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Half-Marathon Training Plan

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18				off	3	off	3
17	4	off	2	off	3	3	3
16	4	off	4	off	4	4	4
15	5	off	5	off	3	3	5
14	5	off	5	off	4	5	4
13	6	4	speed	off	tempo-5	4	6
12	8	4	speed	off	tempo-5	4	6
11	10	6	speed	off	tempo-5	5	6
10	10	5	speed	off	tempo-6	6	5
9	10	7	speed	off	tempo-6	5	6
8	10	5	strength	off	tempo-6	6	6
7	12	5	strength	off	tempo-7	5	6
6	10	7	strength	off	tempo-7	6	6
5	12	5	strength	off	tempo-7	5	6
4	10	7	strength	off	tempo-7	6	6
3	12	5	strength	off	tempo-7	5	6
2	10	7	strength	off	tempo-6	6	6
1	8	5	5	off	6	5	3
0	Race Day - Good Luck						

Speed and strength workouts are done as group at Dodge Park in Sterling Heights on Tuesdays at 6:30 PM. Speed workouts should be done at current 5k pace. Strength workouts should be done at 10 seconds per mile faster than half marathon goal pace.

Tempo runs are done at Hansons Royal Oak store on Thursdays at 6:30 PM. Tempo runs should be run at half marathon goal pace.

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Hansons Half Marathon Training Plan

Katrin Zwirglmaier



Hansons Half Marathon Training Plan:

Hansons Half-Marathon Method Luke Humphrey, Kevin Hanson, 2025-11-04 The principles in this book will make you a better runner PERIOD The principles in this book will make you a better runner PERIOD Committed runners from all over the world have set new PRs with the Hansons training program Now in Hansons Half Marathon Method the Hansons Brooks team shares its unique winning approach to the popular half marathon distance With half marathon training programs for intermediate and advanced runners as well as a welcoming Just Finish Program for newer runners Hansons Half Marathon Method prepares all athletes for their best performance Hansons athlete and coach Luke Humphrey explores the differences between the Hansons method and other training programs and then shows runners how to make the Hansons half marathon training program their own He guides runners through choosing the right training plan and offers a practical guide to setting race finish time goals Humphrey reveals the Hansons approach to precise half marathon pacing showing runners how to find their most effective paces for the Hansons SOS something of substance workouts speed strength tempo long and easy runs He coaches runners on how to modify the plans to work around busy schedules and missed workouts He answers frequently asked questions on switching workout days managing fatigue incorporating races into training and adding mileage Runners will benefit from the Hansons advice on finding the best shoes for distance running and their veteran tips on avoiding common stumbling blocks during race week at the expo at the start line and after the race The Hansons science based approach to half marathon pacing nutrition and hydration will ensure that runners cross the finish line feeling strong Hansons Half Marathon Method lays out the most effective way to train for a half marathon developed by one of the most accomplished running groups in the nation Using the Hansons way runners can forge a breakthrough half marathon performance **Hansons Marathon Method** Humphrey, 2016 Now with a Just Finish plan for new runners Front cover

Hansons First Marathon Luke Humphrey, Keith Hanson, Kevin Hanson, 2024-01-11 The results have been proven at every level from the beginner to the elite the Hanson s training system works Desiree Davila Olympic marathoner With the right training ANYONE can finish a marathon Hansons First Marathon from one of America s most successful marathon training groups offers a smart friendly guide to preparing for your first marathon With their proven method the coaches of the Hansons Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts By race day you ll feel strong and confident of a race experience you ll be proud of The Hansons Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method Now they have made the marathon not just something to check off your bucket list but also an enjoyable inspiring and life changing experience Hansons First Marathon is for anyone who has decided to step up to the marathon Whether you re a totally new runner who has never run a race a recreational runner who enjoys occasional races or even a competitive runner who is ready to go all the way you ll find the right marathon training schedule for you in Hansons First Marathon Author and coach

Luke Humphrey starts you off on the right foot with a simple survey about your running experience race goals and your natural strengths and weaknesses Then he guides you to the right plan to prepare you for the miles ahead Hansons First Marathon covers everything you need to know Finding your foot type and a good shoe for marathon training The types of workouts and how and why to do them Choosing your race wisely Training around travel illness and navigating injuries How to stretch and strength train for marathon Ways to recover from daily runs and after your race Science based nutrition and hydration guidelines for workouts and race day What to do differently during the crucial final 6 weeks before your race How to get to the start line feeling confident stress free and ready Setting an ideal marathon race strategy that puts you in control Marathons are an exciting rewarding challenge for runners of all abilities but how you get to the start line matters as much as how you finish Choose Hansons First Marathon to start your marathon adventure and you ll set yourself up for success

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

The Art of Running Daisy Edzel, 2017-03-27 How an out of shape exercise hating beginner can transform to an impressive long distance runner within months Looking to go from couch potato to a physically fit and healthy runner heck even a FULL marathon finisher This book has it all It contains all the resources for a complete beginner up to novice level to succeed at this physically and mentally demanding sport You will be armed with techniques outergame and psychological tools for motivation innergame to help you keep up with the inner turmoils motivation related issues and other hardships especially in long distance runs where every part of your being just wants to give up I will not waste your precious time with useless information you won t use Instead I ll provide practical and straight forward solutions daily and weekly plans resources section and the best practices to help you succeed YOu will be armed to the teeth with everything you could ever need to finish your first long distance races and beyond Here s what you can expect to learn from this course What it Takes to Run a Marathon Timeframe Beginner Stage Intermediate Level Advanced Level Mental Preparation Setting Goals Running Alone Versus Running with a Buddy How to Use Running Gadgets Get Enough Rest Distinguishing Between Good Pain and Bad

