COUCH TO HALF MARATHON 15 WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	10 x 2 min walk 1 min run	Rest Day	10 x 2 min walk 1 min run	Strength Training	Rest Day	Long Run 1.5 Miles
2	Rest Day	15 x 1 min walk 1 min run	Rest Day	15 x 1 min walk 1 min run	Strength Training	15 x 1 min walk 1 min run	Long Run 2 Miles
3	Rest Day	15 x 0.5 min walk 1.5 min run	Rest Day	15 x 0.5 min walk 1.5 min run	Strength Training	15 x 0.5 min walk 1.5 min run	Long Run 2.5 Miles
4	Rest Day	10 x 1 min walk 2 min run	Rest Day	10 x 1 min walk 2 min run	Strength Training	Rest Day	5k
5	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	Strength Training	Long Run 4 Miles
6	Rest Day	Training Run 2.5 miles	Training Run 1.5 miles	Rest Day	Training Run 2.5 miles	Strength Training	Long Run 4.5 Miles
7	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 Miles
8	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	10%
9	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 5 Miles
LO	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 7 Miles
LIL	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
L2	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 6 Miles
L3	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 11 Miles
14	Rest Day	Training Run 4 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
L5	Rest Day	Training Run 3 miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	Half Marathon 13.1 Miles

Training Runs should be done at a comfortable, sustainable pace:

3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE. Try to run the whole way!

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

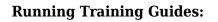
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Matt Fitzgerald



Running Training Guides Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Running Training Guides**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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Table of Contents Running Training Guides

- 1. Understanding the eBook Running Training Guides
 - The Rise of Digital Reading Running Training Guides
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Running Training Guides
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Running Training Guides
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Running Training Guides
 - Personalized Recommendations
 - Running Training Guides User Reviews and Ratings
 - Running Training Guides and Bestseller Lists
- 5. Accessing Running Training Guides Free and Paid eBooks

- Running Training Guides Public Domain eBooks
- Running Training Guides eBook Subscription Services
- Running Training Guides Budget-Friendly Options
- 6. Navigating Running Training Guides eBook Formats
 - o ePub, PDF, MOBI, and More
 - Running Training Guides Compatibility with Devices
 - Running Training Guides Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of Running Training Guides
 - Highlighting and Note-Taking Running Training Guides
 - Interactive Elements Running Training Guides
- 8. Staying Engaged with Running Training Guides
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Running Training Guides
- 9. Balancing eBooks and Physical Books Running Training Guides
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Running Training Guides
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Running Training Guides
 - Setting Reading Goals Running Training Guides
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Running Training Guides
 - Fact-Checking eBook Content of Running Training Guides
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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