

# half marathon two month training plan

Half Marathon Two Month Training Plan: Your Ultimate Guide to Race Day Success

**half marathon two month training plan** is an achievable goal for many runners, whether you're a beginner looking to complete your first 13.1 miles or an intermediate runner aiming to improve your time. With just eight weeks to prepare, having a structured approach that balances running, recovery, and cross-training is essential to build endurance, prevent injury, and boost confidence. This article will walk you through what to expect during a half marathon training cycle, key workouts to include, and tips to maximize your performance on race day.

## Why Choose a Two Month Training Plan for a Half Marathon?

Many training plans range from 10 to 16 weeks, but a half marathon two month training plan is ideal for those who already have some running base or are pressed for time but still want to train effectively. This shorter timeframe encourages focused, consistent workouts without overwhelming your schedule.

A two-month plan demands commitment but allows you to gradually increase mileage while incorporating speed work, tempo runs, and recovery days. It's a perfect balance for runners who want to improve endurance and speed without risking burnout or injury.

## Building a Running Base Before Starting

Before diving into the eight-week plan, it's important to have a basic running foundation. Ideally, you should be comfortable running at least 3 miles three times a week. This base reduces the risk of injury and makes the upcoming training more manageable.

If you're starting from scratch, consider spending a few weeks walking and gradually adding short runs to ease into the routine. Building this foundation will make your half marathon two month training plan more enjoyable and effective.

## Structure of the Half Marathon Two Month Training Plan

An effective training plan balances different types of runs, strength training, and rest days. Here's a breakdown of the core components you'll encounter:

## **1. Easy Runs**

Easy runs form the backbone of your training. These runs are done at a comfortable pace, where conversation is possible. They help improve aerobic capacity and promote recovery. Incorporate two to three easy runs per week, ranging from 3 to 5 miles depending on your fitness level.

## **2. Long Runs**

Long runs are crucial to building endurance. They progressively increase in distance, peaking at about 10-12 miles two weeks before race day. The goal is to simulate race conditions and prepare your muscles and mind for sustained effort.

Try to run these at a slower pace than your goal race pace, focusing on time on your feet rather than speed.

## **3. Tempo Runs**

Tempo runs improve your lactate threshold, helping you run faster for longer. These runs are done at a "comfortably hard" pace—faster than easy runs but sustainable for 20-30 minutes.

Including one tempo run weekly can boost your speed and stamina.

## **4. Interval Training**

Speed workouts such as intervals or fartlek sessions enhance your running economy and aerobic capacity. For example, 400m or 800m repeats at faster than race pace with recovery jogs in between.

Start incorporating intervals around week 3 or 4, once your base mileage is established.

## **5. Cross-Training and Strength Work**

Non-running activities like cycling, swimming, or yoga help improve overall fitness and reduce injury risk. Strength training focusing on core, glutes, and legs supports running mechanics and endurance.

Aim for one or two cross-training or strength sessions weekly.

## 6. Rest and Recovery

Recovery days are as important as workouts. They allow muscles to repair and adapt. Avoid overtraining by scheduling at least one full rest day per week, especially after long runs or intense workouts.

## Sample Half Marathon Two Month Training Schedule

Here's a simplified week-by-week plan to guide your preparation:

### Weeks 1-2: Establish Your Routine

- Monday: Rest or light cross-training
- Tuesday: Easy run (3 miles)
- Wednesday: Tempo run (2 miles easy + 2 miles tempo)
- Thursday: Rest or strength training
- Friday: Easy run (3 miles)
- Saturday: Long run (4-5 miles)
- Sunday: Rest or active recovery (walking, yoga)

### Weeks 3-4: Building Endurance and Speed

- Monday: Rest
- Tuesday: Interval training (4 x 400m fast with 400m jog recovery)
- Wednesday: Easy run (3-4 miles)
- Thursday: Strength training or cross-training
- Friday: Tempo run (3 miles)
- Saturday: Long run (6-7 miles)
- Sunday: Rest or active recovery

