

24 week half marathon training

24 week half marathon training is an ideal approach for runners aiming to complete a half marathon successfully, whether it's their first race or a new personal best. This comprehensive guide explores the advantages of a 24-week training plan, details weekly schedules, and addresses key aspects such as nutrition, injury prevention, gear selection, and race-day strategies. By extending your preparation over 24 weeks, you gain time to build endurance, strength, and confidence, reducing the risk of injury and maximizing your performance. The article covers everything from essential running gear to recovery techniques and provides expert tips for staying motivated throughout your journey. Whether you're a beginner or an experienced runner looking to optimize your training, this resource is designed to help you achieve your half marathon goals with structured planning and practical advice. Read on for a full breakdown of what to expect from a 24 week half marathon training program, including step-by-step guidance and actionable tips for every phase of your preparation.

- Understanding 24 Week Half Marathon Training
- Benefits of a 24 Week Training Plan
- Weekly Breakdown: Structure and Progression
- Key Components of Effective Half Marathon Training
- Nutrition and Hydration Strategies
- Injury Prevention and Recovery Techniques
- Essential Running Gear for Training Success
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Understanding 24 Week Half Marathon Training

A 24 week half marathon training plan is structured to provide gradual progression for runners of all levels. This extended timeline allows for a balanced development of endurance, speed, and strength while minimizing injury risks. The program is designed to accommodate busy schedules and varying fitness

levels, offering flexibility and adaptability for each runner. Training over 24 weeks gives your body ample time to adjust to increased mileage and intensity, making the transition smoother and more sustainable. The plan typically includes a combination of easy runs, long runs, interval workouts, cross-training, and rest days, creating a holistic approach that supports both physical and mental preparedness.

Benefits of a 24 Week Training Plan

Opting for a 24 week half marathon training program brings multiple advantages, especially for those new to distance running or seeking a safer, more thorough preparation. The extended schedule prevents abrupt increases in mileage, which can lead to overuse injuries. It also facilitates consistent progress, allowing runners to adapt at their own pace.

- Reduced risk of injury through gradual mileage increases
- Improved cardiovascular endurance and muscular strength
- Better adaptation to training intensity and volume
- Enhanced mental readiness for the rigors of half marathon racing
- Greater flexibility to accommodate setbacks or missed sessions

These benefits make the 24 week plan suitable for both beginners and experienced athletes who want to maximize their performance with a comprehensive approach.

Weekly Breakdown: Structure and Progression

The 24 week plan is typically divided into three main phases: base building, peak training, and tapering. Each phase has distinct goals and training focuses, ensuring well-rounded development and race readiness.

Base Building (Weeks 1–8)

During the initial phase, the emphasis is on establishing a solid aerobic foundation. Runners start with lower mileage and easy-paced runs, gradually increasing distance and frequency. Cross-training activities such as cycling, swimming, or strength training are encouraged to enhance overall fitness and reduce the monotony of running.

Peak Training (Weeks 9–20)

In the middle phase, the training intensity and volume increase steadily. Long runs become longer, and interval workouts are introduced to boost speed and stamina. The focus shifts towards race-specific workouts, including tempo runs and hill training, to build strength and resilience.

Tapering and Race Preparation (Weeks 21–24)

The final phase involves reducing mileage and intensity to allow the body to recover and store energy for race day. Tapering helps prevent fatigue and ensures you arrive at the starting line feeling fresh and confident.

1. Weeks 1–8: Establish base mileage and aerobic endurance
2. Weeks 9–20: Increase intensity, introduce speedwork, and extend long runs
3. Weeks 21–24: Taper, recover, and mentally prepare for race day

Key Components of Effective Half Marathon Training

A successful 24 week half marathon training plan incorporates various workout types and recovery strategies to ensure comprehensive development. Balancing different training elements is crucial for optimal results.

Endurance Runs

Weekly long runs form the backbone of half marathon training. Gradually increasing the distance builds the stamina needed to complete the race comfortably. These runs are performed at a relaxed pace to promote aerobic development.

Speed Workouts

Interval and tempo runs are essential for improving running economy and race pace. Speedwork involves short bursts of high-intensity running, while tempo runs are sustained efforts at a challenging but manageable pace.

