

sub 140 half marathon training plan

****Mastering the Sub 140 Half Marathon Training Plan: Your Guide to a 1:40 Finish****

sub 140 half marathon training plan is a goal that many intermediate runners aspire to achieve. Breaking 1 hour and 40 minutes in a half marathon isn't just about natural talent—it demands a smart, consistent, and well-structured training approach. Whether you've recently completed a half marathon or are aiming to improve your personal best, understanding how to tailor your training to hit this target can make all the difference.

In this guide, we'll dive into the elements of an effective sub 140 half marathon training plan, explore key workouts, pacing strategies, and recovery tips that can help you cross the finish line feeling strong and accomplished.

Understanding the Sub 140 Half Marathon Goal

Before jumping into the specifics of training, it's important to grasp what a sub 140 half marathon entails. Finishing a 13.1-mile race in under 1 hour and 40 minutes means running at an average pace of about 7:38 per mile. This pace requires a blend of endurance, speed, and efficient running mechanics.

What Does It Take Physically?

Achieving this pace is not just about running long distances. It involves:

- ****Aerobic endurance:**** Your body's ability to sustain effort over time.
- ****Lactate threshold:**** The point at which your muscles begin to fatigue from lactic acid buildup.
- ****Running economy:**** How efficiently you use oxygen while running.
- ****Mental toughness:**** Staying focused and maintaining pace under fatigue.

By focusing on these physiological aspects, your sub 140 half marathon training plan can be more targeted and effective.

Key Components of a Sub 140 Half Marathon Training Plan

A successful training plan blends various types of workouts while allowing adequate recovery. Here are the core components to include:

1. Base Mileage and Endurance Building

Building a solid aerobic base is fundamental. You want to accumulate weekly mileage gradually, aiming for consistency over speed initially. This phase typically involves:

- Running 3 to 5 days a week.
- Weekly mileage between 20 and 35 miles, depending on your experience.
- Easy-paced runs that promote fat-burning and improve cardiovascular health.

Steady endurance runs help your muscles adapt to prolonged effort and reduce injury risk.

2. Tempo Runs for Lactate Threshold

Tempo runs—sometimes called threshold runs—help push your lactate threshold higher, allowing you to sustain faster paces without fatiguing quickly. For a sub 140 goal, tempo runs usually target a pace around 7:45 to 7:50 per mile, slightly faster than your goal race pace.

A typical tempo workout might look like:

- Warm-up for 10-15 minutes.
- 20-30 minutes at tempo pace.
- Cool down for 10-15 minutes.

Incorporating tempo runs once a week can significantly improve your ability to maintain a strong, steady effort during race day.

3. Interval Training and Speed Work

Speed workouts are essential for improving your VO2 max and boosting your overall speed. These sessions can include:

- **400m to 1-mile repeats** at faster-than-race pace.
- **Hill repeats** to build strength and power.
- **Fartlek workouts** mixing bursts of faster running with recovery jogs.

A sample interval session might be 6 x 800 meters at 7:10-7:20 per mile pace with 2-3 minutes recovery jogs. These high-intensity efforts train your body to tolerate and clear lactic acid more efficiently.

4. Long Runs for Endurance and Mental Strength

Long runs are the cornerstone of half marathon training. For the sub 140 plan, your long runs should gradually increase to 10-12 miles at an easy, conversational pace. Occasionally, you can include race pace segments within your long run to simulate race conditions and build confidence.

Long runs also provide a mental edge, helping you prepare psychologically for the race distance.

5. Recovery and Cross-Training

Rest days and cross-training are often overlooked but critical for avoiding burnout and injuries. Activities like swimming, cycling, or yoga can improve flexibility, balance, and cardiovascular fitness without additional pounding on the joints.

Be sure to listen to your body and incorporate rest days or active recovery as needed.