## **Weeks 5-6: Peak Mileage and Intensity**

- Monday: Rest
- Tuesday: Interval training (5 x 800m fast with 400m jog recovery)
- Wednesday: Easy run (4 miles)
- Thursday: Strength training or cross-training
- Friday: Tempo run (4 miles)
- Saturday: Long run (8-10 miles)
- Sunday: Rest or active recovery

## **Week 7: Tapering Begins**

- Monday: Rest
- Tuesday: Easy run (3 miles)
- Wednesday: Tempo run (2 miles)
- Thursday: Rest or light cross-training
- Friday: Easy run (2 miles)
- Saturday: Long run (6 miles)
- Sunday: Rest

## **Week 8: Race Week**

- Monday: Rest
- Tuesday: Easy run (2 miles)
- Wednesday: Rest
- Thursday: Short tempo run (1 mile)

- Friday: Rest
- Saturday: Rest
- Sunday: Race Day!

## **Additional Tips for a Successful Half Marathon Training**

### **Listen to Your Body**

While sticking to a training plan is important, it's equally vital to pay attention to your body's signals. If you feel persistent pain or excessive fatigue, take extra rest days or reduce mileage. Preventing injury is key to crossing the finish line.

### **Nutrition and Hydration**

Fueling your body properly supports your training efforts. Focus on balanced meals with carbohydrates, protein, and healthy fats. Hydrate well, especially before and after long runs. Experiment with energy gels or snacks during long runs to find what works best for race day.

### **Gear and Footwear**

Invest in a good pair of running shoes that suit your gait and provide adequate support. Replace old shoes if they're worn out to avoid injuries. Comfortable, moisture-wicking clothing will improve your running experience, particularly during longer sessions.

### **Mental Preparation**

Running a half marathon is as much a mental challenge as a physical one. Visualize race day, set realistic goals, and celebrate small victories throughout your training. Incorporate mindfulness or meditation practices to help manage pre-race nerves.

## **Tracking Progress and Adjusting Your Training**

Using a running app or GPS watch can help monitor your pace, distance, and heart rate,

giving you insights into your progress. If certain workouts feel too difficult or easy, adjust accordingly. Flexibility in your half marathon two month training plan ensures you stay motivated and injury-free.

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Embarking on a half marathon journey with a focused two-month training plan is both exciting and rewarding. With consistent effort, smart pacing, and attention to recovery, you'll be well-prepared to tackle those 13.1 miles confidently. Remember, every runner's path is unique—embrace your progress and enjoy the process as much as the finish line itself.

## **Frequently Asked Questions**

### **What is a basic outline of a two-month half marathon training plan?**

A basic two-month half marathon training plan typically includes 4-5 days of running per week, combining easy runs, long runs, speed workouts, and rest days. The mileage gradually increases each week, with long runs peaking around 10 to 12 miles before tapering in the final week.

### **How many days per week should I run in a two-month half marathon plan?**

Most two-month half marathon training plans recommend running 4 to 5 days per week to balance building endurance and allowing recovery.

### **Can beginners successfully train for a half marathon in two months?**

Yes, beginners can train for a half marathon in two months, provided they have a basic fitness level and follow a structured plan that progressively increases mileage while including rest and cross-training days.

### **What types of workouts are included in a two-month half marathon training plan?**

Typical workouts include easy runs, long runs to build endurance, speed sessions like intervals or tempo runs to improve pace, and rest or cross-training days for recovery.

### **How important are rest days in a two-month half marathon training plan?**

Rest days are crucial as they allow the body to recover, prevent injury, and improve

performance. Most plans include at least one or two rest days per week.

## **Should I include cross-training in my two-month half marathon training plan?**

Yes, incorporating cross-training activities such as cycling, swimming, or strength training can improve overall fitness, reduce injury risk, and enhance running performance.

## **How should I adjust my two-month half marathon training plan if I miss a workout?**

If you miss a workout, try to make it up on a rest day if possible without overtraining. Otherwise, continue with the plan to avoid injury, focusing on consistency rather than perfection.

## **What nutrition tips should I follow during a two-month half marathon training plan?**

Maintain a balanced diet with adequate carbohydrates for energy, protein for muscle repair, and hydration. Before long runs, eat easily digestible carbs, and after workouts, include protein and carbs to aid recovery.