Cross-Training

Incorporating activities like cycling, swimming, or yoga helps prevent burnout and supports overall conditioning. Cross-training also reduces impact on joints and muscles, promoting recovery and injury prevention.

Rest and Recovery

Scheduled rest days and recovery weeks allow the body to heal and adapt to training stresses. Ignoring recovery can lead to overtraining and setbacks, making it a non-negotiable aspect of any effective plan.

Nutrition and Hydration Strategies

Optimizing nutrition and hydration is vital for sustaining energy and promoting recovery during half marathon training. Consuming a balanced diet and staying hydrated throughout the 24 weeks supports performance and overall health.

Macronutrient Balance

A well-rounded diet should include adequate carbohydrates for energy, protein for muscle repair, and healthy fats for sustained endurance. Timing meals and snacks around workouts ensures optimal fuel availability.

Hydration Practices

Maintaining proper hydration before, during, and after runs helps regulate body temperature and prevent cramps. Electrolyte-rich beverages may be necessary for longer workouts, especially in hot conditions.

Race Week Nutrition

In the final week, focus on carbohydrate-rich meals to top off glycogen stores. Avoid unfamiliar foods and experiment with race-day breakfast during training to find what works best for you.

Injury Prevention and Recovery Techniques

Preventing injury is paramount in long-term training plans. A 24 week schedule allows for proactive measures to keep runners healthy and progressing.

Warm-Up and Cool-Down

Dynamic stretching before workouts prepares muscles for activity, while static stretches afterward aid recovery and flexibility. A proper warm-up routine reduces the risk of strains and sprains.

Strength Training

Regular strength exercises targeting the core, legs, and hips can improve running form and decrease injury risk. Incorporating resistance training two to three times per week is recommended.

Rest and Rehabilitation

Listen to your body and address minor aches promptly. Rest days, foam rolling, and massage can accelerate recovery and help maintain consistent training.

Essential Running Gear for Training Success

The right gear can enhance comfort, reduce injury risk, and boost confidence throughout your half marathon training. Investing in quality equipment is crucial for an enjoyable experience.

- Properly fitted running shoes suited to your gait and foot type
- Moisture-wicking clothing for various weather conditions
- Supportive socks to prevent blisters
- GPS watch or fitness tracker for monitoring progress
- Hydration systems (bottles, belts, or vests) for longer runs
- Reflective gear for low-light safety

Regularly evaluate your gear and replace worn items as needed to maintain optimal performance.

Race Day Preparation and Strategies

Preparing for race day involves more than just physical training. Strategic planning ensures you arrive confident and ready to perform your best.

Pre-Race Checklist

Assemble all necessary gear, review the course map, and finalize travel arrangements. Practice your morning routine and race-day nutrition in advance to avoid surprises.

Pacing Strategies

Establish realistic pace goals based on training results. Start conservatively to avoid early fatigue, maintaining steady effort throughout the race for optimal performance.

Mental Focus

Visualize success and use positive affirmations to stay motivated. Break the race into manageable segments to maintain focus and determination.

Motivation and Mental Preparation

Staying motivated during a 24 week half marathon training program requires commitment and mental fortitude. Set clear goals and track your progress to maintain enthusiasm.

Setting Milestones

Divide the plan into smaller milestones, celebrating each achievement to boost morale. Regularly assess your progress and adjust goals as needed.

Community Support

Joining a running group or seeking accountability through friends and family can provide encouragement

and camaraderie throughout your journey.

Mindfulness Techniques

Incorporate visualization, meditation, and relaxation exercises to manage stress and maintain mental clarity during training and on race day.

Questions & Answers about 24 Week Half Marathon Training

Q: Who should follow a 24 week half marathon training plan?

A: A 24 week half marathon training plan is ideal for beginners, runners returning from injury, or anyone seeking a gradual, injury-free buildup to a half marathon. It's also beneficial for experienced runners aiming for a structured and comprehensive program.

Q: What is the typical weekly mileage in a 24 week half marathon training plan?

