

10k run training plan 12 weeks

10k run training plan 12 weeks is an essential guide for runners aiming to improve their endurance, speed, and overall performance for a 10-kilometer race. This comprehensive training plan is designed to gradually build mileage and intensity over three months, ensuring that participants can safely and effectively prepare for race day. By following a structured 10k run training plan 12 weeks, runners can enhance cardiovascular fitness, develop proper running techniques, and reduce the risk of injuries. The article will cover the benefits of a 12-week program, key training components, weekly workout breakdowns, nutrition tips, and strategies for race day preparation. Whether a beginner or an experienced runner, understanding how to implement a 10k run training plan 12 weeks will optimize performance and boost confidence.

- Benefits of a 10k Run Training Plan 12 Weeks
- Key Components of the Training Plan
- Weekly Breakdown of the 12-Week Training Plan
- Nutrition and Recovery for Optimal Performance
- Race Day Preparation and Tips

Benefits of a 10k Run Training Plan 12 Weeks

Adopting a 10k run training plan 12 weeks offers several advantages for runners at different experience levels. This structured approach allows for gradual progression in distance and intensity, minimizing the risk of overtraining and injury. The 12-week duration is ideal for building a solid aerobic base, improving muscular endurance, and enhancing running economy.

Furthermore, following a detailed plan provides motivation and accountability, helping runners stay consistent throughout the training period. It also allows time for incorporating cross-training, strength exercises, and rest days, all critical for comprehensive fitness. Ultimately, a well-designed 10k run training plan 12 weeks ensures readiness for race day by improving speed, stamina, and mental toughness.

Key Components of the Training Plan

A successful 10k run training plan 12 weeks includes several essential elements that work synergistically to improve running performance. These components focus on building endurance, speed, strength, and recovery.

Endurance Runs

Endurance runs form the foundation of the training plan. These runs gradually increase in distance over the 12 weeks to build cardiovascular fitness and running stamina. Typically performed at a comfortable pace, they enhance the body's ability to utilize oxygen efficiently.

Speed Workouts

Speed workouts, such as intervals and tempo runs, are incorporated to improve running pace and anaerobic capacity. These sessions challenge the runner to sustain faster speeds for shorter durations, which translates to better race-day performance.

Strength Training

Strength training complements running by increasing muscle power, stability, and injury resistance. Exercises focusing on the core, lower body, and hips are particularly beneficial for runners following a 10k run training plan 12 weeks.

Rest and Recovery

Rest days and active recovery are critical to allow the body to repair and adapt to training stresses. Adequate recovery prevents burnout and overuse injuries, ensuring consistent progress throughout the 12-week program.

Weekly Breakdown of the 12-Week Training Plan

The 10k run training plan 12 weeks is typically divided into phases that progressively increase intensity and mileage. Below is a sample weekly structure outlining key workouts and rest days.

1. **Weeks 1-4: Base Building** - Focus on establishing a running routine with moderate mileage and easy-paced runs.
2. **Weeks 5-8: Increasing Intensity** - Introduce speed workouts and longer endurance runs to enhance aerobic capacity.
3. **Weeks 9-11: Peak Training** - Maximize mileage and intensity with race-pace efforts and tempo runs.
4. **Week 12: Taper and Race Week** - Reduce mileage to allow full recovery while maintaining sharpness for race day.

Sample Week

A typical training week in the 10k run training plan 12 weeks might look like this:

- **Monday:** Rest or active recovery (e.g., light cycling or yoga)
- **Tuesday:** Speed workout (intervals or hill repeats)
- **Wednesday:** Easy pace run (3-5 miles)
- **Thursday:** Strength training and cross-training
- **Friday:** Rest
- **Saturday:** Long run at a comfortable pace
- **Sunday:** Recovery run or cross-training

Nutrition and Recovery for Optimal Performance

Nutrition plays a vital role in supporting the demands of a 10k run training plan 12 weeks. Proper fueling before, during, and after workouts enhances energy levels, promotes muscle repair, and aids overall recovery.