## **Additional Resources**

Half Marathon Two Month Training Plan: A Strategic Approach to Race Readiness

**half marathon two month training plan** represents a popular timeframe for runners aiming to balance effective preparation with time constraints. Whether you are a beginner setting out to conquer your first 13.1 miles or an intermediate athlete seeking to improve your personal best, a thoughtfully designed eight-week schedule can provide the structure necessary for success. This article explores the components, benefits, and considerations involved in undertaking a half marathon training plan within two months, emphasizing practical guidance bolstered by current running science.

## **Understanding the Half Marathon Two Month Training Plan**

The half marathon distance, roughly 21.1 kilometers or 13.1 miles, demands a blend of endurance, speed, and mental stamina. Unlike marathon training programs that often span 12 to 20 weeks, a two-month training plan compresses the build-up phase, requiring a focused and efficient regimen. The half marathon two month training plan typically integrates a combination of easy runs, long runs, tempo workouts, and rest or cross-training days to optimize fitness gains while mitigating injury risk.

The condensed timeframe necessitates balancing progression and recovery carefully. For novice runners, this plan demands foundational fitness before initiation, whereas experienced runners may use it as a tune-up protocol to sharpen race readiness. The key is adhering to principles of gradual mileage increase—often guided by the “10% rule”—and incorporating variety to foster aerobic capacity and muscular strength.

## Key Components of a Two Month Half Marathon Training Plan

A comprehensive half marathon training plan spanning eight weeks generally includes these essential elements:

- **Base Mileage:** Establishing a weekly running distance that progressively increases to build endurance.
- **Long Runs:** Weekly extended runs that simulate race conditions, usually culminating around 10 to 12 miles.
- **Speed Workouts:** Intervals, fartlek sessions, or tempo runs designed to improve lactate threshold and running economy.
- **Cross-Training:** Activities such as cycling, swimming, or strength training to enhance overall fitness without excessive joint strain.
- **Rest and Recovery:** Scheduled days to allow muscular repair and prevent overtraining.

Integrating these elements ensures a balance between pushing physical limits and safeguarding against burnout.

## Analyzing Training Plan Structures: Beginner vs. Intermediate Approaches

The half marathon two month training plan must be tailored to the runner’s experience level. For beginners, the focus is on injury prevention and gradual adaptation, while intermediate runners emphasize speed and endurance refinement.

### Beginner Training Plan Overview

A novice plan might start with a base of three runs per week, supplemented by low-impact cross-training. Long runs initially range from 3 to 5 miles, building up to 10 miles by week



eight. Speed workouts may be minimal or introduced as light tempo runs in the latter half of the schedule. Rest days are prioritized, especially early on.

Typical weekly mileage for beginners progresses from approximately 10 to 20 miles. The incremental increase helps the body adjust to the physical demands without excessive strain. This approach aligns with findings from sports medicine research emphasizing gradual workload escalation to reduce injury rates.

## Intermediate Training Plan Overview

Runners with some experience often engage in 4 to 5 running days weekly, with a higher base mileage starting around 20 miles per week. Their long runs approach or reach 12 miles before tapering. Speed sessions are more structured, including intervals (e.g., 400m repeats) and tempo runs at or near race pace. Cross-training may be less frequent but focused on strength and mobility.

Intermediate plans aim not only for completion but also for performance improvement. Incorporating targeted workouts enhances aerobic threshold and running efficiency, which are critical for achieving faster finish times.

## Sample Two Month Training Schedule Breakdown

Below is a representative weekly outline that balances the aforementioned components:

1. **Monday:** Rest or active recovery (yoga, stretching)
2. **Tuesday:** Speed workout (intervals or tempo run)
3. **Wednesday:** Easy run (3-5 miles)
4. **Thursday:** Cross-training (cycling, swimming, or strength)
5. **Friday:** Rest or light jog
6. **Saturday:** Long run (gradually increasing from 5 to 12 miles)
7. **Sunday:** Easy recovery run or rest

This framework is adaptable depending on individual schedules, injury history, and goals.