Sample Weekly Schedule for a Sub 140 Half Marathon Training Plan

Here's an example of how you might structure your week during peak training:

- **Monday:** Rest or easy cross-training (yoga, swimming)
- **Tuesday:** Interval workout (e.g., 6 x 800m repeats)
- **Wednesday:** Easy run (4-6 miles)
- **Thursday:** Tempo run (20-30 minutes at threshold pace)
- **Friday:** Rest or light cross-training
- **Saturday:** Long run (8-12 miles at easy pace, including some race pace segments)
- **Sunday:** Recovery run or rest

Consistency is key, so maintaining a balanced schedule while gradually increasing intensity and mileage helps prevent injury and overtraining.

Nutrition and Hydration Tips for Sub 140 Half Marathon Training

Fueling your body properly is just as important as running workouts. Here are some tips to support your training:

- **Carbohydrates:** They're the primary fuel during runs. Focus on whole grains, fruits, and vegetables.
- **Protein:** Essential for muscle repair. Include lean meats, legumes, and dairy.
- **Hydration:** Drink water throughout the day and consider electrolyte drinks during longer runs.
- **Pre-run meals:** Eat a light, carb-rich snack 1-2 hours before running.
- **Post-run recovery:** Combine carbs and protein within 30 minutes post-run to replenish glycogen and repair muscles.

Good nutrition will enhance your energy levels and recovery, helping you stay on track for your target pace.

Race Day Strategies for a Sub 140 Half Marathon

Training is only half the battle; race day execution is crucial too. Here's how to approach the big day:

Pacing

Aim to start slightly slower than your goal pace for the first couple of miles to warm up and avoid burnout. Then, settle into your target pace of 7:38 per mile. Use a GPS watch or pace bands to help maintain consistent splits.

Mental Focus

Break the race into segments mentally—focus on one mile at a time. Positive self-talk and visualization can keep you motivated during tough moments.

Hydration and Nutrition

Stick to what you've practiced in training. Avoid trying new foods or drinks on race day to prevent gastrointestinal issues.

Common Mistakes to Avoid in Your Sub 140 Half Marathon Training Plan

Even with the best intentions, runners sometimes stumble on their way to a sub 1:40 finish. Watch out for these pitfalls:

- **Increasing mileage too quickly:** This can lead to injury. Follow the 10% rule—don't increase mileage more than 10% per week.
- **Neglecting speed work:** Relying only on easy runs won't improve your pace.
- **Skipping recovery:** Overtraining reduces performance and increases burnout risk.
- **Ignoring race pace practice:** Training at or near goal pace builds confidence and race readiness.

By staying mindful of these errors, your training will be more productive and enjoyable.

Tracking Progress and Adjusting Your Training Plan

Regularly assessing your progress helps keep you on the path to a sub 140 half marathon. Consider:

- **Using a running log or app:** Track workouts, paces, and how you feel.
- **Testing fitness:** Perform occasional time trials or races to gauge improvements.
- **Listening to your body:** Adjust training intensity or volume if you notice persistent fatigue or pain.

Flexibility in your plan allows you to adapt to life's demands and optimize your training outcomes.

With dedication, smart planning, and consistent effort, a sub 1:40 half marathon is an achievable and rewarding milestone. Embrace the journey, celebrate small victories, and enjoy the thrill of pushing your limits one mile at a time.

Frequently Asked Questions

What is a sub 1:40 half marathon training plan?

A sub 1:40 half marathon training plan is a structured running program designed to help runners complete a half marathon in under 1 hour and 40 minutes, typically involving a mix of easy runs, speed workouts, tempo runs, and long runs over several weeks.

How many weeks should a sub 1:40 half marathon training plan last?

Most sub 1:40 half marathon training plans last between 8 to 12 weeks, allowing adequate time to build endurance, speed, and recovery.

What kind of workouts are included in a sub 1:40 half marathon training plan?

Workouts usually include long runs to build endurance, tempo runs to improve lactate threshold, interval training for speed, easy recovery runs, and strength training for injury prevention.

How many days per week should I train for a sub 1:40 half marathon?

Typically, training involves 4 to 6 days of running per week, balancing hard workouts with recovery runs and rest days to optimize performance and reduce injury risk.

