

4 week half marathon training schedule

4 Week Half Marathon Training Schedule: Your Guide to Success

4 week half marathon training schedule might sound ambitious, especially if you're new to running or pressed for time, but with the right plan and mindset, it's definitely achievable. Whether you're aiming to beat a personal record or simply finish your first half marathon, a focused and well-structured four-week training program can prepare your body and mind for race day. In this article, we'll explore how to maximize your training in just a month, ensuring you build endurance, speed, and confidence without overdoing it.

Why Choose a 4 Week Half Marathon Training Schedule?

Most half marathon training plans typically span 8 to 12 weeks, but life sometimes doesn't give us that luxury. Maybe you've only just signed up for an upcoming race, or your schedule is tight due to work or other commitments. A 4 week half marathon training schedule can be a fantastic way to jumpstart your fitness, sharpen your running skills, and mentally prepare for the challenge ahead.

This condensed timeline focuses on quality over quantity, emphasizing essential runs, recovery, and cross-training to help you avoid injury. It's particularly suited for runners who already have a basic level of fitness or have been running casually and want to step up their game quickly.

Key Components of a 4 Week Half Marathon Training Schedule

Before diving into the weekly breakdown, it's important to understand the building blocks that make this training approach effective.

1. Base Mileage and Long Runs

The cornerstone of half marathon training is your weekly long run. It gradually increases your endurance and helps your body adapt to running longer distances. In a 4 week plan, these runs are crucial but carefully paced to prevent burnout.

2. Speed and Tempo Workouts

To improve your race pace and efficiency, incorporating speed intervals and tempo runs is vital. These workouts train your cardiovascular system to work harder and help you maintain a faster pace over time.

3. Recovery and Rest Days

Rest days allow your muscles to repair and grow stronger. Overtraining can lead to injury or fatigue, so listening to your body and scheduling adequate rest is essential in a condensed training timeline.

4. Cross-Training and Strength Training

Supplementing running with activities like cycling, swimming, or strength exercises helps enhance overall fitness, balance muscle groups, and reduce the risk of injury.

Sample 4 Week Half Marathon Training Schedule

Here's a practical week-by-week plan designed for runners with a moderate fitness base. Feel free to adjust based on your personal fitness level and schedule.

Week 1: Establishing Your Foundation

- **Monday:** Rest or gentle yoga
- **Tuesday:** 3 miles easy run
- **Wednesday:** Cross-training (30 minutes cycling or swimming)
- **Thursday:** 3 miles tempo run (comfortably hard pace)
- **Friday:** Rest
- **Saturday:** 5 miles long run at a steady, conversational pace
- **Sunday:** Recovery walk or light stretching

This week focuses on establishing a routine while gently introducing tempo running, which helps build stamina and speed.

Week 2: Building Endurance and Speed

- **Monday:** Rest
- **Tuesday:** Interval training: 4 x 400m at faster than race pace with 1-2 minutes rest between

- **Wednesday:** Cross-training (strength training focusing on core and legs)
- **Thursday:** 4 miles easy run
- **Friday:** Rest or gentle stretching
- **Saturday:** 6 miles long run, keep pace comfortable
- **Sunday:** Recovery walk or foam rolling

Interval training kickstarts your speed development, while the longer run extends your endurance.

Week 3: Sharpening Your Race Readiness

- **Monday:** Rest
- **Tuesday:** 4 miles tempo run
- **Wednesday:** Cross-training (cycling or swimming for 30 minutes)
- **Thursday:** 3 miles easy run
- **Friday:** Rest
- **Saturday:** 7 miles long run at a steady pace
- **Sunday:** Recovery and stretching

This week is about pushing your limits slightly while prioritizing recovery.

Week 4: Taper and Race Preparation

- **Monday:** Rest
- **Tuesday:** 3 miles easy run
- **Wednesday:** Cross-training or rest
- **Thursday:** 2 miles easy run with a few strides
- **Friday:** Rest

- **Saturday:** Rest or short shakeout run (1-2 miles)
- **Sunday:** Race day! Half Marathon

Tapering reduces fatigue and ensures your legs feel fresh for race day performance.

Tips to Maximize Your 4 Week Half Marathon Training Schedule

Training for a half marathon in just four weeks requires smart strategies to stay healthy and motivated. Here are some helpful tips:

Listen to Your Body

Pay attention to any signs of pain or excessive fatigue. It's better to skip a workout or swap in a rest day than push through an injury.

