# 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	108c
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
	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
L4	Rest Day	Training Run 4 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
LS.	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.

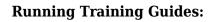
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# **Table of Contents Running Training Guides**

- 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
  - o 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
  - $\circ\,$  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
  - 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
  - o 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

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