What pace should I run my long runs in a sub 1:40 half marathon plan?

Long runs are generally done at an easy, conversational pace, about 60-90 seconds per mile slower than your target race pace, to build endurance without excessive fatigue.

How important is speed work in a sub 1:40 half marathon training plan?

Speed work is crucial as it helps increase your running economy and raises your lactate threshold, enabling you to sustain faster paces during the race.

Can beginners follow a sub 1:40 half marathon training plan?

Beginners can follow a sub 1:40 plan if they have a solid running base and can comfortably run at least 15-20 miles per week; otherwise, they may need to build endurance before attempting this pace.

Additional Resources

****Mastering Your Race: The Ultimate Sub 140 Half Marathon Training Plan****

sub 140 half marathon training plan represents a significant milestone for many runners aiming to break the 1 hour and 40 minutes barrier over 13.1 miles. Achieving such a time requires a well-structured training regimen that balances endurance, speed, recovery, and nutrition. This article delves into the components, strategies, and scientific principles behind an effective sub 140 half marathon training plan, providing insights for runners seeking to optimize their performance.

Understanding the Demands of a Sub 140 Half Marathon

Running a half marathon in under 1 hour and 40 minutes translates to maintaining an average pace of approximately 7 minutes and 38 seconds per mile. This target pace demands not only cardiovascular endurance but also muscular strength and mental resilience. Unlike recreational jogging, a sub 140 half marathon requires systematic training that addresses both aerobic capacity and lactate threshold improvements.

LSI keywords such as “half marathon pace training,” “speed workouts for half marathon,” and “endurance building for runners” are crucial to understanding the multifaceted nature of this goal. The physiological stress of running at this pace over 13.1 miles necessitates a training plan tailored to elevate VO2 max and optimize running economy.

Core Components of a Sub 140 Half Marathon Training Plan

1. Base Mileage and Endurance Development

One of the foundational elements of any half marathon training plan is building a strong aerobic base. For a sub 140 goal, weekly mileage typically ranges between 30 to 50 miles, depending on the runner's experience level. This mileage builds the cardiovascular system and prepares muscles, tendons, and ligaments for the stress of race pace running.

Long runs play a pivotal role in endurance development. These runs, often extending 10 to 12 miles at an easy, conversational pace, teach the body to efficiently burn fat and conserve glycogen stores. Incorporating steady-state runs at or slightly below race pace during long runs can also improve stamina and mental toughness.

2. Speed and Interval Training

Speed workouts are indispensable in a sub 140 half marathon training plan. Intervals at faster than goal pace increase lactate threshold and improve running economy. Common interval sessions include:

- 400-meter repeats at 5K pace with short recovery
- 800-meter repeats at 10K pace with moderate recovery
- Tempo runs of 20 to 40 minutes at half marathon pace or slightly faster

These workouts stimulate adaptations in muscle fibers and cardiovascular efficiency, enabling runners to sustain a faster pace for longer periods.

3. Strength and Cross-Training

Integrating strength training into a half marathon plan enhances running biomechanics, reduces injury risk, and improves power output. Focus on lower-body exercises such as squats, lunges, and deadlifts, complemented by core work to stabilize posture during runs.

Cross-training activities—cycling, swimming, or elliptical workouts—provide cardiovascular benefits while minimizing impact stress. These sessions aid recovery and maintain fitness during periods of high running load or injury prevention.

4. Recovery and Nutrition

Recovery is often underestimated in performance-oriented training plans. Adequate sleep, active recovery days, and proper nutrition underpin the body's ability to adapt and improve. For a sub 140 half marathon, carbohydrate intake must support glycogen replenishment, while proteins assist muscle repair.

Hydration strategies and electrolyte balance also influence race-day performance. Incorporating

recovery protocols such as foam rolling, stretching, and occasional sports massages can mitigate muscle soreness and maintain training consistency.

