

ifit half marathon training

ifit Half Marathon Training: Your Ultimate Guide to Success

ifit half marathon training is quickly becoming a popular choice for runners looking to prepare efficiently and effectively for their next big race. Whether you're a beginner aiming to complete your first half marathon or a seasoned runner seeking to improve your time, the integration of iFit technology into your training plan can revolutionize your approach. This guide will explore how iFit's interactive workouts, personalized coaching, and adaptive training plans can help you reach your half marathon goals with confidence and motivation.

What is iFit and How Does It Enhance Half Marathon Training?

iFit is a fitness platform that offers a range of interactive workouts, personalized coaching, and real-time metrics tracking through connected treadmills, bikes, and other smart fitness equipment. When it comes to half marathon training, iFit provides a tailored experience that adjusts to your fitness level, tracks your progress, and keeps you engaged throughout your journey.

With iFit's half marathon training programs, you don't just get a static schedule. Instead, the platform adapts workouts based on your feedback, performance, and evolving goals. This dynamic approach helps prevent plateaus and keeps your training fresh and exciting.

Personalized Training Plans for Every Runner

One of the standout features of iFit half marathon training is its ability to customize plans to your specific needs. Whether you're aiming to run your first 13.1 miles or shave minutes off your personal best, iFit creates a schedule that fits your lifestyle and fitness level. It factors in your current running ability, available training days, and even your preferred workout types.

This personalized approach ensures you're neither undertraining nor overtraining, which is crucial for avoiding injury and burnout. Plus, having a coach-like presence through the iFit interface can boost your commitment and keep you accountable.

Key Components of an Effective iFit Half Marathon Training Program

Training for a half marathon involves more than just logging miles. An effective iFit half marathon training plan incorporates several elements designed to build endurance, speed, and strength while promoting recovery.

Building Endurance with Long Runs

Long runs are the backbone of any half marathon training regimen. iFit schedules these progressively longer runs on weekends or days when you have more time, helping your body adapt to sustained effort. With iFit's guided treadmill workouts, you can simulate outdoor terrain and conditions, making your long runs more engaging and effective.

Speed Work and Interval Training

Incorporating speed work, such as intervals and tempo runs, is essential for improving your race pace. iFit's interactive workouts include interval training that guides you through periods of high intensity followed by recovery. This type of training boosts your cardiovascular fitness and helps your body become more efficient at faster speeds.

Strength and Cross-Training

Running alone isn't enough to prepare your body for a half marathon. Strength training and cross-training activities, like cycling or yoga, reduce injury risk and improve muscle balance. iFit offers diverse workouts that complement running, including strength circuits and low-impact cardio sessions. These workouts contribute to better running form and overall endurance.

Recovery and Flexibility

Rest days and recovery workouts are integral to sustainable progress. iFit incorporates stretching routines and guided recovery sessions to help you maintain flexibility and reduce muscle soreness. Proper recovery prevents overuse injuries and keeps you feeling fresh throughout your training cycle.

Tips for Maximizing Your iFit Half Marathon Training Experience

While iFit provides the tools and structure, your mindset and habits play a huge role in your half marathon success. Here are some valuable tips to get the most out of your iFit training program:

- **Consistency is key:** Stick to your training schedule as closely as possible. Regular workouts build the foundation for race day confidence.
- **Listen to your body:** Use iFit's feedback, but also pay attention to how you feel. Adjust intensity or rest as needed to avoid injury.
- **Set realistic goals:** Whether it's finishing your first half marathon or hitting a specific time, clear goals keep you motivated and focused.
- **Engage with the community:** iFit's social features allow you to connect with fellow runners, share progress, and stay inspired.
- **Fuel and hydrate properly:** Nutrition plays a huge role in endurance performance. Experiment with fueling strategies during your long runs.
- **Practice pacing:** Use iFit's pace tracking to learn how to run at a steady, sustainable speed during training runs.

