

10 week half marathon training for beginners

10 week half marathon training for beginners is a structured approach designed to help novice runners prepare effectively for a 13.1-mile race. This training plan balances gradual mileage increases, rest days, and cross-training to build endurance, strength, and confidence. Whether new to running or returning after a break, following a well-organized program minimizes injury risk and enhances performance. Key components include weekly long runs, speed workouts, recovery strategies, and nutrition tips tailored for beginners. This article outlines a comprehensive 10 week half marathon training for beginners, providing detailed guidance on scheduling, pacing, and essential preparation. The goal is to equip new runners with the knowledge and tools to complete their first half marathon successfully and enjoyably.

- Understanding the Basics of Half Marathon Training
- Weekly Training Schedule Overview
- Essential Workouts for Beginners
- Nutrition and Hydration Strategies
- Injury Prevention and Recovery Tips
- Race Day Preparation and Tips

Understanding the Basics of Half Marathon Training

Before embarking on a 10 week half marathon training for beginners, it is important to understand the

foundational principles of training. The half marathon distance of 13.1 miles requires both aerobic endurance and muscular strength. Training should progressively increase weekly mileage to build stamina while allowing adequate recovery. The plan should incorporate a variety of runs including easy runs, long runs, and speed or tempo workouts to improve cardiovascular fitness and running efficiency. Rest days are equally vital to prevent overtraining and reduce injury risk. Beginners must also focus on proper running form and listen to their bodies throughout the training cycle.

Importance of Gradual Mileage Increase

Gradually increasing mileage over the 10 weeks helps the body adapt to the physical demands of long-distance running. Abrupt increases can result in overuse injuries such as stress fractures or tendonitis. A common guideline is to increase weekly mileage by no more than 10% to ensure safe progression. This incremental approach enhances endurance without overwhelming the musculoskeletal system.

Role of Cross-Training and Rest

Cross-training activities such as cycling, swimming, or yoga complement running by improving overall fitness and reducing repetitive strain. Rest days give the body time to repair and rebuild muscles, which is essential for performance gains. Incorporating at least one or two rest or cross-training days weekly supports balanced training and helps maintain motivation.

Weekly Training Schedule Overview

A well-structured 10 week half marathon training for beginners typically includes 3 to 5 days of running per week, interspersed with rest or cross-training. The training volume and intensity increase gradually, peaking around week 8 or 9 before tapering off to allow recovery before race day. Each week usually features a long run, easy runs, and a speed or tempo session to build speed and endurance.

Sample Weekly Layout

1. **Monday:** Rest or cross-training
2. **Tuesday:** Easy run (3-4 miles)
3. **Wednesday:** Speed or interval training
4. **Thursday:** Rest or cross-training
5. **Friday:** Easy run or recovery jog
6. **Saturday:** Long run (starting around 4-5 miles and increasing)
7. **Sunday:** Rest or active recovery

Progression of Long Runs

The long run is the cornerstone of half marathon training, designed to improve endurance and mental toughness. Starting at 4-5 miles, these runs increase by about a mile each week, reaching 10-12 miles by week 8 or 9. The pace should be comfortable, allowing for conversation, to avoid excessive fatigue. These runs help condition the body to sustain effort over extended periods.

Essential Workouts for Beginners

Incorporating varied workouts ensures balanced development of speed, endurance, and running economy. The following types of workouts are key components of a 10 week half marathon training for beginners.

Easy Runs

Easy runs form the base mileage and help with active recovery. They are run at a conversational pace, typically 1-2 minutes slower than race pace. These runs enhance aerobic capacity without undue stress and should make up the majority of weekly mileage.

Speed and Interval Training

Speed workouts improve running efficiency and increase lactate threshold. Intervals involve running faster paces for set distances or times, followed by recovery jogs. For beginners, intervals might include 400 to 800-meter repeats at a pace faster than race pace. These sessions build strength and help improve overall race time.

Tempo Runs

Tempo runs involve running at a "comfortably hard" pace, slightly slower than race pace but faster than easy runs. This workout trains the body to sustain a faster pace for longer periods, boosting endurance and mental resilience.

Nutrition and Hydration Strategies

Proper nutrition and hydration are crucial elements of successful 10 week half marathon training for beginners. Fueling the body adequately supports energy needs, recovery, and overall health during the training period.

