roughly 8 minutes and 48 seconds per mile, or about 5 minutes and 28 seconds per kilometer. For many recreational runners, this is a challenging yet reachable target with the right preparation.

Why 1:55?

Setting a goal of 1:55 is practical for those who want to push past the beginner-level finish times but aren't quite ready for the more aggressive 1:45 or faster plans. It strikes a nice balance between speed and endurance training, emphasizing consistency over intensity.

Key Benefits of a 155 Half Marathon Training Plan

- Helps build a strong aerobic foundation
- Improves running economy and pace control
- Incorporates recovery to prevent burnout
- Prepares both mind and body for race conditions

Building Your Weekly Training Schedule

A well-structured training plan for a 155 half marathon typically spans 10 to 12 weeks. This allows enough time to gradually increase mileage and intensity without overwhelming

your system.

Core Components of the Plan

1. **Easy Runs**: These runs focus on building mileage at a comfortable pace. They are essential for improving endurance without taxing your energy reserves.
2. **Long Runs**: The cornerstone of your training, long runs simulate race conditions and help your body adapt to running for extended periods.
3. **Tempo Runs**: These are sustained efforts at a pace slightly faster than your goal race pace, designed to boost your lactate threshold.
4. **Interval Training**: Short bursts of speed work that enhance your VO2 max and overall speed.
5. **Rest and Recovery Days**: Crucial for muscle repair and preventing injury.

Sample Weekly Breakdown

- **Monday**: Rest or cross-training (cycling, swimming, yoga)
- **Tuesday**: Speed intervals (e.g., 6 x 400 meters at faster than race pace)
- **Wednesday**: Easy run (3-4 miles)
- **Thursday**: Tempo run (3-5 miles at a challenging, steady pace)
- **Friday**: Rest or active recovery
- **Saturday**: Long run (starting at 6 miles, building up to 10-12 miles)
- **Sunday**: Easy recovery run or cross-training

Incorporating Nutrition and Hydration

Training for a half marathon isn't just about running; fueling your body properly plays a huge role in your performance and recovery.

Pre-Run Fueling

Eating a light meal rich in carbohydrates about 1-2 hours before your runs can boost your energy levels. Think oatmeal, a banana, or a slice of toast with peanut butter.

During Long Runs

For runs longer than an hour, consider hydrating with electrolyte drinks or eating small energy gels or chews to maintain blood sugar and prevent fatigue.

Post-Run Recovery

Replenish glycogen stores and aid muscle repair by consuming a mix of protein and carbs within 30-60 minutes after training. Chocolate milk, smoothies, or a balanced meal with lean protein and vegetables works well.

Tips to Optimize Your 155 Half Marathon Training Plan

Training smart is just as vital as training hard. Here are some valuable tips to keep you on track and injury-free:

Listen to Your Body

Pushing yourself is necessary, but recognizing signs of overtraining such as persistent fatigue, irritability, or pain can help prevent setbacks. If you feel overly tired, don't hesitate to take an extra rest day.

Mix Up Your Terrain

Running on trails, tracks, or hills can improve strength and reduce monotony. Hill repeats are especially beneficial for building power and endurance.

Focus on Form

Maintaining good running form reduces injury risk and improves efficiency. Keep your posture upright, engage your core, and avoid overstriding.

Invest in Proper Gear

A good pair of running shoes suited to your foot type and gait is crucial. Replace shoes every 300-500 miles to avoid joint stress.

Tracking Progress and Adjusting the Plan

Consistency is key, but so is flexibility. Use a running app or journal to log your workouts, noting distances, paces, and how you felt. This helps identify patterns and areas needing

adjustment.

If you find certain workouts too easy, gradually increase intensity or mileage by no more than 10% per week. Conversely, if you're struggling, dial back and focus on recovery.

Incorporate Cross-Training and Strength Work

Cross-training activities like cycling or swimming enhance cardiovascular fitness without additional impact on your joints. Strength training, particularly core and leg exercises, supports running mechanics and injury prevention.

Preparing for Race Day

As your training nears completion, tapering becomes essential. Reduce mileage in the last week or two to allow your body to rest and build energy reserves.

Race Week Tips

- Stick to familiar foods to avoid digestive issues.
- Hydrate well but avoid overhydration.
- Plan your race outfit and gear ahead of time.
- Visualize your race strategy, focusing on maintaining steady pace.