A: Weekly mileage varies, starting as low as 10–15 miles in the early weeks and gradually increasing to peak at 25–35 miles, depending on experience and goals. The plan allows for steady progression without abrupt mileage jumps.

Q: How important is cross-training in a 24 week program?

A: Cross-training is highly recommended in a 24 week plan. Activities like cycling, swimming, and yoga support overall conditioning, prevent burnout, and help reduce injury risk by balancing running stresses.

Q: Can I customize the plan based on my fitness level?

A: Yes, the 24 week half marathon training plan is highly adaptable. Runners can adjust mileage, intensity, and cross-training days to fit their individual needs, making it suitable for all fitness levels.

Q: What should I eat during training to optimize performance?

A: Focus on a balanced diet rich in carbohydrates, lean proteins, and healthy fats. Proper hydration and timely fueling before, during, and after workouts are essential for optimal performance and recovery.

Q: How do I avoid injuries during half marathon training?

A: Gradual mileage increases, proper warm-up/cool-down routines, strength training, rest days, and attentive gear selection are key strategies for minimizing injury risk throughout the 24 weeks.

Q: What is the purpose of the tapering phase?

A: The tapering phase, typically the last 3–4 weeks, reduces training volume and intensity to allow the body to recover, repair, and store energy for peak performance on race day.

Q: How can I stay motivated throughout 24 weeks of training?

A: Setting milestones, joining a running community, tracking progress, and using mental strategies like visualization and positive self-talk help maintain motivation and consistency.

Q: What gear is essential for half marathon training?

A: Essential gear includes properly fitted running shoes, moisture-wicking clothing, supportive socks, GPS watches, hydration systems, and weather-appropriate accessories for comfort and safety.

Q: Should I consult a coach or medical professional before starting?

A: Consulting a coach or healthcare provider is advisable, especially for beginners or those with previous injuries, to ensure the plan matches your health status and goals.

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24-Week Half Marathon Training Plan: Your Journey to Success

Are you dreaming of crossing that half-marathon finish line? The thrill of conquering 13.1 miles is an incredible achievement, but it requires a dedicated training plan. This comprehensive 24-week half

marathon training schedule provides a structured approach, guiding you from beginner to finisher. We'll cover everything from building a solid base to incorporating speed work and rest, ensuring you're prepared for race day while minimizing injury risk. This isn't just a plan; it's your personalized roadmap to success.

Phase 1: Building Your Foundation (Weeks 1-8)

This initial phase focuses on establishing a consistent running routine and building aerobic endurance. It's crucial to avoid overtraining during these early weeks.

Week 1-4: Establishing a Base

Goal: Build consistency and familiarize yourself with running.

Training: Start with 3 runs per week, alternating between easy runs and rest days. Gradually increase your mileage by 10-20% each week. Focus on comfortable pace, not speed.

Example Week: Monday: Rest, Tuesday: 3 miles easy, Wednesday: Rest, Thursday: 2 miles easy, Friday: Rest, Saturday: 4 miles easy, Sunday: Long run (5 miles).

Week 5-8: Increasing Mileage and Introducing Cross-Training

Goal: Gradually increase weekly mileage and introduce cross-training activities to enhance strength and prevent injury.

Training: Increase your long run distance by 1-2 miles each week. Incorporate cross-training activities like swimming, cycling, or strength training 1-2 times per week.

Example Week: Monday: Strength Training, Tuesday: 4 miles easy, Wednesday: Swimming, Thursday: 3 miles easy, Friday: Rest, Saturday: 6 miles easy, Sunday: Long run (7 miles).

Phase 2: Increasing Intensity (Weeks 9-16)

This phase introduces speed work and interval training to improve your pace and running efficiency.

Week 9-12: Incorporating Speed Work

Goal: Improve speed and stamina.

Training: Include 1-2 speed workouts per week. This could involve interval training (alternating high-intensity bursts with recovery periods) or tempo runs (sustained effort at a comfortably hard pace).

Example: 8 x 400m repeats with equal rest periods.

Week 13-16: Hill Repeats and Tempo Runs

Goal: Build strength and endurance for varied terrain.