Pre-Run Fueling

Consuming a light meal or snack rich in carbohydrates and moderate in protein about 1-2 hours before running helps maintain energy levels. Examples include a banana with peanut butter or oatmeal with

fruit. Avoid heavy or high-fat foods right before runs to prevent gastrointestinal discomfort.

During Training Hydration

Staying hydrated before, during, and after runs is essential. Drinking water consistently throughout the day and consuming fluids during long runs prevents dehydration. For runs longer than 60 minutes, electrolyte-enhanced beverages may be beneficial to replace lost salts.

Post-Run Recovery Nutrition

After training sessions, replenishing glycogen stores and repairing muscles require a combination of carbohydrates and protein. A recovery snack or meal within 30 to 60 minutes post-run accelerates recovery and prepares the body for the next workout.

Injury Prevention and Recovery Tips

Preventing injury is a top priority during a 10 week half marathon training for beginners. Proper care and recovery practices ensure consistent training and reduce downtime.

Warm-Up and Cool-Down

Warming up before runs increases blood flow and loosens muscles, decreasing injury risk. Dynamic stretches and light jogging are effective warm-up techniques. Cooling down with easy jogging and static stretching aids muscle recovery and flexibility.

Strength and Flexibility Training

Incorporating strength exercises targeting the core, hips, and legs enhances running form and stability.

Flexibility routines, such as yoga or stretching, improve range of motion and reduce muscle tightness.

Listening to the Body

Paying attention to signs of pain or fatigue allows for timely adjustments to the training plan. Rest or seek medical advice if experiencing persistent discomfort. Prioritizing sleep and stress management also supports recovery and performance.

Race Day Preparation and Tips

Effective preparation in the days leading up to race day enhances confidence and performance for beginners completing their first half marathon.

Tapering

The final week before the race typically involves tapering, which means reducing training volume to allow the body to rest and recover fully. Maintaining light runs and avoiding intense workouts helps preserve fitness while promoting freshness.

Race Day Gear and Nutrition

Wearing comfortable, well-tested running shoes and clothing prevents chafing and discomfort. Eating a familiar pre-race meal and hydrating properly ensures optimal energy levels. It is important to avoid trying new foods or gear on race day to minimize unexpected issues.

Race Pace Strategy

Starting at a controlled, sustainable pace helps conserve energy for the latter parts of the race.

Beginners should aim to run at or slightly slower than their training pace, gradually increasing effort if feeling strong. Proper pacing reduces the likelihood of burnout and supports a positive race experience.

Frequently Asked Questions

What is a good 10 week half marathon training plan for beginners?

A good 10 week half marathon training plan for beginners typically includes 3 to 4 running days per week, gradually increasing mileage, a long run each week to build endurance, rest days for recovery, and cross-training to improve overall fitness.

How many miles should I run each week during a 10 week half marathon training plan?

Beginners usually start with 10-15 miles per week and increase mileage by about 10% each week, aiming to reach around 25-30 miles per week by the peak training weeks before tapering down.

What type of cross-training is recommended during a 10 week half marathon training plan?

Recommended cross-training activities include cycling, swimming, yoga, or strength training, which help improve cardiovascular fitness and muscle strength without adding extra running impact.

How should I pace myself during a 10 week half marathon training plan?

Beginners should run most training runs at a comfortable, conversational pace to build endurance and avoid injury, with occasional faster intervals or tempo runs introduced later in the plan to improve speed.

What are important tips for beginners following a 10 week half marathon training plan?

Important tips include listening to your body to avoid injury, staying consistent with training, incorporating rest days, staying hydrated and eating a balanced diet, and using proper running shoes.

Additional Resources

1. *10-Week Half Marathon Training Plan for Beginners*

This book offers a structured 10-week training schedule designed specifically for novice runners aiming to complete their first half marathon. It includes detailed weekly workouts, cross-training tips, and recovery strategies. The author emphasizes gradual progression to build endurance safely while minimizing injury risk.

2. *Beginner's Guide to Half Marathon Success in 10 Weeks*

Perfect for those new to running, this guide breaks down the essentials of half marathon training into manageable weekly goals. It covers nutrition, hydration, and mental preparation alongside physical training. Readers will find motivational advice and practical tips to stay committed throughout the 10-week journey.

