

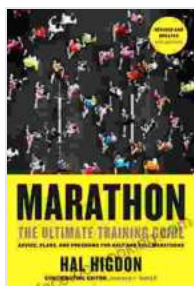
# Prepare for the Journey of a Lifetime with "Advice, Plans, and Programs for Half and Full Marathons"

## Break Through Barriers and Achieve Your Marathon Goals

Embarking on a half or full marathon is a transformative experience, but it requires careful planning and unwavering determination. "Advice, Plans, and Programs for Half and Full Marathons" is the ultimate guide for every aspiring runner, providing a comprehensive roadmap to success.

## Expert Guidance and Proven Strategies

Written by experienced and accomplished runners, this book distills decades of knowledge and proven strategies into an accessible and actionable blueprint. It covers every aspect of marathon training, from setting realistic goals to designing personalized plans to overcoming mental and physical challenges.



## Marathon, Revised and Updated 5th Edition: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons by Hal Higdon

★★★★☆ 4.6 out of 5

Language	: English
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
File size	: 24977 KB
Screen Reader	: Supported
Print length	: 340 pages



Inside, you'll find:

- Detailed training plans for half and full marathons at various fitness levels
- Expert advice on nutrition, hydration, injury prevention, and gear selection
- Motivation and inspiration to keep you going on those tough days
- Practical tips for managing race day logistics and maximizing your race-day performance

### **Tailored Plans for Every Runner**

Whether you're a seasoned pro or a complete beginner, "Advice, Plans, and Programs for Half and Full Marathons" has something for everyone. The plans are carefully crafted to cater to different fitness levels, time constraints, and personal preferences.

Whether you have months or just a few weeks to prepare, this book provides flexible options that allow you to tailor your training to your individual needs. From couch to marathon in 16 weeks to progressive plans for experienced runners, you'll find a plan that fits your journey.

### **Unleash Your Potential and Cross the Finish Line**

Running a half or full marathon is not just about completing a race; it's about pushing your limits, overcoming challenges, and achieving your

personal best. "Advice, Plans, and Programs for Half and Full Marathons" will empower you to:

- Gain confidence in your ability to run long distances
- Develop a strong and resilient physique that can withstand the rigors of marathon training
- Enhance your mental toughness and overcome obstacles along the way
- Experience the exhilaration and satisfaction of crossing the finish line

## **Free Download Your Copy Today and Embark on Your Marathon Adventure**

Free Download now and receive "Advice, Plans, and Programs for Half and Full Marathons" today. Kickstart your training, achieve your goals, and embark on a journey that will transform your life.

## **Additional Resources**

- Half Marathon Training Plan for Beginners
- Full Marathon Training Plan for Experienced Runners
- Tips for Preventing Running Injuries
- The Ultimate Guide to Marathon Nutrition

## **Testimonials**

"'Advice, Plans, and Programs for Half and Full Marathons' was my saving grace. I had always wanted to run a marathon, but I didn't know where to start. This book provided me with everything I needed to know, and the

plan was perfect for my fitness level." - **Sarah Jones, Half Marathon Finisher**

"As a seasoned runner, I found the advanced training plans in this book to be invaluable. The expert advice on injury prevention and race-day strategy helped me achieve my best marathon time yet." - **John Smith, Full Marathon Finisher**

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## **Image Alt Attributes**



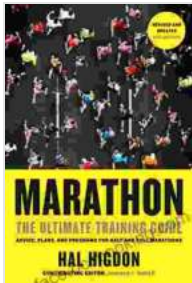
# BEGINNER MARATHON TRAINING PLAN

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	UB	3M	4M + LB	4M	OFF	3M	6M
2	UB	3M	5M + LB	3M	OFF	3M	7M
3	UB	FARTLEK 4M	5M + LB	3M	OFF	3M	8M
4	UB	FARTLEK 4M	3M + LB	4M	OFF	3M	10M
5	UB	4-5 HILLS 5-10K PACE	3M + LB	4M	OFF	3M	12M
6	UB	3-4 LONG HILLS 5-10K PACE	4M + LB	6M	OFF	5M	5M
7	UB	3 X HILLS 5-10K PACE	3M + LB	5M	OFF	3M	15M
8	UB	6M	3M + LB	6M	OFF	5M	7M
9	UB	5-8 HILLS 5-10K PACE	4M + LB	7M	OFF	3M	18M
10	UB	7M	6M + LB	7M	OFF	6M	9M
11	UB	4-5 LONG HILLS 5-10K PACE	5M + LB	8M	OFF	3M	20M
12	UB	3 X HILLS 5-10K PACE	5M + LB	8M	OFF	3M	10M
13	UB	6 X 800M 5-10K PACE	6M + LB	8M	OFF	3M	22M
14	UB	7M	5M + LB	8M	OFF	5M	10M
15	UB	6 X 800M 5-10K PACE	6M + LB	8M	OFF	3M	24M
16	UB	4 X HILLS 5-10K PACE	7M + LB	10M	OFF	4M	10M
17	UB	5M	3M + LB	5M	OFF	3M	26M
18	UB	6M	3M + LB	8M	OFF	4M	12M
19	UB	5M	4M + LB	6M	OFF	3M	12M
20	UB	FARTLEK 5M	4M	OFF	OFF	2M	RACE

## NOTES

- UB: Light upper body strength workout
- LB: Heavy lower body strength workout





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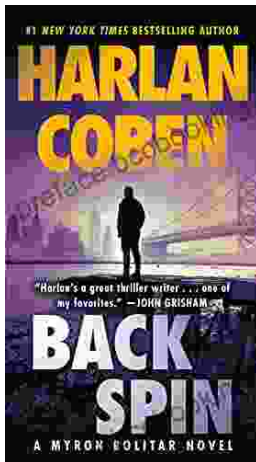






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