Prioritize Nutrition and Hydration

Fuel your runs with balanced meals rich in carbohydrates, protein, and healthy fats. Staying hydrated before, during, and after workouts is equally important.

Invest in Proper Running Gear

Wearing the right shoes and comfortable clothing can prevent blisters and discomfort, making your runs more enjoyable.

Practice Race Day Strategies

Use some long runs to experiment with pacing, hydration, and energy gels or snacks you plan to use during the race. This reduces surprises on race day.

Stay Consistent and Positive

Consistency is key in any training plan. Even if you miss a workout, don't get discouraged. Focus on what you can do and maintain a positive mindset.

Additional Considerations for Rapid Half Marathon Training

If you're coming back from a break or are a beginner, the 4 week half marathon training schedule might feel intense. In such cases, modify the plan by reducing mileage or intensity, and consider extending your training timeline if possible.

For more experienced runners, this schedule can serve as a tune-up plan before a race, helping you maintain fitness and sharpen your speed without overloading your body.

Including strength and mobility exercises during cross-training days can also improve running form and reduce injury risk. Exercises like lunges, squats, planks, and hip openers can be particularly beneficial.

Embarking on a 4 week half marathon training schedule is an exciting challenge that demands focus and dedication. By following a balanced routine that incorporates endurance runs, speed work, rest, and cross-training, you can step confidently onto the start line ready to tackle those 13.1 miles. Remember, every runner's journey is unique—adjust your training to what feels best for you and enjoy the process as much as the race itself.

Frequently Asked Questions

What is a 4 week half marathon training schedule?

A 4 week half marathon training schedule is an intensive, short-term running plan designed to prepare runners to complete a 13.1-mile race in just four weeks, typically including a mix of running workouts, rest days, and cross-training.

Is 4 weeks enough time to train for a half marathon?

While 4 weeks is a short timeframe, it can be sufficient for runners who already have a good fitness base and some running experience. Beginners may need more time to avoid injury and build endurance safely.

What are the key components of a 4 week half marathon training schedule?

Key components include a combination of easy runs, long runs, speed workouts, rest days, and cross-training to build endurance, speed, and allow for recovery.

How many days per week should I run in a 4 week half

marathon training plan?

Typically, running 4 to 5 days per week is recommended, with additional cross-training or rest days to prevent overtraining and injury.

Can beginners follow a 4 week half marathon training schedule?

Beginners can follow a 4 week schedule only if they already have a basic level of fitness and can comfortably run several miles. Otherwise, a longer training period is advisable.

What should my longest run be in a 4 week half marathon training plan?

The longest run should ideally be between 8 to 10 miles, done about a week before race day to build endurance without overexerting before the event.

How important are rest days in a 4 week half marathon training schedule?

Rest days are crucial for muscle recovery, preventing injury, and improving performance, especially in a condensed training schedule like 4 weeks.

Should I include speed workouts in a 4 week half marathon training plan?

Yes, incorporating speed workouts such as intervals or tempo runs helps improve pace and running efficiency, which is beneficial even in a short training cycle.

Can I cross-train during a 4 week half marathon training schedule?

Absolutely. Cross-training activities like cycling, swimming, or yoga can improve overall fitness and aid recovery without adding impact stress on your joints.

How do I taper in a 4 week half marathon training schedule?

Tapering involves reducing training volume during the last week before the race to allow your body to recover and perform optimally on race day.

Additional Resources

4 Week Half Marathon Training Schedule: A Professional Review and Analysis

4 week half marathon training schedule presents a condensed yet focused approach to preparing for a 13.1-mile race. Unlike more traditional, longer-term plans that span 8 to 12 weeks,

this accelerated training framework caters to runners who are pressed for time but still committed to performing well on race day. With the half marathon's growing popularity among beginner and intermediate runners, the demand for efficient, effective training regimens has surged. This article investigates the viability, structure, and strategic considerations of a 4 week half marathon training schedule, integrating insights on pacing, recovery, and endurance building.

Understanding the 4 Week Half Marathon Training Schedule

Training for a half marathon in four weeks is a challenging yet achievable goal, primarily suited to runners with a solid base level of fitness. It is essential to recognize that this schedule is not designed for absolute beginners but rather for those who have experience with regular running and possess a reasonable aerobic foundation. The primary objective of a 4 week half marathon training schedule is to optimize performance through targeted runs, recovery periods, and cross-training elements, all compressed into a short timeframe.

