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
3	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
O	Rest Day	Training Run 3 miles	Training Run 4 miles	Rest Day	Training Run 3 miles	Strength Training	Long Run 7 Miles
1	Rest Day	Training Run 4 miles	Training Run 5 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
2	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
4	Rest Day	Training Run 4 miles	Training Run 6 miles	Rest Day	Training Run 4 miles	Strength Training	Long Run 9 Miles
.5	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.

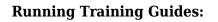
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Running Training Guides

Sabine Zange



The book delves into Running Training Guides. Running Training Guides is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Running Training Guides, encompassing both the fundamentals and more intricate discussions.

- 1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Running Training Guides
 - Chapter 2: Essential Elements of Running Training Guides
 - Chapter 3: Running Training Guides in Everyday Life
 - Chapter 4: Running Training Guides in Specific Contexts
 - \circ Chapter 5: Conclusion
- 2. In chapter 1, this book will provide an overview of Running Training Guides. This chapter will explore what Running Training Guides is, why Running Training Guides is vital, and how to effectively learn about Running Training Guides.
- 3. In chapter 2, the author will delve into the foundational concepts of Running Training Guides. The second chapter will elucidate the essential principles that need to be understood to grasp Running Training Guides in its entirety.
- 4. In chapter 3, the author will examine the practical applications of Running Training Guides in daily life. This chapter will showcase real-world examples of how Running Training Guides can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of Running Training Guides in specific contexts. The fourth chapter will explore how Running Training Guides is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, the author will draw a conclusion about Running Training Guides. This chapter will summarize the key points that have been discussed throughout the book.
 - This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Running Training Guides.

https://crm.avenza.com/book/browse/Documents/quizlet_chapter_23_digestive_system.pdf

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