Pre-Workout Nutrition

Consuming a balanced meal or snack rich in carbohydrates and moderate in protein about 1-2 hours before training helps sustain energy throughout runs. Hydration is equally important to maintain performance and prevent fatigue.

Post-Workout Recovery

After training sessions, replenishing glycogen stores and providing protein for muscle repair is crucial. A combination of carbohydrates and protein within 30-60 minutes post-exercise optimizes recovery processes.

Rest and Sleep

Quality sleep is indispensable during the 12-week training period. It facilitates muscle recovery, hormonal balance, and mental focus. Prioritizing 7-9 hours of sleep per night complements the physical demands of the 10k run training plan 12 weeks.

Race Day Preparation and Tips

Proper preparation for race day is the culmination of following a 10k run training plan 12 weeks. Tapering in the final week reduces fatigue while maintaining fitness levels. Mental preparation, including visualization and goal setting, enhances race performance.

Gear and Equipment

Using well-fitted running shoes and comfortable clothing tested during training prevents discomfort and injuries on race day. Avoid trying new gear on the day of the event.

Race Strategy

Implementing a pacing plan based on training outcomes helps conserve energy for a strong finish. Starting conservatively and gradually increasing speed reduces the risk of burnout during the race.

Warm-Up Routine

A dynamic warm-up before the race activates muscles and increases heart rate, preparing the body for optimal performance. This includes light jogging, mobility exercises, and strides.

Frequently Asked Questions

What is a 12-week 10k run training plan?

A 12-week 10k run training plan is a structured schedule designed to prepare runners over three months to complete a 10-kilometer race, gradually increasing mileage and intensity to build endurance and speed.

Who is the 12-week 10k training plan suitable for?

This plan is suitable for beginner to intermediate runners who have a basic level of fitness and want to improve their 10k performance or complete their first 10k race.

How many days per week should I train in a 12-week 10k plan?

Typically, a 12-week 10k training plan involves training 3 to 5 days per week, including running workouts, cross-training, and rest days for recovery.

What types of workouts are included in a 12-week 10k training plan?

Workouts usually include easy runs, long runs, speed intervals, tempo runs, hill training, and rest or cross-training days to build endurance, speed, and strength.

How should I increase my mileage during the 12-week training?

Mileage should be increased gradually, generally by no more than 10% per week, to reduce the risk of injury while improving endurance over the 12 weeks.

When should I include rest days in my 12-week 10k training plan?

Rest days should be incorporated regularly, typically 1-2 days per week, to allow the body to recover and prevent overtraining injuries.

Can beginners follow a 12-week 10k run training plan?

Yes, beginners can follow a 12-week 10k plan, especially if it is tailored to include walk/run intervals and gradual mileage progression to build fitness safely.

How important is cross-training during the 12-week 10k training?

Cross-training is important as it helps improve overall fitness, strengthens muscles not used during running, reduces injury risk, and enhances recovery.

Should I do strength training as part of my 12-week 10k plan?

Incorporating strength training 1-2 times per week is beneficial to improve running economy, prevent injuries, and build muscle strength during the 12-week plan.

How do I know if I am ready to race at the end of the 12-week 10k training plan?

You are ready if you can comfortably complete your long runs at race pace or close to it, feel strong during interval workouts, and are injury-free with good energy levels.

Additional Resources

1. *12-Week 10K Training Plan: Your Guide to Running Success*

This book offers a comprehensive 12-week training schedule designed for runners of all

levels aiming to complete a 10K race. It includes detailed daily workouts, tips on pacing, and strategies for injury prevention. The plan balances endurance, speed, and recovery to optimize performance.

2. *Run Your Best 10K: A 12-Week Training Program*

Focused on helping runners improve their 10K times, this book outlines a progressive 12-week program. The author combines scientific training principles with motivational advice to keep you motivated and on track. It also covers nutrition and mental preparation for race day.