Pain Having a Proper Form and Breathing Technique Which Part of Your Foot Should Strike The Ground First Different Training Styles Training Gear Clean Bill of Health Warming Up and Cooling Down Marathon Race Strategies Running Motivations How to fall in love with running Avoid running injuries Running schedules and plans Marathon Specific Training Trail Running Tips and Mistakes to Avoid Uphill and Downhill Running Running and Losing Weight Heart Rate Training And much much more Grab your copy here **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 Running Times ,2007-11 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Runner's World** ,2007-12 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Breakthrough Women's Running* Neely Spence Gracey,Cindy Kuzma,2022-04-06 Breakthrough Women s Running is written just for you a woman runner who has big goals and needs a plan to achieve them In her trademark fun and upbeat style professional runner and coach Neely Spence Gracey will set you up for success with an inside look at her own story in the sport paired with the science experience strategies and insights that have worked for her and countless other female runners who set challenging goals and achieved them Told with engaging storytelling and packed with colorful images and practical recommendations to improve your running Breakthrough Women s Running offers 5K 10K half marathon marathon and run walk training plans to suit your current distance or pacing goals With the strength and mobility workouts included in the plans you don t have to wonder where and how to fit in these important but often overlooked components of a successful running training program Learn how to breathe in rhythm and how to focus with mantras and mindfulness exercises Get specific guidance on how to best manage unique challenges that women confront such as hormone fluctuations training through the menstrual cycle while pregnant or after childbirth and training while also raising a family Know how to train to prevent injury as well as how to return to running should an injury occur And fuel your training with five simple recipes that are nutrient dense and simple to prepare You ll hear from well known successful women

runners such as Sara Hall and Nell Rojas on how even elite runners experience highs and lows in their training as well as how they themselves overcame obstacles to reach their goals At the ends of chapters you ll find Breakthrough Goals a section of small tangible actions that you can apply in your own training to overcome specific obstacles If you re looking for a strategic and progressive approach for breaking through your physical or mental barriers to achieve more successful and fulfilling running you ve found it with Breakthrough Women s Running **Running Times** ,2007-04 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Runner's World** ,2007 **Running Times** ,2007-07 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview **Running Times** ,2006-12 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Running Times* ,2007-12 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Runner's World* ,2007-08 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Заряжен на 100%** Ренат Шагабутдинов, Эдуард Безуглов, The Marathon Method Tom Holland,2007-04-01 Get Ready to Run A complete guide to training for a half or full marathon in sixteen weeks this book follows the format of Tom s previous book The 12 Week Triathlete with simply the best advice on how to run your fastest race while staying injury free Whether you are a first time marathoner trying to set a new PR or looking to qualify for Boston this book is for you TRAIN LESS AND RUN YOUR BEST Some worry that running a marathon will involve hours upon hours of training each week Others fear that they will become injured Some veteran marathoners have followed other training plans and experienced both but Tom s approach is much different His philosophy of train less run your best will amaze you whether you are running your first marathon or fiftieth Exercise physiologist and sports performance coach Tom Holland an elite endurance athlete himself and sub 3 hour marathoner who has run in more than fifty marathons three ultramarathons and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon So when that starting gun sounds you ll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life The Marathon Method provides you with everything you need to know including Easy to understand advice on nutrition hydration and gear Customized training plans for beginner intermediate and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous wall Tips on pacing injury prevention strength training flexibility and much more **The New York Times Index** ,2007 The Half Marathon Training Program on 2

Run's a Week Mike Gingerich,2020-01-30 Is it possible to train for and run a 1 2 marathon when only doing 2 training runs a week Isn t that craziness Can it really work YES It is possible to complete a half marathon without killing your body or spending loads of time on training runs YES It is possible to be fit prepared and ready to run a half marathon in 12 weeks just 90 days doing just 2 training runs a week In fact in this program you will not run over 10 miles at any time and you will be race ready to run 13.1 miles successfully and with less wear and tear on your body on race day The secret is 3 key ingredients Longer runs at your Half Marathon Target Heart Rate HMTHR during training Speedwork to toughen you up for the late miles of a 1 2 marathon Lots of HIIT cross training workouts in between runs Together this combination saves you time prepares your whole body lessens wear and tear and fits a busy lifestyle

The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Mario Fraioli,2025-11-04 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 Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you ll enjoy training and cross the finish line feeling great Coach Mario will guide you from sign up to finish line With his expert advice you ll choose your race set your goals select the right gear and move swiftly through a beginner or experienced marathon or half marathon training program Fraioli covers all of running s most important topics dynamic warm up exercises smart and realistic workouts healthy sports nutrition and hydration guidelines tips for quick and complete recovery strength training and crosstraining advice to treat common running injuries and strategies for race week and race day He offers useful tools like running pace charts a sweat loss calculator and a preview of each Rock n Roll race course The Rock n Roll Marathon and Half Marathon series is the world s most popular running series because each race is a fun and feel good challenge Now with the Official Rock n Roll Guide you ll be ready to rock your marathon or half marathon

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