A key feature of this training approach is its focus on intensity and specificity, rather than volume. Traditional half marathon plans often emphasize gradually increasing weekly mileage, sometimes topping 30+ miles per week over several months. In contrast, the 4 week plan prioritizes quality workouts such as tempo runs, interval training, and long runs that simulate race conditions. This shift in training philosophy acknowledges the limited preparation time while maximizing physiological adaptations.

Benefits and Limitations of a 4 Week Training Plan

One of the significant advantages of a 4 week half marathon training schedule is its practicality for busy individuals who cannot commit to extended training blocks. By condensing the preparation period, runners can maintain motivation and avoid burnout, which sometimes accompanies longer plans. Furthermore, short-term plans often emphasize recovery and injury prevention through strategic rest days, which can be beneficial for maintaining overall health.

However, the compressed nature of this schedule presents limitations. Runners may face an increased risk of overuse injuries if accustomed to low mileage prior to commencing the plan. Additionally, the lack of a gradual mileage build-up can lead to insufficient endurance development for some athletes, potentially affecting race performance and finishing times. Thus, careful attention to individual fitness levels and recovery needs is paramount when adopting this accelerated approach.

Key Components of the 4 Week Half Marathon Training Schedule

A comprehensive 4 week half marathon training schedule typically includes several essential elements designed to enhance endurance, speed, and recovery. Understanding these components

helps runners tailor the plan to their unique needs and optimize race readiness.

1. Long Runs

Long runs are the cornerstone of half marathon training, crucial for building cardiovascular endurance and muscular stamina. In a 4 week plan, these runs generally start at a distance close to 6-8 miles, progressively increasing to about 10-11 miles. The incremental mileage increase is more aggressive than in longer plans but remains manageable with adequate rest.

The long runs should be executed at a comfortable, conversational pace, allowing the body to adapt to sustained effort without excessive fatigue. Incorporating race pace segments during the latter part of the long run can simulate race conditions and improve pacing strategies.

2. Tempo and Interval Training

Speed and lactate threshold training are vital for improving race pace and efficiency. Tempo runs involve maintaining a challenging but sustainable pace—usually around 80-90% of maximum heart rate—for 20 to 40 minutes. These sessions help increase the body's ability to clear lactic acid, enabling faster running for prolonged periods.

Interval training, often consisting of repeated bouts of faster running interspersed with recovery intervals, enhances both aerobic and anaerobic capacities. Examples include 400-meter repeats or 1-mile intervals at a pace faster than target race pace. In a 4 week schedule, incorporating one or two sessions per week dedicated to tempo or intervals is typical.

3. Recovery and Cross-Training

The importance of recovery cannot be overstated, especially in a condensed training timeline. Rest days and active recovery sessions (such as light cycling, swimming, or yoga) help prevent injury and facilitate muscle repair. Cross-training also supports cardiovascular fitness without the repetitive impact stress of running, contributing to balanced physical conditioning.

4. Tapering

Tapering, or reducing training volume prior to race day, is a critical phase even in short-term plans. The 4 week half marathon training schedule usually incorporates a taper during the final 3-5 days, allowing the body to replenish glycogen stores and repair tissues. Proper tapering can lead to improved race-day performance and reduced fatigue.

Sample 4 Week Half Marathon Training Schedule

Below is an illustrative example of a balanced 4 week half marathon training schedule. This plan assumes a moderate fitness base and a goal of completing the race comfortably rather than achieving a personal record.

1. Week 1:

- Monday: Rest or cross-train
- Tuesday: 3 miles easy run
- Wednesday: Tempo run - 20 minutes at moderate pace
- Thursday: 3 miles easy run
- Friday: Rest
- Saturday: Long run - 6 miles at conversational pace
- Sunday: Cross-train or rest

2. Week 2:

- Monday: Rest or cross-train
- Tuesday: Interval training - 4 x 400m at faster than race pace, with 2-minute jog recoveries
- Wednesday: 3 miles easy run
- Thursday: Tempo run - 25 minutes
- Friday: Rest
- Saturday: Long run - 8 miles
- Sunday: Cross-train

3. Week 3:

- Monday: Rest
- Tuesday: 4 miles easy run

- Wednesday: Tempo run – 30 minutes
- Thursday: Interval training – 5 x 400m repeats
- Friday: Rest
- Saturday: Long run – 10 miles
- Sunday: Cross-train or rest

4. Week 4 (Taper Week):

- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: 2 miles easy
- Thursday: Rest
- Friday: 2 miles easy run
- Saturday: Rest
- Sunday: Race day

Comparing the 4 Week Schedule to Traditional Half Marathon Plans

Traditional half marathon training plans often span 8 to 12 weeks, allowing for gradual mileage progression, diversified workouts, and ample recovery. These extended schedules reduce injury risk by providing adequate adaptation time and generally lead to improved aerobic capacity and race confidence.