On race day, start conservatively. It's easy to get swept up in race excitement and go out too fast. Aim for even splits to finish strong and close to your 1:55 half marathon goal time.

Training for a half marathon in 1:55 is a rewarding challenge that combines endurance, speed, and mental toughness. With a structured 1:55 half marathon training plan, consistent effort, and mindful recovery, you'll be well-prepared to cross the finish line proud of your accomplishment. Remember, every runner's journey is unique, so adapt the plan as needed and enjoy the process of becoming a stronger, faster you.

Frequently Asked Questions

What is the 1:55 half marathon training plan?

The 1:55 half marathon training plan is a structured running schedule designed to help runners complete a half marathon (13.1 miles) in approximately 1 hour and 55 minutes, typically involving a mix of easy runs, speed work, long runs, and recovery days over several weeks.

Who is the 1:55 half marathon training plan suitable for?

This training plan is best suited for intermediate runners who have some running experience and a base level of fitness, aiming to improve their half marathon time to around 1 hour and 55 minutes.

How many weeks does the 1:55 half marathon training plan usually last?

Most 1:55 half marathon training plans span 8 to 12 weeks, providing enough time for gradual mileage buildup, speed workouts, and tapering before race day.

What types of workouts are included in the 1:55 half marathon training plan?

The plan typically includes a variety of workouts such as easy runs, tempo runs, interval training, long runs, hill workouts, and rest or cross-training days to build endurance, speed, and recovery.

How many days per week should I train with the 1:55 half marathon plan?

Most 1:55 half marathon training plans recommend running 4 to 5 days per week, allowing time for recovery and other forms of exercise like strength training or cross-training on non-running days.

Can beginners follow the 1:55 half marathon training plan?

Beginners may find the 1:55 half marathon training plan challenging as it targets a moderately fast pace. It is advisable to build a running base first and possibly start with a more beginner-friendly plan before attempting this schedule.

Additional Resources

155 Half Marathon Training Plan: A Detailed Review and Analysis

155 half marathon training plan has gained considerable attention among runners aiming to complete a half marathon in 1 hour and 55 minutes. This specific pacing target demands a structured and well-rounded training regimen that balances endurance, speed, and recovery. With the increasing popularity of half marathons globally, identifying an effective training plan tailored to a 1:55 finish time becomes essential for runners seeking to improve their performance or achieve a personal best.

This article delves into the core components of the 155 half marathon training plan,

evaluating its methodology, benefits, and challenges. It also compares it to other half marathon training strategies, highlighting how it caters to intermediate runners looking to elevate their race-day results. Throughout the analysis, we integrate relevant keywords such as “half marathon pacing,” “training schedule,” “long runs,” and “speed workouts” to provide a comprehensive understanding of what this plan entails.

Understanding the 155 Half Marathon Training Plan

At its core, the 155 half marathon training plan is designed for runners targeting a finish time of 1 hour and 55 minutes, which approximately translates to maintaining a pace of 8 minutes and 47 seconds per mile (5:28 per kilometer). This pace is moderately challenging, suitable for experienced beginners or intermediate runners who have some base fitness but wish to improve their half marathon time.

Unlike generic half marathon training programs, the 155 plan often emphasizes a balanced approach combining endurance building, speed work, tempo runs, and strategic recovery. The goal is to build cardiovascular capacity and muscular endurance while improving running economy and lactate threshold, all critical for sustaining a steady pace over 13.1 miles.

Key Features of the 155 Half Marathon Training Plan

Several distinctive features set the 155 half marathon training plan apart from other time-targeted schedules:

- **Structured Weekly Mileage:** Typically ranges between 20 to 30 miles per week, allowing gradual mileage increases to reduce injury risk.
- **Long Runs:** Weekly long runs progress from 6 miles up to 10-11 miles, building endurance without excessive fatigue.
- **Speed and Interval Sessions:** Incorporates interval training, such as 400m to 1-mile repeats at faster-than-race pace to enhance VO2 max and speed.
- **Tempo Runs:** Sustained efforts at or slightly faster than goal race pace to boost lactate threshold and race-day stamina.
- **Recovery and Cross-Training:** Scheduled rest days and optional low-impact cross-training (cycling or swimming) to facilitate recovery and prevent overtraining.

Weekly Breakdown and Training Components

The 155 half marathon training plan typically spans 10 to 12 weeks, structured to gradually build fitness while avoiding burnout. Weekly programs often include a mix of run types to target different physiological adaptations.