Integrating Outdoor Running with iFit Workouts

While iFit's treadmill workouts are fantastic for controlled, measurable training, don't overlook the benefits of outdoor running. Mixing in outdoor runs helps your body adapt to varying terrain, weather, and other race-day conditions. Many runners find that combining iFit's precise indoor workouts with real-world outdoor runs offers the best of both worlds.

iFit even includes features where you can track outdoor runs using GPS and sync data to your profile, allowing you to analyze your performance holistically. This combination ensures that your training is well-rounded and prepares you mentally and physically for race day challenges.

Using iFit to Track Progress and Adjust Training

One of the biggest advantages of iFit half marathon training is the ability to monitor detailed metrics such as pace, heart rate, distance, and calories burned. This data helps you understand your progress over time and identify

areas for improvement.

The platform's adaptive algorithms use your performance data to adjust upcoming workouts, ensuring that your training load remains optimal. For example, if you perform exceptionally well on interval days, iFit might increase intensity or duration gradually to keep pushing your limits safely.

Preparing Mentally for Your Half Marathon with iFit

Physical readiness is only part of the equation when it comes to half marathon success. Mental preparation plays a significant role, and iFit supports this through motivational coaching, virtual scenic runs, and immersive experiences that keep your mind engaged during tough workouts.

Visualizing race day, setting intermediate landmarks, and celebrating small victories along your training journey can make a huge difference. iFit's interactive features help keep distractions at bay and foster a positive mindset, which is crucial when the miles start to feel challenging.

Whether you're gearing up for your first half marathon or aiming to hit a new personal best, iFit half marathon training offers a comprehensive, adaptable, and engaging way to prepare. By combining personalized coaching, varied workouts, and smart technology, iFit helps you build endurance, speed, and strength in a way that suits your lifestyle and keeps you motivated every step of the way. Embrace the journey, trust the process, and enjoy the thrill of crossing that half marathon finish line stronger than ever.

Frequently Asked Questions

What is iFit half marathon training?

iFit half marathon training is a structured workout program available on the iFit platform, designed to prepare runners for a half marathon by providing guided running plans, coaching, and interactive workouts.

How long is the iFit half marathon training program?

The iFit half marathon training programs typically range from 8 to 12 weeks, depending on the specific plan and the runner's experience level.

Is the iFit half marathon training suitable for beginners?

Yes, iFit offers half marathon training plans tailored for beginners, intermediate, and advanced runners, allowing users to select a program that matches their fitness level.

Does iFit half marathon training include strength training?

Yes, many iFit half marathon training plans incorporate strength training and cross-training sessions to improve overall fitness and reduce injury risk.

Can I use iFit half marathon training on a treadmill?

Absolutely, iFit's interactive workouts are designed for use on treadmills as well as outdoor running, providing virtual coaching and automatic speed/incline adjustments on compatible machines.

Are there nutrition tips included in the iFit half marathon training?

Some iFit half marathon training programs include nutrition advice and meal planning tips to help runners optimize their performance and recovery.

How does iFit track progress during the half marathon training?

iFit tracks your progress through metrics like distance, pace, heart rate (if using compatible devices), and workout completion, providing personalized feedback and adjustments.

Can I customize my iFit half marathon training plan?

iFit allows some customization, such as adjusting workout days and intensity, to fit individual schedules and fitness goals within the half marathon training programs.

Do iFit half marathon training programs include race day strategies?

Yes, many iFit half marathon training plans offer guidance on race day preparation, pacing strategies, and mental tips to help runners perform their best on race day.

Additional Resources

iFit Half Marathon Training: A Comprehensive Review of Its Effectiveness and Features

iFit half marathon training programs have gained considerable attention among runners aiming to tackle the 13.1-mile distance with structured guidance and technological support. As the demand for personalized, interactive fitness solutions grows, iFit's half marathon training plans emerge as a notable contender in the digital training space. This article presents an analytical overview of iFit's half marathon training offerings, exploring its methodology, user experience, and how it stacks up against other popular training options.

Understanding iFit Half Marathon Training

iFit is a fitness technology platform known primarily for its integration with smart exercise equipment such as treadmills, bikes, and ellipticals. Its half marathon training programs leverage this technology to provide users with interactive coaching, dynamic workouts, and real-time data tracking. The core appeal lies in its ability to simulate outdoor running environments through Google Maps integration and its adaptive training plans that respond to user progress.