Training: Incorporate hill repeats (running uphill at a challenging pace, then recovering on the

downhill) and longer tempo runs. Continue to increase your long run distance gradually. Example: 6 x hill repeats (moderate incline), followed by a 4-mile tempo run.

Phase 3: Peak Training and Tapering (Weeks 17-24)

The final phase involves maximizing your fitness level and then strategically tapering your training to ensure you're fresh and energized for race day.

Week 17-20: Peak Mileage and Maintaining Intensity

Goal: Reach your peak weekly mileage while maintaining speed work.

Training: Maintain your speed work and continue increasing your long runs, gradually reaching your longest run of the training plan (potentially 10-12 miles).

Week 21-24: Tapering

Goal: Allow your body to recover and store energy for the race.

Training: Gradually reduce your mileage and intensity over the final three weeks. Focus on shorter, easier runs and prioritize rest and recovery. The week before the race should consist of very short, easy runs.

Race Week Strategy

The week leading up to the race is crucial. Prioritize rest, hydration, and proper nutrition. Lay out your race-day outfit, and visualize yourself successfully completing the half marathon.

Conclusion

This 24-week half marathon training plan offers a structured and progressive approach to help you achieve your goal. Remember consistency is key. Listen to your body, don't hesitate to adjust the plan based on your individual needs, and most importantly, enjoy the journey! Remember to consult with your doctor or physical therapist before starting any new workout routine.

FAQs

1. Can I modify this plan if I'm a complete beginner? Yes, absolutely. If you're new to running, start with shorter distances and build up gradually. You might need to extend the initial base-building phase.
2. What should I eat before, during, and after my runs? Focus on a balanced diet rich in carbohydrates for energy. Before runs, eat easily digestible foods. During longer runs, consider energy gels or chews. After runs, replenish glycogen stores with carbohydrates and protein.
3. How important is stretching and foam rolling? Stretching and foam rolling are crucial for injury prevention and recovery. Incorporate these activities both before and after your runs.
4. What if I miss a run? Don't panic! Life happens. Just get back on track as soon as possible. It's better to miss one run than to risk injury by pushing yourself too hard when you're tired.
5. What kind of running shoes should I wear? Invest in a good pair of running shoes that fit properly and provide adequate support. Visit a specialty running store to get fitted for the right shoe type for your foot and running style.

24 week half marathon training: 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.

24 week half marathon training: Run to the Finish Amanda Brooks, 2020-03-03 Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

24 week half marathon training: Advanced Marathoning Pete Pfitzinger, Scott Douglas, 2008-12-19 Shave minutes off your time using the latest in science-based training for serious runners. Advanced Marathoning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathoning provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathoning is simply the most comprehensive and efficient approach to marathon training. If you're ready to achieve your personal best, this book is for you.

24 week half marathon training: Faster Road Racing Pete Pfitzinger, Philip Latter, 2014-11-24 Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for Running Times, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. Faster Road Racing: 5K to Half Marathon

presents easy-to-follow programs proven to give you an edge in your next race. You'll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger's multi-race, multi-distance training plans are invaluable. Faster Road Racing is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

24 week half marathon training: Hansons Marathon Method Humphrey Luke, 2012-11-27 In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. Hansons Marathon Method offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. Hansons Marathon Method does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

24 week half marathon training: 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.

24 week half marathon training: Daniels' Running Formula Jack Daniels, 2014 Recommended by Runner's World magazine as the best training book by the world's greatest coach, Daniels' Running Formula provides an expert training and racing blueprint for dedicated runners of all abilities.

24 week half marathon training: Runner's World Run Less Run Faster Bill Pierce, Scott Murr, 2021-01-19 Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the 3 plus 2 program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve

endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program the most detailed, well-organized, and scientific training program for runners that I have ever seen.

24 week half marathon training: Marathon Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

24 week half marathon training: *The Run Walk Run® Method* Jeff Galloway, 2016-05-23 Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

24 week half marathon training: *Marathon* David A. Smith, 1982

24 week half marathon training: No Meat Athlete Matt Frazier, Matt Ruscigno, 2013-10 Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: Weight loss, which often leads to increased speed; Easier digestion and faster recovery after workouts; Improved energy levels to help with not just athletic performance but your day-to-day life; Reduced impact on the planet. Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way--

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

miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs.