3. *From Couch to 10K: 12 Weeks to a Stronger Run*

Ideal for beginners, this book guides you through a gentle yet effective 12-week plan to get you ready for your first 10K. It emphasizes gradual progression and includes strength exercises to complement running. The approachable style makes it easy to stick with the program.

4. *10K Training Plan: 12 Weeks to Peak Performance*

This guide is tailored for intermediate runners looking to hit new personal records in the 10K distance. The 12-week plan integrates interval training, tempo runs, and long runs with rest days for optimal recovery. It provides expert advice on avoiding common training pitfalls.

5. *Mastering the 10K: A 12-Week Training Journey*

Designed to build speed and endurance, this book presents a structured 12-week training plan combined with tips on race strategy. It also discusses the importance of cross-training and flexibility exercises to improve overall fitness. The goal is to help you run your best 10K ever.

6. *The 10K Runner's Bible: 12 Weeks to Race Day*

A complete resource for 10K runners, this book covers everything from training schedules to gear recommendations over a 12-week period. It includes motivational stories and troubleshooting advice for common challenges faced during training. Perfect for runners aiming to complete or compete seriously.

7. *10K Training Made Simple: A 12-Week Plan for Success*

This straightforward guide breaks down the 12-week training process into manageable steps. It focuses on building a solid running base, increasing speed, and maintaining consistency. The book also offers practical tips on hydration, nutrition, and injury prevention.

8. *12 Weeks to a Faster 10K: Training Plans and Tips*

Packed with expert advice, this book helps runners improve their 10K race time through a carefully designed 12-week plan. It emphasizes interval workouts, tempo runs, and recovery techniques. Additionally, it covers mental toughness and race-day preparation.

9. *The Complete 10K Training Plan: 12 Weeks to Your Goal*

This all-in-one training manual provides a detailed 12-week schedule tailored to different fitness levels. It includes strength training, flexibility routines, and nutrition guidance to support your running goals. The book aims to make 10K training accessible and enjoyable for everyone.

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10k run training plan 12 weeks: How to Run a Marathon in 12 Weeks David Morgan, Running a marathon is one of the ultimate fitness challenges, but with the right training and preparation, anyone can cross the finish line. How to Run a Marathon in 12 Weeks is the definitive guide to training for a marathon in just three months, designed for runners of all levels. This book provides a detailed, easy-to-follow training plan, covering everything from building endurance and strength to injury prevention and nutrition. Whether you're a complete beginner or an experienced runner looking to improve your time, this book will help you train smarter, stay motivated, and conquer 26.2 miles with confidence.

10k run training plan 12 weeks: 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 guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

10k run training plan 12 weeks: 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.

10k run training plan 12 weeks: The Ultimate Running Blueprint Kim Gomez, 2024-04-23 Unlock Your Ultimate Running Potential: The Definitive Guide to Mastering the Science, Art, and Psychology of Running Discover the secrets to unleashing your full running potential with The Ultimate Running Blueprint:Unlocking the Secrets to Optimal Performance, Endurance, and Speed

for Runners of All Levels This groundbreaking book is a must-have for runners of all levels, from beginners to aspiring ultra marathoners. With cutting-edge insights from the latest research in sports science, psychology, and biomechanics, this comprehensive guide provides you with the tools and knowledge you need to optimize your running performance, prevent injuries, and achieve your goals. In this book, you'll learn: - The evolutionary biology and physiology behind human running - Proven training strategies for improving endurance, speed, and conditioning - The art of self-actualization and how to reach your full potential as a runner - Effective techniques for mastering the mental game of running - Nutritional guidelines for fueling your body for optimal performance - The biomechanics of running and how to improve your form and efficiency Whether you're just starting out or looking to take your running to the next level, *The Ultimate Running Blueprint* is your ultimate companion on the journey to becoming the best runner you can be. Don't wait another day to start unleashing your true running potential—buy now and take the first step towards transforming your running forever!