The half marathon training plans on iFit typically range from 8 to 12 weeks, catering to various experience levels—from beginners looking to complete their first half marathon to more seasoned runners aiming for personal bests. The platform uses a combination of endurance runs, speed work, recovery days, and cross-training sessions, all designed to prepare the runner both physically and mentally for race day.

Program Structure and Features

One of the standout features of iFit half marathon training is its dynamic workout adjustment. Unlike static plans commonly found online or in books, iFit modifies training intensity based on user feedback and performance data. This is particularly advantageous for runners who may struggle with overtraining or need to accommodate unexpected life events without derailing progress.

Key features include:

- **Interactive Coaching:** Real-time audio and video coaching from professional trainers helps maintain motivation and proper form.
- **GPS-Enabled Routes:** Virtual runs that simulate famous race courses or

scenic trails enhance engagement and variety.

- **Performance Tracking:** Detailed analytics on pace, heart rate, cadence, and calories burned allow users to monitor improvements.
- **Cross-Training Options:** Incorporation of strength training, yoga, and mobility sessions to support injury prevention.

Comparative Analysis with Other Training Platforms

When juxtaposed with other popular half marathon training plans—such as those from Hal Higdon, Nike Run Club, or Strava—iFit offers a more integrated hardware-software experience. For example, while Hal Higdon provides free, well-structured plans with broad community support, it lacks the immersive interactive elements that iFit provides through its connected equipment.

Nike Run Club and Strava excel in social engagement and community challenges but generally require manual tracking or third-party devices for heart rate and cadence data. iFit's ability to seamlessly record and analyze comprehensive biometric data gives it a technical edge for users invested in detailed performance metrics.

However, iFit's reliance on compatible equipment may be a barrier for some runners. Unlike app-based programs that are device-agnostic, iFit's full experience is optimized for use with its own treadmills and bikes. This exclusivity can be seen as a disadvantage for users who prefer outdoor running without additional hardware.

Effectiveness of iFit Half Marathon Training

The question of effectiveness hinges on how well the program prepares runners for race conditions and helps improve performance over time. User reviews and anecdotal evidence suggest that iFit's personalized coaching and adaptive workouts contribute positively to endurance and speed gains. The progressive overload principle embedded in the plans encourages gradual improvement while minimizing injury risk.

Moreover, the mental engagement fostered by virtual routes and interactive coaching can enhance adherence—a critical factor in any training regimen. Motivation often wanes in solo training, and iFit's immersive experience attempts to counteract this by providing variety and a sense of community through live classes and challenges.

On the downside, some users report that the cost of an iFit subscription and associated hardware can be prohibitive. Additionally, the digital interface,

while innovative, may have a learning curve for those less comfortable with technology.

Training Adaptability and Customization

iFit half marathon training programs exhibit a notable degree of adaptability. The platform collects user data such as previous running experience, current fitness level, and specific goals to tailor the weekly plan. If a user misses a session or experiences fatigue, the system recalibrates future workouts to maintain optimal progression.

This contrasts with many traditional training plans, which are rigid and require manual adjustments by the runner. The automatic recalibration feature potentially reduces the risk of burnout and injury by balancing workload and recovery.

Integration with Wearable Devices and Data Analytics

A significant advantage of iFit lies in its robust data analytics and compatibility with wearable devices. Heart rate monitors, GPS watches, and smartwatches can sync with the platform, providing a comprehensive overview of training metrics. The data-driven insights allow runners to identify strengths and weaknesses, adjust pacing strategies, and monitor recovery status.

The platform's dashboard presents data in an accessible format, highlighting trends over time and enabling users to make informed decisions about their training intensity. This level of personalization is particularly valuable for intermediate to advanced runners seeking to optimize their race preparation.