3. *Run Your First Half Marathon: A 10-Week Beginner's Plan*

This book provides a comprehensive 10-week plan tailored for beginners who want to run their first half marathon confidently. It includes pacing strategies, strength exercises, and injury prevention techniques. The approachable language makes it easy for runners of all levels to follow and succeed.

4. *Half Marathon Training for New Runners: 10 Weeks to the Finish Line*

Focused on building endurance and speed safely, this book guides beginners through a progressive 10-week training schedule. It incorporates rest days and flexibility exercises to ensure balanced development. Readers also learn how to set realistic goals and track their progress effectively.

5. *10 Weeks to Half Marathon: A Beginner's Roadmap*

Designed for complete beginners, this roadmap outlines a step-by-step plan to prepare for a half marathon in just 10 weeks. It includes advice on gear selection, injury management, and mental toughness. Each chapter provides actionable tips to keep motivation high and improve running technique.

6. *The Essential 10-Week Half Marathon Training Guide for Beginners*

This essential guide covers all aspects of half marathon training in a concise 10-week framework. It balances running workouts with strength training and flexibility routines. The book also addresses common beginner challenges and offers solutions to overcome them.

7. *Starting Strong: 10 Weeks to Your First Half Marathon*

With a focus on building confidence and stamina, this book helps beginners prepare for their first half marathon over 10 weeks. It emphasizes proper warm-ups, cool-downs, and injury prevention. The author shares inspiring stories from other novice runners to motivate readers.

8. *From Couch to 13.1: 10-Week Half Marathon Training for Beginners*

Ideal for those transitioning from little or no running experience, this book takes readers from couch to completing a half marathon in 10 weeks. It offers beginner-friendly workout plans, nutritional guidance, and mental strategies to overcome self-doubt. The easy-to-follow approach encourages steady improvement.

9. *Half Marathon Ready: A Beginner's 10-Week Training Program*

This program provides a clear, progressive training plan for beginners aiming to finish a half marathon in 10 weeks. It highlights key workouts such as long runs, tempo runs, and cross-training days. The book also includes tips on race day preparation and pacing to help runners achieve their goals.

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10 week half marathon training for beginners: 10 Week Half Marathon Training for Beginners: Blank Lined Journal Anthony R. Carver, 2018-12-31 6X9 120 blank lined pages in this journal that's so much more than a notebook. Log your miles. Track progress. Diary your diet. Photos can capture a moment in time, but your written word can chronicle your thoughts in an unparalleled way. Scroll up and click the button to BUY TODAY! No need for electricity Never needs charging Won't break if you drop it It will never expire Never need software updates The gift that's actually useful Looks better on a bookshelf than the notebook you picked up at the dollar store The right size for everyone Affordable, thoughtful gift Click on the author's name for more great journal gifts!

10 week half marathon training for beginners: 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.

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10 week half marathon training for beginners: Healthy Mind and Body All-in-One For Dummies Gillian Burn, 2009-12-18 You're sluggish, unhappy, and unfit. You want to change your ways but don't know where to start. Sound like you? With a little bit of motivation, it's possible to revamp your health starting right now – and this time-conscious mind and body bible contains all the tools and advice you need to get you started. Combining the best bits of eight top Dummies self-help titles, Healthy Mind & Body All-In-One For Dummies has got kick-starting your health covered: from eating better and improving your nutrition, to finding your nearest pilates class, being more active day-to-day, and dealing with stresses at work or anxiety at home. You'll have bags more energy and a positive mental attitude to match. So what are you waiting for?! Healthy Mind & Body All-In-One For Dummies includes excerpts from the titles: Nutrition FD The GL Diet FD Fitness FD Yoga FD Pilates FD Stress Management FD Overcoming Anxiety FD Overcoming Depression FD Healthy Mind & Body All-In-One For Dummies covers: Book I: The Importance of Your Health Chapter 1: Understanding the Elements of Healthy Nutrition Chapter 2: Exploring an Active Lifestyle to Boost Your Health Chapter 3: Examining Your State of Mind Book II: Food and Nutrition Chapter 1: The Key Facts About Healthy Nutrition Chapter 2: Knowing What to Eat and What Not to Eat Chapter 3: Exploring How Food Affects Your Health Chapter 4: Taking a Look Inside the GL Diet Chapter 5: Incorporating the GL Diet into your Daily Life Book III: Physical Health Chapter 1: Understanding the Benefits of Being Physically Active Chapter 2: Taking an Active Approach to Fitness Chapter 3: Exploring Types of Exercise to Suit Your Lifestyle Chapter 4: Why Yoga Can Help You Chapter 5:

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10 week half marathon training for beginners: Unbreakable Runner T.J. Murphy, MacKenzie, 2014-09-22 A New York Times Best Seller! Men's Journal Health Book of the Year In Unbreakable Runner, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. Unbreakable Runner challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. Unbreakable Runner includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

10 week half marathon training for beginners: Walk Your Way Fit Sarah Zahab, 2025-07-31 Walk Your Way Fit offers proven walking programs for all fitness levels and goals. It covers topics such as walking form, strength exercises, dynamic warm-ups, active and static stretches, modifications, and amplification tips and strategies, helping readers find enjoyment and success in reaching their health and fitness goals.

10 week half marathon training for beginners: Running for Women 101 HowExpert, Jenni Jacobsen, 2018-03-06 "Running for Women 101" is a complete handbook for women who run. It provides an overview of the unique aspects of women's running and contains research-backed training advice for races of all distances. This how-to guide will teach women how to reach all of their running goals, and it touches on the following topics: • The History of Women's Involvement in Running • Challenges and Benefits of Running for Women • Training for a 5K by Building Speed and Endurance • Increasing Distance to Run a 10K • Mastering the Half Marathon • Committing to Training for a Full Marathon • Optimizing Performance with Nutrition, Sleep, and Weight Training • Running Amidst Life's Challenges Intermediate-level female runners who have been consistently running at least three days per week will find this book to be useful in their training. It includes specific training advice for 5k, 10k, half marathon, and marathon races and provides concrete examples of workouts that are beneficial for women who are training for races of each distance. The book also contains support from groundbreaking scientific studies that have proven the effectiveness of various training methods, so you can be sure the recommendations in this book are based on sound evidence. About the Expert: Jennifer Jacobsen is a wife and mother living in a small town in Northcentral Ohio, and she also happens to be a runner. She works fulltime for a public school but maintains a strong interest in running and physical fitness. She competes in local races throughout Ohio, and while she will run just about any distance, she specializes in the half marathon. Jennifer has won dozens of awards for being the top female finisher in local races, and she manages to keep up with her training while also balancing the demands of being a wife, mother, and professional. She has a passion for health and enjoys sharing her knowledge to help other women live up to their potential. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

10 week half marathon training for beginners: 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.

10 week half marathon training for beginners: No Meat Athlete, Revised and Expanded

Matt Frazier, Matt Ruscigno, 2018-10-02 No Meat Athlete is the plant-based guide you need to perform at your very best, no matter where you are on your fitness journey. Combining proven training plans, easy yet innovative recipes, and motivational stories into a unique fitness guide, healthy-living cookbook, and nutrition primer, No Meat Athlete is perfect for all athletes, from beginner to elite, who want to enjoy the health benefits of a meatless lifestyle. Veganism, already a top food trend and diet, is taking off in the sports world. The lifestyle has been adopted by Olympians, body builders, and boxers, as well as top athletes in the NBA and NFL. Hollywood is on board, too. James Cameron (director of Avatar and Titanic) has produced a film on the topic called The Gamechangers, which follows vegan athletes, including Arnold Schwarzenegger, U.S. Olympian Kendrick James Farris, and surfer Tia Blanco. In No Meat Athlete, author, blogger, and hundred-mile ultramarathoner Matt Frazier will show you the many benefits to embracing a plant-based athletic lifestyle, including: Weight loss, which often leads to increased speed Easier digestion and faster recovery after workouts Improved energy levels to help not only athletic performance, but your daily life Reduced impact on the planet In this revised and updated edition, you'll also find new recipes, advice, and an all-new 12-week strength training plan designed to improve your overall fitness. Section I of the book provides practical advice for transitioning to a plant-based lifestyle, while ensuring you are getting all the nutrition you need. In Section II, Matt delivers training manuals of his own design for runners of all ability levels and ambitions, including tips for creating healthy habits, improving performance, and avoiding injuries. No Meat Athlete is your road map to top-notch performance, the plant-based way!