24 week half marathon training: 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.

24 week half marathon training: 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.

24 week half marathon training: 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 training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. 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. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad 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, Run Faster 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!

24 week half marathon training: 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.

24 week half marathon training: *Healthy Tipping Point* Caitlin Boyle, 2012-05-01 Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of *Operation Beautiful*. In *Healthy Tipping Point*, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, *Healthy Tipping Point* provides the drive to thrive.

24 week half marathon training: *Training for the Uphill Athlete* Steve House, Scott Johnston, Kilian Jornet, 2019-03-12 Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski mountaineering, and other endurance sports that require optimum fitness and customized strength

24 week half marathon training: *Train Like a Mother* Dmitry McDowell, Sarah Bowen Shea, 2012-03-20 The authors of *Run Like a Mother* share a comprehensive guide to race training for busy runners of all experience levels. In *Train Like a Mother*, elite runners Dmitry McDowell and Sarah Bowen Shea offer inspiration and practical advice on how to run a race—from training plan to finish line. Covering four race distances (5K, 10K, half-marathon, and marathon), they discuss pre- and post-race nutrition; strength training; injury prevention (and rehab); the importance of recovery; and everything busy women need to know to add racing to their multitasking schedules. It is all presented with the same wit, empathy, and tone the avid fans connect and identify with.

24 week half marathon training: *Hansons First Marathon* Luke Humphrey, Keith Hanson, Kevin Hanson, 2018-10-12 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

controlMarathons 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.

24 week half marathon training: Hal Higdon's How to Train Hal Higdon, 1997 Describes twenty-four training programs designed for different sports, types of people, and goals

24 week half marathon training: Runner's World Train Smart, Run Forever Bill Pierce, Scott Murr, Editors of Runner's World Maga, 2017-04-04 From the experts at the Furman Institute of Running and Scientific Training (FIRST), Runner's World Train Smart, Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential. This book will teach you how to become a fit, fast, and healthy lifelong runner by following the authors' innovative 7-hour workout week. In this new approach, Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner. Runner's World Train Smart, Run Forever is appropriate for all runners, but is especially helpful if you're frustrated by injuries or looking to maintain your healthy lifestyle as you age. This book addresses the controversies surrounding the dangers of overtraining and the stress associated with the constant craving for faster race times. Complete with a comprehensive program to enhance overall fitness, improve race times, and support healthy aging, this book will show you how to achieve your fitness goals at any stage.

24 week half marathon training: Marathoning for Mortals John Bingham, Jenny Hadfield, 2003-05-02 Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In Marathoning for Mortals, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In Marathoning for Mortals, you'll find: • 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon • The advice you need to physically, mentally, and spiritually reach your dreams • Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods • Guidance for common motivational, physical, and emotional roadblocks Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

24 week half marathon training: Running Your First Marathon Andrew Kastor, 2018-01-09 Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Just as Andrew has helped me on my journey, he is sure to help you on yours.—Ryan Hall, US Olympic Marathoner, holder of the US record in the half marathon, and marathon training expert As a marathon training coach for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor's marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, Running Your First Marathon is the only coaching you'll need to go the distance. Running Your First Marathon lays out a goal-oriented marathon training program with: A 20-Week Marathon Training Program—detailed day-by-day marathon training schedules and space to track your progress Marathon Training 101—advice and tips from world-class marathoners on marathon training, fueling your body, avoiding injury, and race-day preparation Motivational Marathon Training Boosts—from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential.—Shalane Flanagan, Olympic Silver Medalist, NYC Marathon champion, American record holder, and marathon training pro