Pros and Cons of iFit Half Marathon Training

To summarize the key benefits and drawbacks of the iFit half marathon training programs:

- **Pros:**

- Interactive and immersive training experience
- Adaptive workout plans tailored to individual progress
- Comprehensive performance tracking and analytics

- Incorporation of cross-training to reduce injury risk
- Access to professional coaching and virtual race simulations

- **Cons:**

- Requires iFit-compatible equipment for full functionality
- Subscription costs may be high compared to free plans
- Digital interface may be complex for non-tech-savvy users
- Less community interaction compared to social running apps

Who Should Consider iFit Half Marathon Training?

iFit's half marathon training is best suited for runners who value structured, data-driven programs and have access to compatible equipment. Beginners who appreciate guided coaching and motivational features may find the platform's adaptive approach helpful to build confidence and endurance safely.

Intermediate runners aiming to improve performance might benefit from the detailed analytics and virtual race simulations that mimic real-world conditions. Conversely, casual runners or those without access to iFit treadmills may prefer alternative app-based or free training plans that accommodate outdoor running and offer broader social engagement.

Final Thoughts on iFit Half Marathon Training

The iFit half marathon training offers a technologically advanced, highly customizable approach to race preparation that integrates seamlessly with smart fitness equipment. It stands out in the crowded market of running plans by combining interactive coaching, adaptive scheduling, and detailed biometric tracking. While the cost and equipment dependency may limit its accessibility, for dedicated runners seeking an immersive and data-rich training environment, iFit presents a compelling option.

As half marathon participation continues to rise worldwide, platforms like iFit are shaping the future of endurance training by blending technology with personalized fitness coaching. Whether preparing for a first race or chasing

a new PR, the effectiveness of any training program ultimately depends on consistent effort and adherence—areas where iFit's engaging format may provide the necessary support to keep runners on track.

Ifit Half Marathon Training

ifit half marathon training: Be Your Best At Marathon Running Tim Rogers, 2010-02-26
Want to enter a marathon but don't even know how to get a place? Be Your Best at Marathon Running doesn't just give you a complete set of training plans, fitness advice and nutritional guidance, it also shows you where and how to apply, which marathon to enter, and how to raise money for charity. It is written by the founder of the UK's leading running website, www.realrunners.co.uk, and also features a foreword from the founder of the London Marathon, Dave Bedford. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of how to run a marathon. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.

ifit half marathon training: 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.

ifit half marathon training: Saturday Night, 1988

ifit half marathon training: Galloway's Half Marathon Training Jeff Galloway, 2021-05-01 For any runner considering training for a half marathon, author and running coach Jeff Galloway can help you prepare to train, enjoy training, and cross the finish line strong. In this book, Olympian Jeff Galloway outlines for each runner how to select a realistic goal and what workouts to use to best prepare for the race. He includes tips for staying motivated while at the same time eliminating aches, pains, and injuries. He also assures runners that their training will not completely consume their time so that they can train successfully while still enjoying other aspects of life. The author's successful and unique run-walk-run training method has helped thousands of average people train for half marathons, even if they have never run before. Using this program, even veteran runners can improve their personal bests. With this book, every runner will be given a step-by-step guide on setting up their training each week so that they will finish the half marathon strong!

ifit half marathon training: Marathon and Half Marathon Marnie Caron, Sport Medicine Council of British Columbia, 2006 The complete 26-week training program--Cover.

ifit half marathon training: The Half Marathon Training Program on 2 Run's a Week

Mike Gingerich, 2020-01-30 Is it possible to train for and run a 1/2 marathon when only doing 2 training runs a week? Isn't that craziness? Can it really work? YES! It is possible to complete a half marathon without killing your body or spending loads of time on training runs! YES! It is possible to be fit, prepared, and ready to run a half marathon in 12 weeks, just 90 days, doing just 2 training runs a week! In fact, in this program you will not run over 10 miles at any time and you will be race ready to run 13.1 miles successfully and with less wear and tear on your body on race day! The secret is 3 key ingredients: Longer runs at your Half Marathon Target Heart Rate (HMT HR) during training. Speedwork to toughen you up for the late miles of a 1/2 marathon. Lots of HIIT cross-training workouts in-between runs. Together, this combination saves you time, prepares your whole body, lessens wear and tear, and fits a busy lifestyle.

