

sub 130 half marathon training plan

Sub 130 Half Marathon Training Plan: Your Guide to Breaking 1 Hour 30 Minutes

sub 130 half marathon training plan is a goal many runners aspire to achieve, representing a significant milestone of speed, endurance, and dedication. Breaking the 1 hour 30-minute barrier in a half marathon isn't just about running fast; it requires a smart, structured training plan tailored to improve your aerobic capacity, build strength, and sharpen your race-day strategy. Whether you're a seasoned runner aiming to shave minutes off your personal best or an ambitious newcomer targeting this competitive time, understanding how to approach your training is essential.

In this article, we'll dive deep into what it takes to follow an effective sub 130 half marathon training plan. You'll learn about pacing strategies, essential workouts, recovery techniques, and how to fine-tune every aspect of your preparation to cross that finish line in under 90 minutes.

Understanding the Challenge of a Sub 130 Half Marathon

Before diving into training specifics, it's important to grasp what running a half marathon in under 1:30 entails. The half marathon covers 13.1 miles (21.1 kilometers), so to finish in 1 hour 30 minutes, you need to maintain an average pace of approximately 6 minutes and 52 seconds per mile (or roughly 4:16 per kilometer).

This pace demands a combination of speed, stamina, and mental toughness. Simply put, it's faster than the average recreational runner's speed and requires consistent, focused training to build the physiological and psychological tools necessary to sustain that effort.

The Role of Aerobic Base and Threshold Training

One of the foundational elements of any sub 130 half marathon training plan is developing a solid aerobic base. This involves running at a comfortable, conversational pace that enhances your body's ability to use oxygen efficiently over long distances. Building this endurance helps delay fatigue and prepares your muscles and cardiovascular system for more intense workouts.

Complementing this is threshold training, which focuses on running at or near your lactate threshold—the point where lactate begins to accumulate in the blood faster than it can be removed. Threshold runs typically target a “comfortably hard” pace and improve your ability to sustain faster speeds without slowing down. For a sub 130 goal, hitting these workouts consistently is crucial.

Key Components of a Sub 130 Half Marathon Training

Plan

To structure your training effectively, your plan should balance different types of runs and workouts that collectively enhance speed, endurance, and recovery.

1. Long Runs: Building Endurance

Long runs are the backbone of any half marathon training plan. For a sub 130 target, these runs should be conducted at an easy to moderate pace, focusing on time on feet rather than speed. Gradually increasing the distance of your long runs (up to 12-14 miles) helps condition your muscles and aerobic system to handle the race distance comfortably.

During these runs, it's beneficial to practice race nutrition and hydration strategies to avoid surprises on race day.

2. Tempo Runs: Sharpening Your Race Pace

Tempo runs are workouts where you run for a sustained period (typically 20 to 40 minutes) at a pace just below your lactate threshold. For sub 130 half marathoners, tempo pace is often around 7:00 minutes per mile or slightly faster, depending on your current fitness level.

These runs teach your body to clear lactate efficiently and maintain a faster pace over time, which directly translates to improved race performance.

3. Interval Training: Boosting Speed and VO2 Max

Speed workouts, including intervals on a track or measured course, are essential for increasing your VO2 max—the maximum amount of oxygen your body can utilize during exercise. Common interval sessions might include repetitions of 800 meters to 1 mile at a pace faster than your goal race pace, with recovery jogs in between.

For example, running 5 x 1 mile repeats at 6:30 per mile pace with 2-3 minutes of rest helps train your body to sustain higher intensities and improve fast-twitch muscle fiber recruitment.

4. Easy Runs and Recovery Days

Not every run should push your limits. Easy runs allow your body to recover while still maintaining aerobic fitness. These slower-paced runs reduce injury risk and prepare you for harder sessions. Incorporating rest days and cross-training activities like cycling or swimming can also aid recovery.

Sample Weekly Training Schedule for a Sub 130 Half Marathon

Here's a sample week that exemplifies the balance of hard and easy efforts needed to aim for a 1:30 half marathon:

- **Monday:** Rest or easy cross-training
- **Tuesday:** Interval workout (e.g., 6 x 800m at 6:20/mile pace with 2-minute recovery)
- **Wednesday:** Easy run (5-6 miles at 8:30-9:00/mile pace)
- **Thursday:** Tempo run (4-5 miles at 6:55-7:05/mile pace)
- **Friday:** Rest or easy cross-training
- **Saturday:** Long run (10-12 miles at 8:00-8:30/mile pace)
- **Sunday:** Easy recovery run or rest

This structure can be adjusted based on your current fitness, race date, and personal commitments, but it highlights the importance of varied training stimuli.