Long Runs

Long runs are the cornerstone of half marathon preparation. Within the 155 plan, these runs start around 6 miles in the early weeks and increase incrementally by about a mile each week. By week 8 or 9, runners are expected to complete 10-11 mile long runs at a comfortable pace, reinforcing aerobic endurance without excessive strain.

Speed Workouts

Interval training sessions are essential for improving running economy and speed. Common workouts include:

1. 400m repeats at 5K pace with equal recovery.
2. 800m to 1-mile repeats slightly faster than race pace.
3. Hill repeats to develop strength and power.

These workouts typically occur once per week and are carefully balanced to avoid overexertion.

Tempo Runs

Tempo runs, usually lasting 20 to 40 minutes, are performed at or just above the target half marathon pace (around 8:40 to 8:50 per mile for a 1:55 finish). These sessions enhance the runner's ability to sustain a challenging pace for prolonged periods, improving lactate threshold and mental toughness.

Recovery and Cross-Training

Recovery days are integrated to allow muscle repair and adaptation. Cross-training options, such as swimming, cycling, or yoga, are recommended to maintain aerobic fitness while reducing impact stress.

Comparing the 155 Half Marathon Plan to Other Time Goals

When compared to plans targeting faster finishes (such as 1:35 or 1:45), the 155 half marathon training plan generally involves lower weekly mileage and less intense speed sessions. This makes it more accessible to runners balancing training with work and family commitments.

Conversely, compared to beginner plans aiming for 2:10 or slower, the 155 plan requires a greater commitment to structured workouts, including tempo and interval runs. This intermediate level ensures that runners improve both speed and endurance efficiently.

Pros and Cons of the 155 Half Marathon Training Plan

- **Pros:**

- Balanced mix of endurance and speed training.
- Manageable weekly mileage for most intermediate runners.
- Focus on injury prevention through gradual mileage increase and recovery.
- Adaptable for runners with some prior experience.

- **Cons:**

- May be too advanced for complete beginners.
- Requires discipline to maintain consistent speed workouts.
- Limited emphasis on strength training or flexibility work.

Optimizing Your 155 Half Marathon Training Experience

To maximize the effectiveness of the 155 half marathon training plan, runners should pay attention to several additional factors outside the structured workouts.

Nutrition and Hydration

Proper fueling before, during, and after runs supports performance and recovery. Carbohydrate-rich meals, balanced with adequate protein and fats, help maintain energy levels. Hydration strategies tailored to individual sweat rates are equally important, especially on long runs and race day.

Gear and Running Form

Using appropriate footwear that matches the runner's gait and provides sufficient cushioning can reduce injury risk. Attention to running form, including cadence and posture, enhances efficiency and reduces fatigue during the half marathon.

Monitoring Progress

Tracking key metrics such as pace, heart rate, and perceived effort allows runners to adjust workouts dynamically. Many runners benefit from apps or GPS watches that provide real-time feedback and help maintain consistency.

Conclusion

The 155 half marathon training plan represents a well-rounded, approachable strategy for runners targeting a competitive 1:55 finish. Its blend of endurance, speed, and recovery components caters well to intermediate runners ready to challenge their previous limits. While it demands commitment and discipline, the plan's structure mitigates injury risk through gradual mileage progression and balanced workouts.

Runners considering the 155 half marathon training plan should complement it with attention to nutrition, gear, and recovery practices to fully realize their race-day potential. As with any training program, individual adjustments may be necessary based on personal fitness levels and lifestyle, but this plan offers a solid foundation for those aiming to conquer the half marathon at a steady, confident pace.

[155 Half Marathon Training Plan](#)

155 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.

155 half marathon training plan: The New Rules of Marathon and Half-Marathon Nutrition Matt Fitzgerald, 2013-02-12 From basic tenets of training to nutrition guidelines, this is the first resource for runners to fully integrate nutrition with training for a complete and systematic pre-race plan. A must for marathoners (Library Journal). Every year, roughly 2 million people participate in marathons and half marathons in the United States, and, no matter what level they are, every one of these runners has likely hit The Wall, running out of muscle fuel in the final miles and slowing down precipitously. This setback and other common running disappointments are nutritional (or metabolic) in nature. In *The New Rules*, renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths, distilling the most up-to-date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon. Fitzgerald's powerful and easy-to-use tools will enable runners of all levels to attain their ideal racing weight, calculate their precise daily energy needs, and formulate a custom nutrition plan.