10k run training plan 12 weeks: *The Ultimate Trail Running Handbook* Claire Maxted, 2021-01-07 'Filled to the brim with advice, tips and inspiration to enable you to achieve your dreams over whatever distance you want your legs to carry you' - Chrissie Wellington, OBE, four-time Ironman Triathlon World Champion From complete beginners to seasoned off-road runners, *The Ultimate Trail Running Handbook* has all the training and nutrition advice, skills, gear and motivation you need to become a fit and confident trail runner. There are training plans that take newcomers from 5k parkrun to first trail marathon, while for experienced runners there are sections on strength work, injury prevention and advanced training plans to boost performance up to 50k (30 miles). To keep you enjoying every step, you'll find advice on how to choose the right gear; over 20 easy, healthy recipes; inspiring stories from real trail runners; and advice from top athletes and coaches. And if you want to explore new trails, you can use the navigation and route planning section to create your own exciting off-road adventure. If you're a trail runner or would like to become one, this book is your new best friend.

10k run training plan 12 weeks: *From Couch to Marathon* Greta Rose, 2024-09-05 From Couch to Marathon: A Beginner's Guide to Running is your essential companion on the journey from sedentary to marathon-ready. Whether you've never run a mile in your life or are looking to step up your fitness game, Greta Rose's guide provides the motivation, tips, and strategies to help you succeed. This book isn't just about running; it's about transforming your mindset, building endurance, and embracing the joy of movement. Greta shares her personal story of overcoming her own struggles with running and offers practical advice to help you stay committed and enjoy the process. With this guide, you'll learn how to start running, set achievable goals, and find the mental strength to keep going, mile after mile. Get ready to lace up your sneakers and embark on a life-changing adventure.

10k run training plan 12 weeks: *5k and 10k* Graeme Hilditch, 2013-11-29 This accessible book is designed for those novice runners who plan to take part in a 5k or 10k race - whether running, jogging or even walking the course. Everyone knows someone who has recently taken part in a 5k or 10k charity run, and jogging and running are as popular as ever. In aid of Cancer Research UK, whose annual 'Race for Life' events have become incredibly popular, 5k and 10k contains a wealth of vital information. From the basics like starting training and what to wear, to staying motivated and what to do on race day, it offers friendly guidance to help novice runners prepare for their race and enjoy themselves in the process. Graeme has planned flexible training plans to suit all levels of fitness and commitment as well as giving advice on avoiding injuries. This is a book for every runner: those taking part in one of the hundreds of different charity events each year; people hoping to improve their health or reduce their waistline; and those who simply want to get round a course in one piece. Whatever the reader wants from their race, this book will set them on the road to success.

10k run training plan 12 weeks: *Nell McAndrew's Guide to Running* Nell McAndrew, Lucy Waterlow, 2015-04-09 Through her bestselling exercise DVDs and incredible running achievements,

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

10k run training plan 12 weeks: Power Stride Ava Thompson, AI, 2025-03-18 Power Stride unlocks the secrets to efficient running by diving deep into stride mechanics and biomechanics. It reveals how optimizing your foot strike and cadence isn't just about speed; it's key to injury prevention and enhanced endurance. Did you know that small adjustments in your running form can drastically reduce the metabolic cost of running? Or that understanding ground reaction force can help you avoid common overuse injuries? This book provides a progressive understanding of running biomechanics, from core concepts to practical exercises. It examines running form, including foot strike patterns, and offers training plans to help personalize your running improvement strategy. Power Stride emphasizes self-assessment and continuous refinement, making it a valuable resource for runners of all levels seeking to maximize their performance and minimize risks.

10k run training plan 12 weeks: 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.