24 week half marathon training: Once a Runner John L. Parker, 2009-04-07 The undisputed classic of running novels and one of the most beloved sports books ever published, Once a Runner tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by

the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

24 week half marathon training: *Running Outside the Comfort Zone* Susan Lacke, 2019-03-27 I laughed, I cried and I was 100% re-inspired to stick with my own personal fitness goals *Running Outside the Comfort Zone* uncovers the brash, bold, and very human sides of running, and along the way Susan Lacke rekindles her own crush on America's favorite all-comers sport. Running offers much more than road racing! After a decade of writing about running, sports columnist Susan Lacke found herself in a serious running rut. The runners around her seemed to be thriving, setting goals, and having fun, but her own interest in running was lackluster. Seeking to reengage with the sport she once loved, Lacke spends a year exploring running in its many shapes and forms, taking on running challenges that scare her, push her, and downright embarrass her. From races with giant cheese wheels to a regional wife-carrying competition, a naked 5K to climbing the dark stairwells of the Empire State Building, Lacke's brave forays and misadventures are chronicled in wondrous and funny stories.

24 week half marathon training: *The 9-Mile Marathon* M Marlies N Kort, 2018-04-25 In the RUNNING society most people will tell you what 9-MILERS are doing is IMPOSSIBLE. Running solid marathons without those endless long and slow 18+ mile training runs. Yet it's happening EVERY DAY! 9-Milers are the REBELS. The 'Crazy Ones'. The round pegs in the square holes. They're NOT fond of the traditional running rules. 9-Milers CHANGE things. They PUSH things FORWARD. You can't ignore them. 9-MILERS want to HAVING IT ALL. Living a busy LIFE with work, FAMILY and friends, AND enjoy the THRILL of running marathons at THE BIG EVENTS. Feeling GREAT. POWERFUL. Finish STRONG. FIT. Maybe even FASTER than they EVER thought POSSIBLE. Author and founder of 9MILER4LIFE Marlies Kort, 2h47 marathon finisher and Ironman 70.3 World Champion F40-44, doesn't want to CHANGE the way you're training today. With *The 9-Mile Marathon Training System* Marlies Kort wants to replace it with something TOTALLY NEW; training, running and 'living' *The 9-Miler Way*.

24 week half marathon training: *Training Essentials for Ultrarunning* Jason Koop, 2016-05-01 When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book *Training Essentials for Ultrarunning*. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want. Ultramarathon requires a new and specific approach to training. *Training Essentials for Ultrarunning* will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances. Packed with practical advice and vetted training methods, *Training Essentials for Ultrarunning* is the new, must-have resource for first-timers and ultramarathon veterans. Runners using *Training Essentials for Ultrarunning* will gain much more than Koop's training approach:

- The science behind ultramarathon performance.
- Common ultramarathon failure points and how to solve them.
- How to use interval training to focus workouts, make gains, reduce injuries, and race faster.
- Simple, effective fueling and hydration strategies.
- Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis.
- How to plan your ultra season for better

racing. · Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100. · How to achieve your goal, whether it's finishing or winning. A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, *Training Essentials for Ultrarunning* is the go-to guide for first-time ultrarunners and competitive ultramarathoners.

24 week half marathon training: *The Happy Runner* Roche, David, Roche, Megan, 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

24 week half marathon training: *Half Marathon Training Journal* Running Log, 2019-05-21 *Half Marathon Training Journal: Running Log Book To Daily Record Tracker Notebook* This undated *Half Marathon Training Journal* logbook is a perfect way to help runners track progress as they train for that big race. This 12 week planner or diary can help you keep all your important data all in one place. We all know every runner loves to journal everything, as it's a great way to set goals, keeping you accountable and feel accomplished. Journaling your run workout and fitness exercise is key and an important part of your training. The interior includes an overview training schedule for 12 weeks and a section for your half marathon race information. Also includes daily pages to record distance, speed, route, weather conditions, start and end time, pace and sections for notes and personal thoughts for writing any other info you will want to write such as heart rate, calories burned, asthma condition, soreness, type of running shoes etc. Also has a lined reflection page at the end. Easy to use. Makes an excellent gift for that special runner in your life who is training for a half marathon. Get your copy to day! Features: size 6x9 inches, 75 pages, white paper, soft matte finish cover, paperback.

24 week half marathon training: *The Wellness Revelation* Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. *The Wellness Revelation* will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

24 week half marathon training: *FASTER Way to Fat Loss* Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter *The FASTER Way to Fat Loss*, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up.

Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

24 week half marathon training: 80/20 Triathlon Matt Fitzgerald, David Warden, 2018-09-18 A breakthrough program for triathletes -- beginner, intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are caught in the so-called moderate-intensity rut, spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance--Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

24 week half marathon training: Sally's Baking Addiction Sally McKenney, 2016-10-11 Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

24 week half marathon training: Jane's Patisserie Jane Dunn, 2021-08-05 The fastest selling baking book of all time, from social media sensation Jane's Patisserie 'This will be the most-loved baking book in your stash!' - Zoë Sugg 'The Mary Berry of the Instagram age' - The Times Life is what you bake it - so bake it sweet! Discover how to make life sweet with 100 delicious bakes, cakes and treats from baking blogger, Jane. Jane's recipes are loved for being easy, customisable, and packed with your favourite flavours. Covering everything from gooey cookies and celebration cakes with a dreamy drip finish, to fluffy cupcakes and creamy no-bake cheesecakes, Jane's Patisserie is easy baking for everyone. Whether you're looking for a salted caramel fix, or a spicy biscoff bake, this book has everything you need to create iconic bakes and become a star baker. Includes new and exclusive recipes requested by her followers and the most popular classics from her blog - NYC Cookies, No-Bake Biscoff Cheesecake, Salted Caramel Drip Cake and more!

24 week half marathon training: Diet Cults Matt Fitzgerald, 2014-05-15 From “The Four Hour Body,” to “Atkins,” there are diet cults to match seemingly any mood and personality type. Everywhere we turn, someone is preaching the “One True Way” to eat for maximum health. Paleo Diet advocates tell us that all foods less than 12,000 years old are the enemy. Low-carb gurus demonize carbs, then there are the low-fat prophets. But they agree on one thing: there is only one true way to eat for maximum health. The first clue that that is a fallacy is the sheer variety of diets advocated. Indeed, while all of these competing views claim to be backed by “science,” a good look at actual nutritional science itself suggests that it is impossible to identify a single best way to eat. Fitzgerald advocates an agnostic, rational approach to eating habits, based on one’s own habits, life-style, and genetics/body type. Many professional athletes already practice this “Good Enough” diet, and now we can too and ditch the brainwashing of these diet cults for good.

24 week half marathon training: Training for the New Alpinism Steve House, Scott

Johnston, 2014-03-11 In Training for the New Alpinism, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

24 week half marathon training: Rise and Run Shalane Flanagan, Elyse Kopecky, 2021-10-26 NEW YORK TIMES BESTSELLER • A cookbook and training manual dedicated to helping you revamp your morning routine, from the authors of Run Fast. Cook Fast. Eat Slow. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE WASHINGTON POST Shalane Flanagan and Elyse Kopecky believe (and science confirms) that what you eat at the start of the day impacts everything: your mood, your work output, your cravings, your sleep, and even your long-term health. In Rise and Run, discover a better a.m. routine and nourish your entire day with more than 100 recipes for nutrient-dense breakfasts, recovery drinks, packable snacks, and best-of-all: twenty-four new Superhero Muffin recipes (both savory and sweet). These veggie-forward recipes can also double as lunch or dinner. Think Savory Red Lentil Oatmeal, Tempeh Sausage, Brunch Power Salad, Pesto Zucchini Superhero Muffins, Everything Bagel Muffins, and homemade breads, biscuits, cookies, and bars. Every recipe includes make-ahead tips for busy families, and they are crafted with the ideal balance of protein, complex carbs, and healthy fats to keep you sustained. But Shalane and Elyse don't just leave it there. Along with recipes, they share expert advice from trainers and pros, as well as morning rituals, intention-setting tools, predawn running tricks, and injury-prevention advice. And, to top it off, Rise and Run includes a fourteen-week marathon-training program designed by Shalane that will have you breaking personal bests. This book will teach athletes how to spend more time chasing the sunrise—without sacrificing the most important meal of the day.

24 week half marathon training: The Competitive Runner's Handbook Bob Glover, Pete Schuder, 1983 Includes sample workouts, training tips, and racing strategies as well as good charts and tables with race-pace splits.

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