10 week half marathon training for beginners: Running for a Higher Purpose

Thomas John Paprocki, 2021-03-26 What if you could improve your physical health while deepening your spiritual life? In Running for a Higher Purpose, Most Rev. Thomas John Paprocki, Catholic bishop of Springfield—a marathon runner and hockey player—shares how the simple discipline of running can help you unlock profound spiritual benefits. Paprocki took up running as a teenager for his health; he ran his first marathon in his forties. Along the way he discovered that improving your physical health through running is a way to honor God and grow deeper in your spiritual life. Perfect for those who want to try running for the first time as well as for more experienced runners who want to set goals for a new challenge, Running for a Higher Purpose offers eight steps to reach spiritual and physical fitness. Review - Review where you are. Reform - Identify how to improve. Resolve - Resolve to put change into effect. Repeat - Don't quit. Renew - Renew your physical and spiritual wellness. Relax - Balance physical and spiritual exercise with the need to rest. Reward - Feel personal satisfaction and reward by achieving your goals. Rejoice - Integrating a sound mind in a sound body leads to eternal happiness. Each chapter includes an inspirational quotation, a personal promise statement, and a prayer.

10 week half marathon training for beginners: 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!

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10 week half marathon training for beginners: Runner's World Complete Book of Beginning Running Amby Burfoot, 2005-03-02 A handbook for novice runners guides the beginner through the fundamental techniques and equipment of the sport, covering such topics as selecting the right shoes, preventing injury, nutrition, training advice, and preparing for a race.

10 week half marathon training for beginners: Kara Goucher's Running for Women Kara Goucher, 2011-04-05 GET FIT, GET FAST, AND GO FARTHER WITH OLYMPIC RUNNER KARA GOUCHER’S COMPREHENSIVE GUIDE TO RUNNING FOR WOMEN KARA GOUCHER is crazy, madly, head-over-heels in love with running, and she wants to help you feel that love, too. Whether you’re just getting started or already a seasoned runner, this is the book that will take you to the next level. Kara Goucher’s *Running for Women* contains her expertise, tips, and tricks targeted specifically at female runners to help you become a better, happier, healthier, and more fulfilled runner. She’ll teach you how to: • GET STARTED WITH THE RIGHT GEAR • BUILD A SUCCESSFUL SUPPORT TEAM • FIND THE RIGHT TRAINING PROGRAM FOR YOU • OVERCOME PSYCHOLOGICAL SETBACKS • BALANCE RUNNING WITH FAMILY AND WORK • AND MUCH MORE Designed to fit your busy lifestyle, Kara Goucher’s *Running for Women* is packed with quick tips, pearls of running wisdom, and sample training schedules and nutrition plans, as well as sections dedicated to running during and after pregnancy, managing the special challenges of the female athlete’s body, and maintaining a balance between sporting and family life. Kara Goucher’s *Running for Women* is the ultimate guide for women who want to train for the gold or simply discover their personal best.

10 week half marathon training for beginners: Investigation of the Inter-individual Variability of Physiological Responses to Changes in Activity Levels-, Gravity Loading-, Nutritional Status, Pharmaceuticals and Exposure to Radiation Tobias Weber, Sarah Baatout, Audrey Bergouignan, David Andrew Green, Jonathan Paul Richard Scott, Virginia Wotring, 2022-05-06

10 week half marathon training for beginners: Run Like a Mother Dimity McDowell, Sarah Bowen Shea, 2010-09-14 Two elite runners share inspirational advice and practical strategies to help multitasking women make running part of their busy lives. Dimity McDowell and Sarah Bowen Shea understand how the forces of everyday life—both external and internal—can keep a wife, mother, or working woman from lacing up her shoes and going for a run. As multihyphenates themselves, they have faced the same challenges. In *Run Like a Mother*, they share their running expertise and real-world experience in ensuring that running is part of their lives. More than a simple running guide, *Run Like a Mother* is like a friendly conversation aimed at strengthening a woman's inner athlete. Real achievement is a healthy mix of inspiration and perspiration, which is why the authors have grounded *Run Like a Mother* in a host of practical tips on shoes, training, racing, nutrition, and injuries, all designed to help women balance running with their professional

and personal lives./

10 week half marathon training for beginners: Runner's World , 2006-03 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

10 week half marathon training for beginners: 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.

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