155 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.

155 half marathon training plan: Mastering Running Utzschneider, Cathy, 2014-06-04 A comprehensive resource for fitness and competitive runners aged 30 and older, *Mastering Running* proves that age is no obstacle to excellence. With information and advice on topics that matter most to older runners, *Mastering Running* provides master-specific drills, exercises, and training plans.

155 half marathon training plan: Power Walk! Patricia Vicary, 2021-12-21 Power walking, also known as fitness or speed walking, is gaining popularity as an aging population looks for workout options that are good for their bodies and good for their wallets. This book includes expert tips and techniques for starting or expanding a power walking practice. Covering the author's journey from non-athlete to dedicated power walker, it is entertaining, motivational and jam-packed with information. Here, power walking practice is contextualized through the author's goal to complete a half marathon in each of the United States as she approaches 60 years old. The journey includes encounters with sketchy porta-potties and terrifying mini-planes, confessions of dubious road-trip food choices and tales of finish lines reached through sheer determination—all told with wit and wisdom. Part travelogue, part power walking guidebook, this engaging text will entertain, motivate and enlighten readers who are looking to start a fitness program or change up their workout routine.

155 half marathon training plan: 80/20 Running Matt Fitzgerald, 2014-09-02 TRAIN

EASIER TO RUN FASTER This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it, too. Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program—in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity—is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances. In 80/20 Running, you'll discover how to transform your workouts to avoid burnout. • Runs will become more pleasant and less draining • You'll carry less fatigue from one run to the next • Your performance will improve in the few high-intensity runs • Your fitness levels will reach new heights 80/20 Running promotes a message that all runners—as well as cyclists, triathletes, and even weight-loss seekers—can embrace: Get better results by making the majority of your workouts easier.

155 half marathon training plan: Half-Marathon Jeff Galloway, Barbara Galloway, 2013-10-23 Author of the best-seller Marathon - You can do it!, Galloway now offers together with his wife a state-of-the-art book on the highly popular half-marathon distance especially for women. Jeff's trademarked run-walk-run method has helped hundreds of thousands of average people to get off the couch, train for marathons and half-marathons without injury and has helped veterans to improve times. This book offers a step-by-step program for women that starts with setting up your training each week. Jeff and Barbara will show you how to select a realistic goal, and which workouts are needed to prepare for various performances. The book is loaded with tips especially for women on how to stay motivated, eliminate aches, pains, and injuries, with the minimum training needed to enjoy other aspects of life.

155 half marathon training plan: Chi Marathon Danny Dreyer, Katherine Dreyer, 2012-03-13 Challenges common practices while outlining a technique-based program for pain- and injury-free high-performance half and full marathons.

155 half marathon training plan: Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners - Run Farther, Faster, and Injury-Free Melissa Breyer, Pete Magill, Thomas Schwartz, 2014-07-29 "The best running book ever." —Bob Anderson, founder of Runner's World Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in Build Your Running Body, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS: • 393 photos that make it easy to follow every step of every workout • 10 training programs to help runners of all levels integrate the total-body plan into their daily routines • Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today • Race strategy for the crucial weeks leading up to the competition and through to the finish line • Exercises to prevent injury and rehabilitate common running ailments • Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics • Nutrition guidance on carbs, proteins, fats, and weight loss • More than 30 recipes to speed recovery and cement fitness gains • Beginners' guidelines every step of the way • Valuable tips on proper apparel, tracking your progress, and more!

155 half marathon training plan: Runner's World Complete Book of Women's Running Dagny Scott Barrios, Editors of Runner's World Maga, 2007-10-30 Runner's World Complete Book of Women's Running is designed specifically to address the unique challenges and rewards the sport presents to the fastest growing segment of the market—women runners. More than 10 million women across the country now identify themselves as regular runners. In response to the dramatic increase in the number of women in the sport, Dagny Scott Barrios and the experts at Runner's

World have created this singular guide, where women will discover how to: • train for any race, from a 5K to a marathon • eat nutritiously and for maximum energy • lose weight permanently • deal with self-consciousness and body image • run during pregnancy and through menopause • choose the best clothes and accessories • run anywhere safely • prevent and treat injuries, especially those that women are most likely to encounter With clear photographs, running sidebars, and testimonials from women runners of all ages and abilities, this comprehensive resource provides the most current practical advice available anywhere for women runners of all levels.