Additional Tips for Optimizing Your Sub 130 Half Marathon Training

Incorporate Strength and Mobility Work

Running faster requires more than just pounding the pavement. Strength training, especially focusing on the core, hips, and legs, enhances running economy and helps prevent injuries. Incorporate exercises like squats, lunges, planks, and hip bridges 2-3 times a week.

Mobility drills and dynamic stretching improve your range of motion and running form, allowing for more efficient strides at faster paces.

Monitor Your Progress and Adjust Accordingly

Tracking your workouts—pace, distance, heart rate, perceived effort—helps you understand how your fitness evolves. If you find certain workouts consistently too challenging or too easy, tweak your training paces or volume to better suit your current level.

Many runners use GPS watches or running apps to collect this data, making it easier to stay on target.

Plan Your Nutrition and Hydration Strategy

Fueling your body properly before, during, and after runs can make a huge difference in training quality and race-day performance. Experiment with different gels, bars, or drinks during long runs to find what works best without causing gastrointestinal upset.

On race day, a well-practiced hydration plan helps maintain energy and focus.

Understanding Pacing Strategy on Race Day

Executing your sub 130 half marathon plan doesn't end with training—it's equally important to nail your pacing during the race. Starting too fast is a common mistake that leads to burnout and slower second halves.

Aim to run even splits or a slight negative split (running the second half faster than the first). Using a GPS watch to monitor your pace can help maintain consistency. Breaking the race into smaller segments mentally—like 5K or 10K splits—makes the effort more manageable.

Common Mistakes to Avoid When Training for a Sub 130 Half Marathon

While enthusiasm is great, overtraining or neglecting recovery can sabotage your progress. Here are some pitfalls to watch out for:

- Skipping rest days and ignoring signs of injury or fatigue
- Doing too many speed workouts without adequate aerobic base
- Neglecting nutrition and hydration during long runs
- Failing to practice race pace during training
- Not tapering properly before race day

Staying mindful of these issues ensures your body stays healthy and primed for peak performance.

Achieving a sub 130 half marathon is challenging but absolutely within reach with the right training plan and mindset. By combining endurance-building long runs, targeted speed sessions, smart recovery, and race-day tactics, you can push your limits and enjoy the thrill of crossing the finish line in under 90 minutes. Remember, consistency and listening to your body are key—train smart, stay motivated, and watch your hard work pay off.

Frequently Asked Questions

What is a sub 1:30 half marathon training plan?

A sub 1:30 half marathon training plan is a structured running schedule designed to help runners complete a half marathon in under 1 hour and 30 minutes. It typically includes a mix of easy runs, speed workouts, tempo runs, long runs, and rest days to build endurance, speed, and overall fitness.

How many weeks should I train for a sub 1:30 half marathon?

Most sub 1:30 half marathon training plans range from 10 to 16 weeks, depending on your current fitness level. Consistent training over this period helps build the necessary endurance and speed to achieve a time under 1 hour and 30 minutes.

What types of workouts are included in a sub 1:30 half marathon training plan?

Key workouts include tempo runs to improve lactate threshold, interval training to boost speed, long runs to increase endurance, easy recovery runs, and sometimes hill repeats to build strength. These workouts are combined strategically throughout the week.

How important is pacing in a sub 1:30 half marathon training plan?

Pacing is crucial. To finish under 1:30, you need to maintain an average pace of about 6:52 per mile (4:15 per kilometer). Training with this target pace during tempo and interval runs helps your body adapt and ensures you can sustain the required speed on race day.

Can beginners follow a sub 1:30 half marathon training plan?

Sub 1:30 is an ambitious goal typically suited for intermediate to advanced runners with a solid running base. Beginners may need to build foundational fitness and gradually increase mileage before attempting such a plan to avoid injury and maximize success.

Additional Resources

Sub 130 Half Marathon Training Plan: Unlocking Elite Performance with Precision and Strategy

sub 130 half marathon training plan is an ambitious target that appeals to competitive runners

aiming to break the 1 hour and 30-minute barrier in the 21.1-kilometer race. Achieving a half marathon time under 1:30 requires a combination of endurance, speed, and strategic training, meticulously structured to optimize performance while minimizing injury risk. This article delves into the core components of an effective sub 130 half marathon training plan, examining the physiological demands, training methodologies, and key considerations for runners targeting this elite-level milestone.

Understanding the Demands of a Sub 130 Half Marathon

Running a half marathon in under 90 minutes corresponds to an average pace of approximately 6:52 per mile (4:16 per kilometer). This pace places athletes in a competitive category that often overlaps with collegiate or seasoned club runners. From a physiological perspective, sustaining this pace for 13.1 miles necessitates a high lactate threshold, robust aerobic capacity (VO2 max), and efficient running economy.