## Pros and Cons of the Two Month Training Plan

- **Pros:**

- Efficient use of time for runners with limited training windows.
- Encourages focused, goal-oriented workouts.
- Suitable for runners with a pre-existing fitness base.

- **Cons:**

- Less margin for error or missed sessions compared to longer plans.
- Potentially higher injury risk if progression is too aggressive.
- May not be ideal for absolute beginners without prior running experience.

## **Additional Considerations for Effective Training**

Adhering to a half marathon two month training plan goes beyond scheduled workouts. Nutrition, hydration, sleep quality, and mental preparation all play pivotal roles in race-day performance. Runners should prioritize balanced diets rich in carbohydrates, proteins, and healthy fats to support recovery and energy needs.

Hydration strategies, especially during long runs, can affect endurance significantly. Moreover, consistent sleep patterns facilitate physiological repair and cognitive focus. Mental training techniques, such as visualization and goal setting, can enhance motivation and resilience throughout the training cycle.

Integrating technology, such as GPS watches and running apps, provides valuable feedback on pace, distance, and heart rate, enabling data-driven adjustments to the plan.

## **Injury Prevention and Monitoring**

Given the condensed nature of a two-month training plan, vigilance against overuse injuries is crucial. Symptoms such as persistent joint pain, unusual fatigue, or decreased performance should prompt rest or medical consultation. Incorporating dynamic warm-ups, flexibility exercises, and strength training targeting key muscle groups like the quadriceps, hamstrings, calves, and core can reduce injury likelihood.

# Optimizing Race Day Preparedness

The final week of the half marathon two month training plan typically involves tapering—reducing training volume to allow full recovery and peak performance. This phase includes shorter runs at race pace and emphasizes rest and nutrition. Familiarity with race logistics, gear, and pacing strategy during training minimizes surprises on race day.

Ultimately, successful execution of a half marathon two month training plan hinges on consistency, adaptability, and listening to one's body. The compression of training into an eight-week window challenges runners to prioritize quality over quantity, making each session count toward the overarching goal of race completion and personal achievement.

## Half Marathon Two Month Training Plan

**half marathon two month training plan: Hal Higdon's Half Marathon Training** Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

**half marathon two month 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.

**half marathon two month training plan: Marathon Training For Dummies** Tere Stouffer Drenth, 2011-05-04 In today's modern world, there's no need for anyone to run twenty-five miles to deliver a message, as Pheidippides did from Marathon to Athens around 500 B.C. However, hundreds of runners each year run 26.2 miles at hundreds of marathons worldwide. To conquer this mountainous challenge, you must know how to properly eat, stretch, identify and treat injuries, and develop a running program that hones your mind and body into a running machine. Marathon Training For Dummies is for everyone who has always thought about running a marathon or half-marathon (13.1 miles) and for seasoned runners who want to tackle the challenge safely and successfully. This quick-read reference helps all runners: Add strength and speed Weight train Improve your technique Eat to maximize endurance Treat injuries Choose your races In just four to six months of dedicated training, any runner can be fully prepared to tackle a marathon. Map out an exercise program, choose shoes, and plan the race strategy that will get you across the finish line. Marathon Training For Dummies also covers the following topics and more: How far how fast? Blazing the best trail Stretching methods Doing LSD (Long, Slow Distance) Tempo-run training The last 24 hours The best tune-up races in North America The week after the marathon With several

hundred thousand people finishing marathons each year, you'll meet plenty of interesting people running along with you. There are numerous rewards for conquering the mental and physical challenges of a marathon, and this fun and friendly guide is your road map to achieving them.

**half marathon two month training plan: Marathon and Half Marathon** Sam Murphy, 2009-10-01 'I'd love to do a marathon, but I don't have six days a week to train' 'I'm too old/unfit/overweight to run 26 miles, aren't I?' 'Omgod! I've got a place in the marathon - what next?' If any of these scenarios sound familiar, then this book is for you. You want to run a marathon, but you don't know where to start, how to train, what to eat and drink, how to dress, how to prepare for the race or, perhaps, even which race to do. We will guide you through the entire process: from your very first steps to beyond the finish line, ensuring that you not only complete your marathon but enjoy it, too! There's advice on everything from how to fit training into your busy life to improving your running technique and avoiding injury. There are mental tricks to employ when the going gets tough, along with nutritional strategies to maximise your performance, gear and gadgets to improve your running and race tactics to help you get through the big day.