ifit half marathon training: Half-Marathon Jeff Galloway, Barbara Galloway, 2013-10-23

Author of the best-seller *Marathon - You can do it!*, Galloway now offers together with his wife a state-of-the-art book on the highly popular half-marathon distance especially for women. Jeff's trademarked run-walk-run method has helped hundreds of thousands of average people to get off the couch, train for marathons and half-marathons without injury and has helped veterans to improve times. This book offers a step-by-step program for women that starts with setting up your training each week. Jeff and Barbara will show you how to select a realistic goal, and which workouts are needed to prepare for various performances. The book is loaded with tips especially for women on how to stay motivated, eliminate aches, pains, and injuries, with the minimum training needed to enjoy other aspects of life.

ifit half marathon training: 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.

ifit half marathon training: Half Marathon Jeff Galloway, Barbara Galloway, 2019-02-01

Half Marathon: A Complete Guide for Women is a must-have for adult women of any age at any fitness level who want to train for a half marathon. Using Jeff Galloway's proven Run Walk Run® method, this book offers a step-by-step program for women that will get them started with weekly training. The training plans follow the run-walk-run format, allowing the runner to increase her mileage while decreasing her time, safely and effectively. An added benefit of these training programs is that they can easily fit into any busy schedule because training needs to happen only three days a week. Along with the training programs, this book offers nutrition advice for women—what and when to eat and how to control weight while training. It offers advice on staying motivated and preventing injury while training as well. Also included is information on women-specific issues. Any woman looking to complete a half marathon will find all the information she needs to run-walk-run fast and finish her race strong.

ifit half marathon training: Marathon Hal Higdon, 2011-09-27

A training guide for beginners, first-time marathoners, and women runners counsels readers on how to build speed and

distance while maximizing one's performance and building on defensive running skills, in an updated edition by a senior writer for Runner's World magazine. Original.

ifit half marathon training: *Marathoning for Mortals* John Bingham, Jenny Hadfield, 2003-05-02 As Runner's World's columnist and poster child for adult-onset athletes, John the Penguin Bingham offers the ultimate introduction to long-distance running and walking.

ifit half marathon training: *Beginner's Half-Marathon Trainer* Jon Ackland, 2008-03-03 Offers several fourteen-week programs to train for a half-marathon, providing warm-up exercises, information on nutrition, and advice on choosing a training program.

ifit half marathon training: *Hansons Half-Marathon Method* Luke Humphrey, 2014 Presents a half-marathon training program that offers plans for both beginner and advanced runners, stressing lower-mileage runs; speed, strength, and tempo workouts; and nutrition and hydration planning.

ifit half marathon training: *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!

ifit half marathon training: *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.

ifit half marathon training: *Hansons Marathon Method* Humphrey Luke, 2012-11-27 In *Hansons Marathon Method*, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians. *Hansons Marathon Method* offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests. *Hansons Marathon Method* does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable. Instead, runners using the *Hansons method* will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed,

strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

ifit half marathon training: Train Like a Mother Sarah Bowen Shea, Dimity McDowell, 2012-03-20 This follow-up to the authors' Run Like a Mother, Train Like a Mother comprehensively covers how to train for a race, including training plans for four race distances (5K, 10K, half-marathon, and marathon) for both beginner and more experienced runners; the importance of recovery; pre- and post-race nutrition; strength training; and more.

ifit half marathon training: Runner's World Run Less, Run Faster, Revised Edition Bill Pierce, Scott Murr, Ray Moss, 2012-04-10 Advises on how to run faster by running less, providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance.