Structuring the Training Plan: Weekly Breakdown

A practical sub 140 half marathon training plan spans 10 to 12 weeks, progressing gradually in intensity and mileage. Below is an illustrative weekly structure that balances key training elements:

1. **Monday:** Rest or active recovery (light cross-training)
2. **Tuesday:** Interval training (e.g., 6 x 800m at 10K pace)
3. **Wednesday:** Easy run (4-6 miles at conversational pace)
4. **Thursday:** Tempo run (20-30 minutes at half marathon pace)
5. **Friday:** Strength training and core exercises
6. **Saturday:** Long run (8-12 miles gradually increasing)
7. **Sunday:** Easy recovery run or cross-training

This layout ensures a blend of intensity and recovery, crucial for avoiding overtraining and enhancing performance steadily.

Adjustments for Different Skill Levels

For novice runners, the plan may require lower weekly mileage and longer recovery periods to prevent injury. Conversely, experienced athletes might incorporate additional speed sessions or hill repeats to further boost power and speed endurance.

Monitoring progress through metrics such as pace consistency, heart rate variability, and perceived exertion allows for individualized adjustments. Technology like GPS watches and running apps can facilitate data-driven training modifications.

Comparative Perspectives: Sub 140 vs. Other Half Marathon Goals

Comparing a sub 140 half marathon training plan to those aimed at different finish times highlights the specificity of training demands. For instance, a sub 2-hour half marathon plan emphasizes building basic endurance and maintaining a slower pace, while a sub 120 plan requires significantly

higher mileage and more intense interval sessions.

The sub 140 target strikes a balance between speed and endurance, making it a common ambition among intermediate runners. It demands disciplined training but remains achievable without the extreme volume or intensity seen in elite-level plans.

Potential Challenges and Solutions

Training for a sub 140 half marathon is not without obstacles. Common challenges include:

- **Plateauing performance:** Incorporate variety in workouts and periodize training intensity.
- **Injury risk:** Prioritize proper warm-ups, strength training, and listen to body signals.
- **Time constraints:** Opt for quality over quantity, focusing on key sessions like tempo runs and intervals.
- **Nutrition lapses:** Plan meals and hydration carefully around training to support recovery.

Addressing these issues proactively can make the difference between consistent progress and setbacks.

The Role of Mental Preparation

While physical training forms the bulk of preparation, mental readiness is equally critical. Visualization techniques, goal-setting, and race-day strategy planning help runners maintain focus and manage discomfort during the event.

Pacing strategies, such as negative splits—running the second half faster than the first—are often employed to optimize energy expenditure. Familiarity with race course profiles and conditions also aids in mental conditioning.

Achieving a sub 140 half marathon is as much a psychological challenge as a physical one, requiring resilience and confidence built through training.

Achieving a sub 140 half marathon time demands a comprehensive, balanced training plan that develops endurance, speed, strength, and mental fortitude. By integrating scientifically backed workouts, adequate recovery, and strategic pacing, runners can approach race day with confidence and the tools necessary to break the 1:40 barrier. Whether adapting to individual needs or overcoming common hurdles, the structured approach outlined here serves as a solid foundation for serious half marathoners aiming to elevate their performance.

Sub 140 Half Marathon Training Plan

sub 140 half marathon training plan: *The New Rules of Marathon and Half-Marathon Nutrition* Matt Fitzgerald, 2013-02-12 From basic tenets of training to nutrition guidelines, this is the first resource for runners to fully integrate nutrition with training for a complete and systematic pre-race plan. A must for marathoners (Library Journal). Every year, roughly 2 million people participate in marathons and half marathons in the United States, and, no matter what level they are, every one of these runners has likely hit The Wall, running out of muscle fuel in the final miles and slowing down precipitously. This setback and other common running disappointments are nutritional (or metabolic) in nature. In *The New Rules*, renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths, distilling the most up-to-date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon. Fitzgerald's powerful and easy-to-use tools will enable runners of all levels to attain their ideal racing weight, calculate their precise daily energy needs, and formulate a custom nutrition plan.