A sub 130 half marathon time is not solely about speed but also about the ability to maintain an elevated pace for an extended period. Therefore, the training plan must focus on developing both the aerobic base and the anaerobic capacity. It also requires strategic periodization, ensuring that training stress is balanced with adequate recovery to optimize adaptations.

Key Performance Metrics for a Sub 130 Half Marathon

To tailor training effectively, runners should monitor several performance metrics:

- **Lactate Threshold Pace (LTP):** The pace at which lactate begins to accumulate in the muscles, limiting sustained effort.
- **VO2 Max:** Maximum oxygen uptake, reflecting aerobic capacity.
- **Running Economy:** How efficiently a runner uses oxygen at a given pace.
- **Cadence and Stride Length:** Biomechanical factors contributing to speed and efficiency.

Tracking these metrics through field tests or wearable technology can provide data-driven insights, enabling runners to adjust their training intensity and volume for maximal gains.

Components of an Effective Sub 130 Half Marathon Training Plan

A well-rounded sub 130 half marathon training plan integrates several training elements, each

targeting specific physiological adaptations.

1. Base Building and Endurance Training

The foundation of any half marathon training plan is a strong aerobic base. For sub 130 ambitions, runners typically accumulate 30 to 50 miles per week, depending on experience and injury history. Long runs constitute the cornerstone of endurance training, gradually increasing in distance up to 12 to 14 miles to simulate race conditions.

These runs are generally performed at a conversational pace—approximately 60-75% of maximum heart rate—to promote mitochondrial density and capillary growth. Establishing this aerobic foundation is critical to delay fatigue and support higher-intensity workouts later in the training cycle.

2. Speed Work and Interval Training

To break the 90-minute barrier, speed work becomes indispensable. Interval sessions at or faster than race pace help improve VO2 max and lactate threshold. Typical workouts include:

- 800-meter or 1-kilometer repeats at 5K pace with short recovery intervals.
- Tempo runs of 20 to 40 minutes at lactate threshold pace (approximately 10 to 15 seconds slower than target half marathon pace).
- Fartlek sessions blending bursts of faster running with recovery jogs.

These workouts improve the body's ability to clear lactate and maintain a faster pace with less fatigue.

3. Strength and Conditioning

Muscular strength and neuromuscular coordination are often overlooked but are crucial for maintaining form during the latter stages of the race. Incorporating strength training twice a week, focusing on lower body, core, and hip stability, can reduce injury risk and improve running economy.

Exercises such as squats, lunges, deadlifts, and planks complement running workouts by enhancing power output and resilience.

4. Recovery and Injury Prevention

A sub 130 half marathon training plan must prioritize recovery to prevent overtraining syndrome.

Techniques include:

- Scheduled rest days and easy runs for active recovery.
- Use of foam rolling and stretching to maintain flexibility.
- Attention to sleep quality and nutrition for tissue repair.

Ignoring recovery can lead to diminished performance and setbacks due to injury.

Structuring the Training Weeks: Periodization and Progression

Effective training for a sub 130 half marathon follows a periodized approach, dividing the plan into phases:

Base Phase (6-8 weeks)

Focus on building mileage gradually, emphasizing aerobic endurance with long, steady runs and easy runs mid-week. Strength training is introduced or maintained.

Build Phase (4-6 weeks)

Introduce more structured speed work—intervals and tempo runs—to raise lactate threshold and VO2 max. Weekly mileage peaks in this phase.

Peak Phase (2-3 weeks)

Intensity remains high but volume tapers slightly to reduce fatigue. Race-pace efforts are sharpened with shorter tempo runs and intervals.

Taper Phase (1-2 weeks)

Mileage is reduced significantly to allow full recovery and supercompensation, enabling peak performance on race day.

Sample Weekly Training Outline for a Sub 130 Half

Marathon

1. **Monday:** Rest or easy recovery run (3-5 miles)
2. **Tuesday:** Interval training (e.g., 6 x 800m at 5K pace with 2-minute rest)
3. **Wednesday:** Easy run (5-7 miles) + strength training
4. **Thursday:** Tempo run (4-6 miles at lactate threshold pace)
5. **Friday:** Rest or cross-training (cycling, swimming)
6. **Saturday:** Long run (10-14 miles at easy to moderate pace)
7. **Sunday:** Recovery run (3-5 miles) + strength training

This structure balances intensity and recovery, promoting steady adaptation toward the sub 130 goal.