10k run training plan 12 weeks: Triathlete Magazine's Essential Week-by-Week Training Guide Matt Fitzgerald, 2009-11-29 From Triathlete magazine--the most popular source for triathlete information--comes an essential guidebook of weekly training plans for all skill levels. As popular as the swim-bike-run sport has become in recent years, triathlon training remains a daunting physical and mental challenge. From short sprints to Olympic distance events, this guide from Triathlete magazine provides athletes with different plans for every skill level, and shows them how to build up their training to reach their ultimate goal. Good-humored narrative text accompanies detailed workout schedules, guidelines, weekly goals, and coaching tips. Including off-season training advice and photo-illustrated stretches and exercises, this is the book triathletes need to stay at the top of their game.

10k run training plan 12 weeks: 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.

10k run training plan 12 weeks: 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.

10k run training plan 12 weeks: Running Log April Powers, 2003-05

10k run training plan 12 weeks: How to Run a Personal Record Dave Kuehls, 2009-01-06
Training tips for record-breaking distance running from the author of 4 Months to a 4-Hour Marathon. The only running book targeted specifically to help runners set a personal record, this indispensable guide offers specific training programs for each of the four most popular race distances: 5K, 10K, half-marathon, and marathon. It also includes a common-sense discussion of the training process (a time-tested, three-pronged approach), information on everything runners need to know from day one to crossing the finish line, plus race-day strategies to squeeze out precious minutes and seconds from that finish line clock. How to Run a Personal Record features a 32-page training log where the reader can log their progress through the 16-week training phase.

10k run training plan 12 weeks: Faster Road Racing Pfitzinger, Pete, Latter, Phillip, 2014-11-06
In Faster Road Racing: 5K to Half Marathon, renowned running authority Pete Pfitzinger and Running Times senior writer Philip Latter present training plans for the most popular race distances as well as advice on recovery, cross-training, nutrition, tapering, and masters running.

10k run training plan 12 weeks: Enkindling the Endorphins of Endurance Dr K. Jayanth Murali, 2024-03-07
Embark on a transformative journey with Dr. K. Jayanth Murali in Enkindling the Endorphins of Endurance. Dive into the clandestine chapters of our evolutionary saga, where our ancestors were the unparalleled maestros of endurance. Our forgotten legacy, etched in the sinews of our DNA, invites us to relive the untamed spirit of ultimate endurance runners. So, Dr. Murali passionately champions the resurrection of long-distance running in today's sedentary landscape, entangled in the web of lifestyle maladies and addictive habits. Join him on an expedition to revive running's forgotten splendour, rekindle endurance genes, and reclaim primal well-being. This all-encompassing sweat-soaked guide weaves through training plans, long runs, nutrition, and beyond. Challenge yourself to push beyond limits, evolving from dreamers to unyielding cosmic athletes. Regardless of your starting point—novice, intermediate, unfit, or elite—this book is your kickstart to training. Magically, chaperone yourself to the start line and surge through the finish with unbelievable style. Feel the magic as you carve an extraordinary, endorphin-infused moment into your soul. This guide, a blend of practical wisdom and inspiration, unveils your inner warrior, unearthing latent determination to propel you through life's magnificent marathon finish line.

10k run training plan 12 weeks: 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.

10k run training plan 12 weeks: Fast 5K Pete Magill, 2019-09-10
Spend two hours with Pete Magill's Fast 5K and you'll know how to run your fastest 5K. In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K PR. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records. Fast 5K shares Magill's essential keys to finding your fastest running fitness and race readiness. The 25 keys include optimal training mileage, effective tempo runs, VO2 max workouts, hill repeats, plyometrics that work, ways to prevent injuries, recovery tips, guides to diet and racing weight, choosing racing flats, and much more. Offering three 12-week and one 16-week 5K training plans, Fast 5K is the key to your best 5K running times. Pete Magill is a world-class 5K runner, personally holds multiple

American and world age-group records in track & field and road racing and is a 5-time USA Masters Cross Country Runner of the Year. Now in this distilled guide, you can get world-class advice on how to run your fastest 5K ever.

10k run training plan 12 weeks: [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.

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