ifit half marathon training: Galloway's Half Marathon Training Jeff Galloway, 2021-04-02

ifit half marathon training: Running Your First Marathon Andrew Kastor, 2018-01-09 "Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Just as Andrew has helped me on my journey, he is sure to help you on yours."—Ryan Hall, US Olympic Marathoner, holder of the US record in the half marathon, and marathon training expert As a marathon training coach for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor's marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, Running Your First Marathon is the only coaching you'll need to go the distance. Running Your First Marathon lays out a goal-oriented marathon training program with: A 20-Week Marathon Training Program—detailed day-by-day marathon training schedules and space to track your progress Marathon Training 101—advice and tips from world-class marathoners on marathon training, fueling your body, avoiding injury, and race-day preparation Motivational Marathon Training Boosts—from Coach Kastor and other famous runners to help you stay on track during marathon training Running Your First Marathon will not only inspire you but also help train your mind and body to unlock hidden potential.—Shalane Flanagan, Olympic Silver Medalist, NYC Marathon champion, American record holder, and marathon training pro

Related to ifit half marathon training

iFIT | Interactive Fitness & Workout App iFIT's fitness library includes cardio, strength, pilates, yoga, HIIT, meditation, and more. Find every workout you want or need on your NordicTrack machine, phone, or tablet

iFIT Apps | At-Home Workouts | Fitness App Transform your home gym with the iFIT app. Gain access to personal trainers, cycling classes, HIIT workouts, cardio classes, ab workouts, and more

iFIT Mobile App | Home Workouts | Fitness App Transform your home gym with the iFIT mobile app. Gain access to personal trainers, HIIT classes, ab workouts, bike classes, cardio workouts, and more

iFIT Classes | HIIT Workouts, Strength Workouts, and More iFIT offers a variety of interactive

Global Workout classes. Gain access to personal trainers, chest workouts, ab workouts, yoga classes, and more

Home | iFIT Health & Fitness We offer the iFIT experience across the industry's broadest range of connected fitness hardware. Treadmills, bikes, ellipticals, rowers, climbers, strength equipment, fitness

iFIT Equipment | Treadmills, Bikes, Rowers, Mirrors, & More Learn more about iFIT's connected fitness equipment products. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, fitness mirrors, & more

iFIT-Enabled Treadmills | Interactive Treadmill Workouts Treadmills with iFIT connectivity offer HIIT classes, running workouts, walking classes, hiking workouts, and more with a personal trainer. Learn more

Interactive Cycling Workouts | At-Home Rides - iFIT Bikes with iFIT connectivity offer interactive cycling workouts, bike workouts, and more with personal trainers to push you along the way. Learn more

Changes to iFIT Memberships: Everything You Need to Know iFIT is updating its membership plans. Here's what you need to know about the changes to make your iFIT experience even more rewarding

iFIT Connected Fitness | Treadmills, Bikes, Rowers, & More Learn more about iFIT's connected fitness equipment. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, and fitness mirrors

iFIT | Interactive Fitness & Workout App iFIT's fitness library includes cardio, strength, pilates, yoga, HIIT, meditation, and more. Find every workout you want or need on your NordicTrack machine, phone, or tablet

iFIT Apps | At-Home Workouts | Fitness App Transform your home gym with the iFIT app. Gain access to personal trainers, cycling classes, HIIT workouts, cardio classes, ab workouts, and more

iFIT Mobile App | Home Workouts | Fitness App Transform your home gym with the iFIT mobile app. Gain access to personal trainers, HIIT classes, ab workouts, bike classes, cardio workouts, and more

iFIT Classes | HIIT Workouts, Strength Workouts, and More iFIT offers a variety of interactive Global Workout classes. Gain access to personal trainers, chest workouts, ab workouts, yoga classes, and more

Home | iFIT Health & Fitness We offer the iFIT experience across the industry's broadest range of connected fitness hardware. Treadmills, bikes, ellipticals, rowers, climbers, strength equipment, fitness

iFIT Equipment | Treadmills, Bikes, Rowers, Mirrors, & More Learn more about iFIT's connected fitness equipment products. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, fitness mirrors, & more

iFIT-Enabled Treadmills | Interactive Treadmill Workouts Treadmills with iFIT connectivity offer HIIT classes, running workouts, walking classes, hiking workouts, and more with a personal trainer. Learn more

Interactive Cycling Workouts | At-Home Rides - iFIT Bikes with iFIT connectivity offer interactive cycling workouts, bike workouts, and more with personal trainers to push you along the way. Learn more