In contrast, the 4 week half marathon training schedule compresses these benefits into a shorter period, which can be advantageous for experienced runners needing a quick training boost or those fitting preparation into a tight timeline. However, it demands disciplined adherence and heightened attention to body signals to avoid overtraining.

Statistical data from running communities suggest that novice runners following a 4 week plan without prior conditioning may experience higher dropout rates or injuries. Conversely, intermediate runners with consistent weekly mileage before starting the plan report successful completions and

satisfying race experiences.

Who Should Consider a 4 Week Half Marathon Training Schedule?

This accelerated plan is best suited for:

- Runners who have recently maintained a running base of at least 15-20 miles per week
- Individuals with limited time due to personal or professional commitments
- Experienced athletes seeking to sharpen fitness before a half marathon
- Those prioritizing completion and enjoyment rather than competitive finishing times

Beginners or those with low fitness levels may benefit more from longer training schedules to build endurance safely and reduce injury risk.

Final Thoughts on Implementing a 4 Week Half Marathon Training Schedule

Adopting a 4 week half marathon training schedule requires a strategic balance of intensity, rest, and self-awareness. It challenges the conventional wisdom of extended preparation but offers a pragmatic alternative for a broad range of runners. The success of such a plan hinges on previous fitness, injury history, and realistic goal setting.

For runners who can commit to the demanding pace of this schedule, it provides a structured, efficient pathway to crossing the half marathon finish line with confidence. Careful monitoring of training response and flexibility to adjust workouts will further enhance the training experience, ensuring readiness and minimizing setbacks.

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4 week half marathon training schedule: Mastering the Half Marathon Cathy

Utzschneider, 2014-06-25 The half marathon has become the fastest-growing race distance in the United States, both in terms of number of finishers and number of new races. Additionally, according to Running USA's National Runner Survey, the half marathon is the favorite distance of both sexes. Mastering the Half Marathon is your guide to completing or even reaching personal records in one of the most popular running events. Author Cathy Utzschneider has been ranked fifth in the world in her age group and won seven USA Track and Field age-group titles since she started running competitively at age 40. In Mastering the Half Marathon, masters runners will benefit from the targeted approach that she has used to guide 46 national masters age-group champions. This mini e-book begins with an introduction to the half marathon before moving into training workouts, plans, and tips. Included are 12-week training plans for both experienced and beginning runners. Mastering the Half Marathon also focuses on speed development, detailing information on exertion, fartlek training, threshold running, and interval running. The mini e-book concludes with strategies for race day, including pacing, and fueling during and after the race. Mastering the Half Marathon is an abridged version of Cathy Utzschneider's Mastering Running (Human Kinetics, 2014), which provides information and advice on topics that matter most to older runners, proving that age is no obstacle to excellence.

4 week half marathon training schedule: *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.

4 week half marathon training schedule: *Smart Marathon Training* Jeff Horowitz, 2011-10-01 Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. With more than 75 detailed exercises plus six easy-to-follow training plans for half and full marathons, Smart Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist. No one fakes a marathon or half-marathon--everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs.

4 week half marathon training schedule: *The Competitive Runner's Handbook* Bob Glover, Shelly-lynn Florence Glover, 1999-04-01 For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing running with work and home life.

4 week half marathon training schedule: 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.

4 week half marathon training schedule: The Runner's World Big Book of Marathon and Half-Marathon Training Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Maga, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

4 week half marathon training schedule: 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.

4 week half marathon training schedule: Runner's World , 2008-04 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

4 week half marathon training schedule: 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.

