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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

Amy Newton



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

Runner's World ,2007 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 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 **Half Marathon Training Schedule for Beginners** Elite R N,2020-01-21 A 14 week training plan for complete half marathon for beginners Running 3 days a week and 2 days for Strength and Stretches training for help to build muscle so that your body can handle the repetitive stress of all that pavement pounding And the stronger you are the faster you ll go Training for a half marathon needs to see you build up some regular running miles Start this plan if you can already run for 20 to 30 minutes continuously Your training should be progressive and balanced so you don t feel too tired *14 Week Half Marathon Training Schedule for Beginners* Elite R N,2019-04-23 A 14 week training plan for complete half marathon for beginners Running 3 days a week and 2 days for Strength and Stretches training for help to build muscle so that your body can handle the repetitive stress of all that pavement pounding And the stronger you are the faster you ll go Training for a half marathon needs to see you build up some regular running miles Start this plan if you can already run for 20 to 30 minutes continuously Your training should be progressive and balanced so you don t feel too tired **The New York Times Index** ,2007 **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

Runner's World Run Less, Run Faster, Revised Edition Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance 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 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 *Galloway's Half Marathon Training* Jeff Galloway, 2021-05-01 For any runner considering training for a half marathon author and running coach Jeff Galloway can help you prepare to train enjoy training and cross the finish line strong In this book Olympian Jeff Galloway outlines for each runner how to select a realistic goal and what workouts to use to best prepare for the race He includes tips for staying motivated while at the same time eliminating aches pains and injuries He also assures runners that their training will not completely consume their time so that they can train successfully while still enjoying other aspects of life The author's successful and unique run walk run training method has helped thousands of average people train for half marathons even if

they have never run before Using this program even veteran runners can improve their personal bests With this book every runner will be given a step by step guide on setting up their training each week so that they will finish the half marathon strong

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

Half Marathon Training Amy Newton,2020-06-30

Half Marathon Training for Beginners and Training Plan Kristin Kara,2012-02-10 Are you looking for training for the half marathon race Well if you are then this is the boook for you You will not only learn how to quickly prepare for your half marathon race but also Reasons Why People Run a Half Marathon How to Overcome Your Fear to Run First Half Marathon Half Marathon Running Benefits for a Successful Life Tips to Run a Half Marathon 12 Week Training Schedule for a Half Marathon Race

Train Like a Mother Sarah Bowen Shea,Dimity McDowell,2012-03-20 This follow up to the authors Run Like a Mother Train Like a Mother comprehensively covers how to train for a race including training plans for four race distances 5K 10K half marathon and marathon for both beginner and more experienced runners the importance of recovery pre and post race nutrition strength training and more

Hal Higdon's How to Train Hal Higdon,1997 Describes twenty four training programs designed for different sports types of people and goals

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