Changes to iFIT Memberships: Everything You Need to Know iFIT is updating its membership plans. Here's what you need to know about the changes to make your iFIT experience even more rewarding

iFIT Connected Fitness | Treadmills, Bikes, Rowers, & More Learn more about iFIT's connected fitness equipment. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, and fitness mirrors

iFIT | Interactive Fitness & Workout App iFIT's fitness library includes cardio, strength, pilates, yoga, HIIT, meditation, and more. Find every workout you want or need on your NordicTrack

machine, phone, or tablet

iFIT Apps | At-Home Workouts | Fitness App Transform your home gym with the iFIT app. Gain access to personal trainers, cycling classes, HIIT workouts, cardio classes, ab workouts, and more
iFIT Mobile App | Home Workouts | Fitness App Transform your home gym with the iFIT mobile app. Gain access to personal trainers, HIIT classes, ab workouts, bike classes, cardio workouts, and more

iFIT Classes | HIIT Workouts, Strength Workouts, and More iFIT offers a variety of interactive Global Workout classes. Gain access to personal trainers, chest workouts, ab workouts, yoga classes, and more

Home | iFIT Health & Fitness We offer the iFIT experience across the industry's broadest range of connected fitness hardware. Treadmills, bikes, ellipticals, rowers, climbers, strength equipment, fitness

iFIT Equipment | Treadmills, Bikes, Rowers, Mirrors, & More Learn more about iFIT's connected fitness equipment products. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, fitness mirrors, & more

iFIT-Enabled Treadmills | Interactive Treadmill Workouts Treadmills with iFIT connectivity offer HIIT classes, running workouts, walking classes, hiking workouts, and more with a personal trainer. Learn more

Interactive Cycling Workouts | At-Home Rides - iFIT Bikes with iFIT connectivity offer interactive cycling workouts, bike workouts, and more with personal trainers to push you along the way. Learn more

Changes to iFIT Memberships: Everything You Need to Know iFIT is updating its membership plans. Here's what you need to know about the changes to make your iFIT experience even more rewarding

iFIT Connected Fitness | Treadmills, Bikes, Rowers, & More Learn more about iFIT's connected fitness equipment. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, and fitness mirrors

iFIT | Interactive Fitness & Workout App iFIT's fitness library includes cardio, strength, pilates, yoga, HIIT, meditation, and more. Find every workout you want or need on your NordicTrack machine, phone, or tablet

iFIT Apps | At-Home Workouts | Fitness App Transform your home gym with the iFIT app. Gain access to personal trainers, cycling classes, HIIT workouts, cardio classes, ab workouts, and more

iFIT Mobile App | Home Workouts | Fitness App Transform your home gym with the iFIT mobile app. Gain access to personal trainers, HIIT classes, ab workouts, bike classes, cardio workouts, and more

iFIT Classes | HIIT Workouts, Strength Workouts, and More iFIT offers a variety of interactive Global Workout classes. Gain access to personal trainers, chest workouts, ab workouts, yoga classes, and more

Home | iFIT Health & Fitness We offer the iFIT experience across the industry's broadest range of connected fitness hardware. Treadmills, bikes, ellipticals, rowers, climbers, strength equipment, fitness

iFIT Equipment | Treadmills, Bikes, Rowers, Mirrors, & More Learn more about iFIT's connected fitness equipment products. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, fitness mirrors, & more

iFIT-Enabled Treadmills | Interactive Treadmill Workouts Treadmills with iFIT connectivity offer HIIT classes, running workouts, walking classes, hiking workouts, and more with a personal trainer. Learn more

Interactive Cycling Workouts | At-Home Rides - iFIT Bikes with iFIT connectivity offer interactive cycling workouts, bike workouts, and more with personal trainers to push you along the way. Learn more