Additional Considerations for Achieving the Sub 130 Mark

Nutrition and Hydration Strategies

Fueling the body appropriately is critical. Runners targeting a sub 130 half marathon should focus on carbohydrate-rich diets to replenish glycogen stores and adequate protein intake for muscle repair. Pre-race nutrition should be tested during training to optimize gastrointestinal comfort and energy availability.

Hydration strategies should align with sweat rates and race-day conditions to avoid dehydration or hyponatremia.

Mental Preparation and Race Tactics

Equally important is mental fortitude. Visualization, pacing discipline, and positive self-talk can improve race-day execution. Starting too fast is a common pitfall; a consistent pace close to 6:52/mile is essential. Utilizing GPS watches and pacing groups can help maintain target splits.

Technology and Data-Driven Adjustments

Modern training benefits from wearable devices that track heart rate variability, running dynamics, and training load. These tools enable personalized adjustments to training intensity and recovery, enhancing the likelihood of success.

Comparing Popular Training Plans for a Sub 130 Half Marathon

Several established training methodologies cater to sub 130 ambitions, including those from renowned coaches like Jack Daniels, Hal Higdon's advanced plans, and Hansons' Running Method.

- **Jack Daniels' Plan:** Emphasizes VDOT-based training intensities, with a scientific approach to balancing workouts and recovery.
- **Hal Higdon Advanced:** Offers a progressive mileage buildup with a mix of tempo, intervals, and long runs.
- **Hansons':** Focuses on cumulative fatigue by maintaining high weekly mileage and tempo runs, with shorter long runs than traditional plans.

Each plan has distinct philosophies, and selecting one depends on individual preferences, injury history, and lifestyle constraints.

The sub 130 half marathon training plan is a demanding but attainable goal for dedicated runners. By integrating structured endurance work, targeted speed sessions, strength conditioning, and strategic recovery, athletes can enhance their physical capabilities and race-day performance. The journey toward breaking the 1:30 barrier is as much about discipline and consistency as it is about raw speed, making the training process a comprehensive test of both body and mind.

[Sub 130 Half Marathon Training Plan](#)

sub 130 half marathon training plan: Marathon, All-New 4th Edition Hal Higdon, 2011-09-27 Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment. Marathons and—more than ever—half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years. New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people's ability to train intelligently, means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth. At the core of the book is Higdon's clear and essential information on training, injury prevention, and nutrition. With more than 25 percent new material, this fourth edition of a running classic is a

must-own for both longtime runners and those new to the sport.

sub 130 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.

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sub 130 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 130 half marathon training plan: Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners - Run Farther, Faster, and Injury-Free Melissa Breyer, Pete Magill, Thomas Schwartz, 2014-07-29 “The best running book ever.” —Bob Anderson, founder of Runner's World Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in Build Your Running Body, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS: • 393 photos that make it easy to follow every step of every workout • 10 training programs to help runners of all levels integrate the total-body plan into their daily routines • Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today • Race strategy for the crucial weeks leading up to the competition and through to the finish line • Exercises to prevent injury and rehabilitate common running ailments • Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics •

Nutrition guidance on carbs, proteins, fats, and weight loss • More than 30 recipes to speed recovery and cement fitness gains • Beginners' guidelines every step of the way • Valuable tips on proper apparel, tracking your progress, and more!

sub 130 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 130 half marathon training plan: The Barefoot Running Book Deluxe Jason Robillard, 2012-08-28 This Deluxe eBook edition of The Barefoot Running Book includes 29 videos demonstrating techniques and exercises to help you learn how to master barefoot running. Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly-manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs and helpful videos throughout, The Barefoot Running Book shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

sub 130 half marathon training plan: Chi Marathon Danny Dreyer, Katherine Dreyer, 2012-03-13 From the authors of the bestselling Chi Running, a game-changing training guide for injury-free long distance running. In Chi Marathon, Danny Dreyer, creator of the revolutionary ChiRunning program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of movement the prime goal of one's training. Chi Marathon is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. Chi Marathon also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With Chi Marathon you can enjoy the run and feel confident no matter the distance.