4 week half marathon training schedule: Designing and Teaching Fitness Education Courses Jayne D. Greenberg, Nichole Calkins, Lisa Spinosa, 2021-08-20 Fitness education is often overlooked for various reasons: no equipment, no weight room, large class size, or lack of professional development. Designing and Teaching Fitness Education Courses provides real solutions for all these issues. This book offers secondary-level physical educators innovative ideas, practical answers, and guidance in implementing fitness education programming that will meet the needs of all students. Designing and Teaching Fitness Education Courses is packed with highly useful tools and resources: 211 instructional photos showing exercises and stretches that require no equipment and are easily adapted for varying abilities 18 pacing guides that form a week-by-week blueprint for implementing a semester-long fitness education course A robust online resource with all 18 pacing

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4 week half marathon training schedule: *Mastering Running* Cathy Utzschneider, 2014-06-25 *Mastering Running*, regardless of your age, optimal performance and new personal bests await. Cathy Utzschneider, highly accomplished and renowned masters runner and coach, has created the definitive guide for runners, athletes, and fitness buffs. Runners from 30 to 100 will benefit from the targeted approach that covers these aspects: • Evaluating and refining running form to improve speed and endurance • Exercises, stretches, and routines to prevent common age-related injuries • Training programs for the mile, 5K, 10K, half marathon, and full marathon • Proven strategies, used by today's top runners, that shave seconds off your time *Mastering Running* contains all the advice and instruction you'd expect from an elite-level coach. With details on segmenting, front running, tapering, recovering, and fueling, *Mastering Running* is the one guide you'll rely on time and again for a lifetime of serious running.

4 week half marathon training schedule: *The Complete Idiot's Guide to Running* Bill Rodgers, Scott Douglas, 2003 Offers motivation to begin running plus warm-up exercises and tips for building stamina, avoiding injury, and choosing the right shoes and clothing.

4 week half marathon training schedule: *Hal Higdon's Half Marathon Training* Higdon, Hal, 2016-03-01 Hal Higdon's *Half Marathon Training* offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

4 week half marathon training schedule: *Long Distance Running for Beginners* Sean Fishpool, Michael Spilling, 2011-08-15 Provides an introduction to training for long distance running, covering such topics as choosing running shoes, balancing dietary needs, using warm up exercises, protecting oneself from injury, and running schedules with different levels of difficulty.

4 week half marathon training schedule: *The New Rules of Marathon and Half-Marathon*

Nutrition Matt Fitzgerald, 2013-02-12 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. From basic tenets of training to nutrition guidelines, *The New Rules* is the first resource for runners to fully integrate nutrition with training for a complete and systematic prerace plan. 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.

4 week half marathon training schedule: Daniels' Running Formula Jack Daniels, 2013-12-31 Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster. Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels' Running Formula, you'll track the time you spend at each level, train more efficiently, and optimize results. Completely updated with new chapters on altitude training, seasonal programming, and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible, and instantly applicable edition to date. Customizable to your current fitness level, competition goals, and schedule, the formula is the ideal solution for any race, anywhere, anytime. Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels' Running Formula.

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4 week half marathon training schedule: *Daniels' Running Formula-3rd Edition* Jack Daniels, 2013-12-31 Get in the best shape of your running career! Daniels provides a results-proven formula to guide you through training at the right intensity to run stronger, longer, and faster. Each program incorporates training intensities to help you build endurance, strength, and speed.

4 week half marathon training schedule: *Runner's World Guide to Cross-Training* Matt Fitzgerald, Editors of Runner's World Maga, 2004-09-23 How to cross-train to improve running times and prevent overuse injuries--whether you are participating in your first 10-K or competing to win a marathon or triathlon If you want to enjoy a long, successful life of running, it's essential to incorporate non-running activities into your training program. Strength exercises will keep your muscles in balance. Flexibility exercises will keep them supple. And alternative endurance activities will help heal existing injuries while preventing future ones. In *Runner's World Guide to Cross-Training*, Matt Fitzgerald--seasoned runner, triathlete, sports and fitness journalist, and online

coach to runners and triathletes--tells you everything you need to know about the very best cross-training exercises for runners, from the equipment you'll have to buy to the techniques you'll have to master. In addition to strength training and flexibility exercises, he recommends the six best non-impact cardiovascular activities for runners: pool running, elliptical training, bicycling, inline skating, swimming, and cross-country skiing. The book shows how to integrate running and cross-training, and features five complete sample programs that will train you to compete in a basic 10-K, advanced 10-K/half marathon, basic marathon, advanced marathon, and triathlon. Until now, there hasn't been a credible cross-training book designed especially for runners. With the imprimatur of Runner's World magazine-recognized everywhere as the most authoritative source of information on the sport-this excellent guide will be welcomed by runners at every level as the book to consult for advice on this vital topic.

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