155 half marathon training plan: The Ultimate Nordic Pole Walking Book Klaus Schwanbeck, 2012 There is no other sport activity providing such great and immediate health and fitness benefits that is nearly risk-free and as easy to learn as Nordic Pole Walking. This book explains the correct technique, shows exercises and offers nutrition and equipment tips. Based on 400 scientific studies about Walking and Nordic Pole Walking, this book

155 half marathon training plan: The Big Book of Endurance Training and Racing Philip Maffetone, 2010-09-22 A guide to building endurance and the importance of diet and nutrition as well as self-care and injury prevention for athletes seeking to stay healthy and be injury free.

155 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

155 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.

155 half marathon training plan: *Runner's World Race Everything* Bart Yasso, Erin Strout, 2017-10-10 How to be prepared no matter where running might take you Millions of runners around the US are interested in special experiences, whether it means running a bucket-list event like the Boston Marathon, or competing in beautiful and challenging locales such as Rome or Death Valley. Whatever race you choose, there is no one better to guide you on your journey than Bart Yasso, chief running officer at Runner's World magazine. Over the past 40 years, Yasso has run more than 1,000 races, across all seven continents, at every conceivable distance, from local 5Ks to grueling ultramarathons and Ironman triathlons. He's truly done it all, and in *Race Everything*, he shares the secrets of how he trained, the particularities of each course, and the specific insights he has gleaned to help you run your best no matter the distance. This book offers tried-and-true advice on how to train and what to do on race day to make the best use of your training. It provides everything you need to know to succeed at the most popular race distances, including general training principles, targeted training plans for beginners and experienced runners alike, and insider tips based on Yasso's own experiences and those of other top runners he has known and run with. The goal is to inform and inspire runners eager to challenge themselves by tackling the world's signature races. You will also learn Yasso's methods for winning the greatest race of all, longevity, so that you can remain healthy, fit, and able to race for decades to come. Whether your goal is to complete a 5K or 10K race in your hometown or conquer the Antarctica Marathon, *Runner's World Race Everything* will be your guide.

155 half marathon training plan: *Developing Endurance* NSCA -National Strength & Conditioning Association, Ben Reuter, 2012-02-29 Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. *Developing Endurance* shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

155 half marathon training plan: *Marathon, All-New 4th Edition* Hal Higdon, 2011-09-27 Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment. Marathons and—more than ever—half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years. New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people's ability to train intelligently, means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth. At the core of the book is Higdon's clear and essential information on training, injury prevention, and nutrition. With more than 25 percent new material, this fourth edition of a running classic is a must-own for both longtime runners and those new to the sport.

155 half marathon training plan: *Hansons Marathon Method* Luke Humphrey, 2016-01-01 Run your first marathon or your fastest with *Hansons Marathon Method*, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project. In *Hansons Marathon Method*, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true

marathoners and smash their personal bests. Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage runners. 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 final miles of the marathon--and finish strong. In this new second edition, the Hansons program welcomes newer runners with a new Just Finish program featuring a simple schedule of easier running and lower mileage. The Just Finish program sets up first-time marathoners for an enjoyable marathon and a lifetime of strong, healthy running. Hansons Marathon Method will prepare you for your best marathon: Sensible weekly mileage based on science, not outdated traditions Effective Hansons speed, strength, and tempo workouts paced to achieve your goal Crucial nutrition and hydration guidelines to run strong for the whole race A smart and simple Just Finish program for new runners and marathon first-timers Detailed training schedules for experienced and advanced marathoners This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the most effective recovery methods. Using the Hansons' innovative approach, you will mold real marathon muscles, train your body to avoid the wall, and finish strong. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the world. Using their innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon. You might expect a training program devised by the Hanson brothers to be a little different than the usual rehashing of principles and schedules. Given the success of athletes from the Hansons-Brooks Distance Project, you wouldn't be surprised if it was effective, too. -- Runner's World

155 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.

155 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 this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians. "Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go."—Sarah Toland, former NCAA All-American, USA National Cross-Country Team member, and Olympic Trials qualifier for the 5,000 and 10,000 Brad 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. With *Run Faster from the 5K to the Marathon*, Hudson shows all runners how to coach themselves as confidently and effectively as he 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, this is the cutting-edge

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