sub 140 half marathon training plan: The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Mario Fraioli, 2013-04-01 Rock your run with *The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training!* This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

sub 140 half marathon training plan: *Daniels' Running Formula-3rd Edition* Jack Daniels, 2013-12-31 Get in the best shape of your running career! Daniels provides a results-proven formula to guide you through training at the right intensity to run stronger, longer, and faster. Each program incorporates training intensities to help you build endurance, strength, and speed.

sub 140 half marathon training plan: 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.

sub 140 half marathon training plan: *Runner's World Run Less Run Faster* Bill Pierce, Scott Murr, 2021-01-19 The groundbreaking plan that helps runners of all levels to improve their race times while actually training less—now fully revised and updated for today's runners In today's busy, fast-paced world, all runners have the same objective: to run the best they can with the limited

amount of time at their disposal. Bill Pierce and Scott Murr made that goal possible with their revolutionary FIRST (Furman Institute of Running and Scientific Training) training program. 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 of the detailed training plans for 5k, 10k, half-marathon, and marathon is the 3PLUS2 program, which consists of: • 3 quality runs, including track repeats, the tempo run, and the long run, which are designed 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 tips for goal-setting, recovery, injury rehab and prevention, strength training, and nutrition, Run Less, Run Faster has changed the way runners think about and train for competitive races. This revised third edition includes a new preface, training plans tailored to the new qualifying times for the Boston Marathon, new exercise photos, charts that will help runners adjust training practices to their elevation and climate, and updated nutritional recommendations.

sub 140 half marathon training plan: *Runner's World Train Smart, Run Forever* Bill Pierce, Scott Murr, 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 over training 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.

sub 140 half marathon training plan: Designing and Teaching Fitness Education Courses Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula. Includes pacing guides, which act as a teacher's blueprint throughout a semester, and offers 139 video clips and 211 instructional photos that show the activities, all of which require no equipment.

sub 140 half marathon training plan: 80/20 Running Matt Fitzgerald, 2014-09-02 TRAIN EASIER TO RUN FASTER This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it, too. Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program—in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity—is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances. In 80/20 Running, you'll discover how to transform your workouts to avoid burnout. • Runs will become more pleasant and less draining • You'll carry less fatigue from one run to the next • Your performance will improve in the few high-intensity runs • Your fitness levels will reach new heights 80/20 Running promotes a message that all runners—as well as cyclists, triathletes, and even weight-loss seekers—can embrace: Get better results by making the majority of your workouts easier.

sub 140 half marathon training plan: Runner's World Running on Air Budd Coates, Claire Kowalchik, Editors of *Runner's World* Maga, 2013-04-09 Renowned running coach Budd Coates presents *Runner's World Running on Air*, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and

more comfortably. Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps. This book reviews the basics of rhythmic breathing, teaching readers how to perform it while walking and, eventually, while running. Weeklong sample schedules from different programs shows readers how to apply the rhythmic breathing scale to any workout. Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

sub 140 half marathon training plan: Mastering Running Utzschneider, Cathy, 2014-06-04 A comprehensive resource for fitness and competitive runners aged 30 and older, *Mastering Running* proves that age is no obstacle to excellence. With information and advice on topics that matter most to older runners, *Mastering Running* provides master-specific drills, exercises, and training plans.

sub 140 half marathon training plan: *Runner's World*, 2008-04 *Runner's World* magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

sub 140 half marathon training plan: *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 this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians. "Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go."—Sarah Toland, former NCAA All-American, USA National Cross-Country Team member, and Olympic Trials qualifier for the 5,000 and 10,000 Brad 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. With *Run Faster from the 5K to the Marathon*, Hudson shows all runners how to coach themselves as confidently and effectively as he 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, this 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!

sub 140 half marathon training plan: *Runner's World The Cutting-Edge Runner* Matt Fitzgerald, Editors of *Runner's World* Maga, 2005-05-26 A state-of-the-science resource for runners—with the latest information on training, nutrition, injury prevention, and gear and gadgets that improve performance. The science and technology of running have evolved dramatically in the past 20 years. This all-inclusive resource—based on the author's own high-level running and coaching experience and his interviews with dozens of other top runners and coaches—is an indispensable tool for runners who hope to perform at the very best of their ability. *Runner's World The Cutting-Edge Runner* provides:

- A comprehensive overview of how the best competitive runners train today—covering such topics as periodization, physiological testing, group training, technique work, cross-training, recovery techniques, and individual customization
- In-depth discussions of equipment and other technologies that can benefit the runner, including shoes, orthotics, heart rate monitors, altitude tents, training software, and more
- A complete menu of workouts for milers to marathoners

Whether he is explaining how to use hypoxic conditioning to increase oxygen consumption capacity, telling how to prepare for the mental challenge of racing, or detailing what the latest science has to say about the pros, cons, and proper usage of more than 15 nutritional supplements and drugs, Matt Fitzgerald goes straight to the most authoritative sources and provides practical ways for the average runner to adapt methods and tools used by top runners to their own running programs.

sub 140 half marathon training plan: *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.

sub 140 half marathon training plan: The Big Book of Endurance Training and Racing Philip Maffetone, 2010-09-22 A guide to building endurance and the importance of diet and nutrition as well as self-care and injury prevention for athletes seeking to stay healthy and be injury free.

sub 140 half marathon training plan: The Marathon Method Tom Holland, 2007-04-01 Get Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book *The 12-Week Triathlete* with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new PR or looking to qualify for Boston, this book is for you. TRAIN LESS AND RUN YOUR BEST Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of train less, run your best will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The Marathon Method provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more!

sub 140 half marathon training plan: Run Like a Champion Alan Culpepper, 2015-03-05 In *Run Like a Champion*, one of America's most versatile and accomplished runners, Alan Culpepper, reveals the best practices of the best runners. Over his 25-year racing career, Culpepper won national titles from 5K to marathon, a span of race distances so wide that just a few runners can claim the same impressive versatility. Culpepper sets out his approach--and the lessons he learned from his competitors--so that all runners can fully realize their potential. As a two-time Olympic competitor, Culpepper has a unique understanding of what it takes to compete at the highest level. His running career has put him on the start line alongside the world's best runners, and he has found that despite their many differences, talents, and approaches to training, among them they share a common understanding: the best athletes know that the secret to success in running lies in understanding a bigger picture of training. Not everyone has the physiology to run at the highest level, but everyone can benefit from implementing an Olympic approach to training. *Run Like a Champion* shares a big-picture view of running, looking at not only the essential training elements but also other key pieces of the puzzle: identifying motivation; finding a proper work/life/family balance; and understanding complementary aspects of training such as stretching, how much to drink, diet, and how to avoid and treat injuries. *Run Like a Champion* reveals all the guidelines, tips and tricks, workouts, mental training, and nutritional practices that Olympic runners use. By making

this Olympic approach part of their running, runners of all levels will make their goals achievable from 5K to marathon.

sub 140 half marathon training plan: Developing Endurance NSCA -National Strength & Conditioning Association, Ben Reuter, 2012-02-29 Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. Developing Endurance shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

sub 140 half marathon training plan: Daniels' Running Formula Jack Daniels, 2013-12-31 Get in the best shape of your running career with the help of Daniels' Running Formula, the book that Runner's World magazine calls the best training book. Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster. Choose a program to get in shape, target a race program, or regain conditioning after layoff or injury. Train for competition with programs for 800 meters, 1500 meters to 2 miles, cross country races, 5K to 10K, 15K to 30K, and marathon events. Each program incorporates training intensities to help you build endurance, strength, and speed. With Daniels' Running Formula, you'll track the time you spend at each level, train more efficiently, and optimize results. Completely updated with new chapters on altitude training, seasonal programming, and treadmill training, Daniels' Running Formula, Third Edition, is the most comprehensive, accessible, and instantly applicable edition to date. Customizable to your current fitness level, competition goals, and schedule, the formula is the ideal solution for any race, anywhere, anytime. Whether training or competing, get the results you're seeking every time you lace up with the workouts and programs detailed in Daniels' Running Formula.

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