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sub 130 half marathon training plan: *The Barefoot Running Book* Jason Robillard, 2012-08-28 For readers of Born to Run by Christopher McDougall, The Barefoot Running Book lends practical advice on the minimalist running phenomenon Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly- manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs throughout, The Barefoot Running Book shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

sub 130 half marathon training plan: *The Science and Practice of Middle and Long Distance Running* Richard Blagrove, Philip Hayes, 2021-03-29 The popularity of distance running as a sport, and a recreational activity, is at an all-time high. Motivated by the desire to achieve a personal best, remain healthy, or simply complete an event, distance runners of all ages and abilities actively seek out advice from experienced coaches and sport scientists. This is also reflected in the growth of programmes of education for young coaches and aspiring sport scientists in recent years. There are a multitude of different approaches to training distance runners; however, the basic principles and ingredients required for success are applicable to any distance runner. The science that underpins the training and physical preparation of distance runners has developed considerably

in recent years. The most experienced and successful coaches in the distance running community rarely have the opportunity to share their tried and tested methods of training. Similarly, the novel work of sport scientists is often only accessible to elite runners, their support teams and academia. The Science and Practice of Middle and Long Distance Running links together the science and coaching artistry associated with preparing distance runners for events ranging from 800 m up to ultra-marathon distances. It combines the latest scientific evidence, published by world-leading sport scientists, with the sound training principles and strategies adopted by experienced coaches. The book translates cutting-edge scientific research from the fields of physiology, biomechanics, psychology and nutrition into practical suggestions for achieving success. Important topical issues and contemporary practices related to health and performance are also addressed. This book is an essential addition to the library of any distance runner, coach or sport scientist.

sub 130 half marathon training plan: *Marathon Training & Distance Running Tips*

JimsHealthAndMuscle.com, 2018-02-01 Long distance running is much like any other fitness training. If you want to improve, you need a good plan that has a progressive nature. If you are new to this game, you need a solid foundation to build on. Having a running program is not the only thing that you need. Sound advice and running tips should be taken from someone who has walked the walk ... Or in this case; ran the run. Hi, my name is James Atkinson from Jimshealthandmuscle.com. I'm a qualified fitness coach / personal trainer and I have a fair bit of running advice that I would like to share with you. When I was around 18 years old, I was a terrible runner! In fact, I failed the basic fitness test for army entrance on running alone, and I failed big time! Several years later, I was clearing 1.5 mile running circuits in 8 minutes and 22 seconds and could easily run a marathon any day of the week! I would like to share my knowledge and training experiences with you. If you are a beginner when it comes to running, this information will no doubt give you advice that will probably not have even crossed your mind before. If you are already a runner and are looking to make more progression, you are also in the right place. I know that it is easy to get stuck on a training plateau, so I have also added some information and training methods to this book that will help you leave the plateau behind. Some of the chapters include: Why should you take my advice? My story... Accountability, Commit To Your Goal! Where to start Running style Breathing When to eat, what to eat Your bread and butter training "Steady state" Training on a track Running for time Running for distance Running with weight Dealing with blisters and chaffing Staying injury free Putting it all together and your training plan All of the information that I provide is written from my own experience as a long distance runner. I believe that by learning from my mistakes and my advice, you will hit your goals a lot quicker than making these mistakes yourself. Believe me; some of these mistakes can be very painful! As you will soon find out from some of the anecdotes that I am about to share with you. So grab your running shoes and let's get started!

sub 130 half marathon training plan: *Runner's World Race Everything* Bart Yasso, Erin Strout, 2017-10-10 How to be prepared no matter where running might take you Millions of runners around the US are interested in special experiences, whether it means running a bucket-list event like the Boston Marathon, or competing in beautiful and challenging locales such as Rome or Death Valley. Whatever race you choose, there is no one better to guide you on your journey than Bart Yasso, chief running officer at Runner's World magazine. Over the past 40 years, Yasso has run more than 1,000 races, across all seven continents, at every conceivable distance, from local 5Ks to grueling ultramarathons and Ironman triathlons. He's truly done it all, and in Race Everything, he shares the secrets of how he trained, the particularities of each course, and the specific insights he has gleaned to help you run your best no matter the distance. This book offers tried-and-true advice on how to train and what to do on race day to make the best use of your training. It provides everything you need to know to succeed at the most popular race distances, including general training principles, targeted training plans for beginners and experienced runners alike, and insider tips based on Yasso's own experiences and those of other top runners he has known and run with. The goal is to inform and inspire runners eager to challenge themselves by tackling the world's signature races. You will also learn Yasso's methods for winning the greatest race of all, longevity,

so that you can remain healthy, fit, and able to race for decades to come. Whether your goal is to complete a 5K or 10K race in your hometown or conquer the Antarctica Marathon, Runner's World Race Everything will be your guide.

sub 130 half marathon training plan: The New Rules of Marathon and Half-Marathon Nutrition Matt Fitzgerald, 2013-02-12 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. From basic tenets of training to nutrition guidelines, The New Rules is the first resource for runners to fully integrate nutrition with training for a complete and systematic prerace plan. 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.

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