Changes to iFIT Memberships: Everything You Need to Know iFIT is updating its membership

plans. Here's what you need to know about the changes to make your iFIT experience even more rewarding

iFIT Connected Fitness | Treadmills, Bikes, Rowers, & More Learn more about iFIT's connected fitness equipment. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, and fitness mirrors

iFIT | Interactive Fitness & Workout App iFIT's fitness library includes cardio, strength, pilates, yoga, HIIT, meditation, and more. Find every workout you want or need on your NordicTrack machine, phone, or tablet

iFIT Apps | At-Home Workouts | Fitness App Transform your home gym with the iFIT app. Gain access to personal trainers, cycling classes, HIIT workouts, cardio classes, ab workouts, and more

iFIT Mobile App | Home Workouts | Fitness App Transform your home gym with the iFIT mobile app. Gain access to personal trainers, HIIT classes, ab workouts, bike classes, cardio workouts, and more

iFIT Classes | HIIT Workouts, Strength Workouts, and More iFIT offers a variety of interactive Global Workout classes. Gain access to personal trainers, chest workouts, ab workouts, yoga classes, and more

Home | iFIT Health & Fitness We offer the iFIT experience across the industry's broadest range of connected fitness hardware. Treadmills, bikes, ellipticals, rowers, climbers, strength equipment, fitness

iFIT Equipment | Treadmills, Bikes, Rowers, Mirrors, & More Learn more about iFIT's connected fitness equipment products. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, fitness mirrors, & more

iFIT-Enabled Treadmills | Interactive Treadmill Workouts Treadmills with iFIT connectivity offer HIIT classes, running workouts, walking classes, hiking workouts, and more with a personal trainer. Learn more

Interactive Cycling Workouts | At-Home Rides - iFIT Bikes with iFIT connectivity offer interactive cycling workouts, bike workouts, and more with personal trainers to push you along the way. Learn more

Changes to iFIT Memberships: Everything You Need to Know iFIT is updating its membership plans. Here's what you need to know about the changes to make your iFIT experience even more rewarding

iFIT Connected Fitness | Treadmills, Bikes, Rowers, & More Learn more about iFIT's connected fitness equipment. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, and fitness mirrors

iFIT | Interactive Fitness & Workout App iFIT's fitness library includes cardio, strength, pilates, yoga, HIIT, meditation, and more. Find every workout you want or need on your NordicTrack machine, phone, or tablet

iFIT Apps | At-Home Workouts | Fitness App Transform your home gym with the iFIT app. Gain access to personal trainers, cycling classes, HIIT workouts, cardio classes, ab workouts, and more

iFIT Mobile App | Home Workouts | Fitness App Transform your home gym with the iFIT mobile app. Gain access to personal trainers, HIIT classes, ab workouts, bike classes, cardio workouts, and more

iFIT Classes | HIIT Workouts, Strength Workouts, and More iFIT offers a variety of interactive Global Workout classes. Gain access to personal trainers, chest workouts, ab workouts, yoga classes, and more

Home | iFIT Health & Fitness We offer the iFIT experience across the industry's broadest range of connected fitness hardware. Treadmills, bikes, ellipticals, rowers, climbers, strength equipment, fitness

iFIT Equipment | Treadmills, Bikes, Rowers, Mirrors, & More Learn more about iFIT's connected fitness equipment products. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, fitness mirrors, & more

iFIT-Enabled Treadmills | Interactive Treadmill Workouts Treadmills with iFIT connectivity offer HIIT classes, running workouts, walking classes, hiking workouts, and more with a personal trainer. Learn more

Interactive Cycling Workouts | At-Home Rides - iFIT Bikes with iFIT connectivity offer interactive cycling workouts, bike workouts, and more with personal trainers to push you along the way. Learn more

Changes to iFIT Memberships: Everything You Need to Know iFIT is updating its membership plans. Here's what you need to know about the changes to make your iFIT experience even more rewarding

iFIT Connected Fitness | Treadmills, Bikes, Rowers, & More Learn more about iFIT's connected fitness equipment. Interactive treadmills, bikes, rowers, ellipticals, cable equipment, and fitness mirrors

Related Articles

- [praxis 5002 study guide](#)
- [peregrine exam answer](#)
- [cult of the lamb trophy guide and roadmap](#)

[Back to Home](#)