**half marathon two month training plan: Running for Women 101** HowExpert, Jenni Jacobsen, 2018-03-06 "Running for Women 101" is a complete handbook for women who run. It provides an overview of the unique aspects of women's running and contains research-backed training advice for races of all distances. This how-to guide will teach women how to reach all of their running goals, and it touches on the following topics: • The History of Women's Involvement in Running • Challenges and Benefits of Running for Women • Training for a 5K by Building Speed and Endurance • Increasing Distance to Run a 10K • Mastering the Half Marathon • Committing to Training for a Full Marathon • Optimizing Performance with Nutrition, Sleep, and Weight Training • Running Amidst Life's Challenges Intermediate-level female runners who have been consistently running at least three days per week will find this book to be useful in their training. It includes specific training advice for 5k, 10k, half marathon, and marathon races and provides concrete examples of workouts that are beneficial for women who are training for races of each distance. The book also contains support from groundbreaking scientific studies that have proven the effectiveness of various training methods, so you can be sure the recommendations in this book are based on sound evidence. About the Expert: Jennifer Jacobsen is a wife and mother living in a small town in Northcentral Ohio, and she also happens to be a runner. She works fulltime for a public school but maintains a strong interest in running and physical fitness. She competes in local races throughout Ohio, and while she will run just about any distance, she specializes in the half marathon. Jennifer has won dozens of awards for being the top female finisher in local races, and she manages to keep up with her training while also balancing the demands of being a wife, mother, and professional. She has a passion for health and enjoys sharing her knowledge to help other women live up to their potential. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

**half marathon two month 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.

**half marathon two month 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.

**half marathon two month training plan:** **The Competitive Runner's Handbook** Bob Glover, Shelly-lynn Florence Glover, 1999-04-01 For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, *The Competitive Runner's Handbook* will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing running with work and home life.

**half marathon two month training plan:** **Breakthrough Women's Running** Neely Spence Gracey, Cindy Kuzma, 2022-04-06 Breakthrough Women's Running propels female runners past their challenges to become the best runners they can be. It includes training plans, exercises, and stretches to build strength and stamina, and it offers guidance on training through the menstrual cycle, while pregnant, and after childbirth.

**half marathon two month 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!

**half marathon two month 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.

**half marathon two month training plan:** *Marathon Running* Richard Nerurkar, 2000-01-01 Intended for everyone from the complete beginner to the experienced runner wishing to improve on racing strategy, this book gives information on: structuring an effective build up; training harder without doing too much; improving your pace judgement and producing your best on race day.

**half marathon two month training plan: Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program)** Jason R. Rich, 2015-09-09 Book + Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit, and stay fit. You'll learn how to use Apple's new technologies to track your performance, strengthen your motivation, reduce your stress, and improve your diet. You'll learn how to use the Apple Watch and iPhone with everything from Bluetooth-compatible workout equipment to third-party exercise and nutrition apps. Easy to understand and nontechnical, this book is ideal for beginners, as well as more experienced Apple Watch and iPhone users who are fitness-, health-, or nutrition-minded and want to reduce their stress, lose weight, sleep better, build muscle, and live a healthier lifestyle. In addition, this book is part of Que's Content Update Program. As Apple updates features of the Apple Watch and iPhone, sections of this book will be updated or new sections will be added to match the updates to the software. The updates will be delivered to you via a FREE Web Edition of this book, which can be accessed with any Internet connection. How to access the free Web Edition: Follow the instructions within the book to learn how to register your book to get the FREE Web Edition. Author Jason Rich is the best-selling author of more than 55 books. Rich will help you learn to:

- Through in-depth and exclusive interviews with world-renowned health and fitness experts, learn how to succeed in your fitness, diet, and health goals
- Define achievable goals, and use your iPhone and Apple Watch to work toward them
- Use the built-in Health app to collect, view, analyze, store, or share health and fitness data
- Customize your Apple Watch to display fitness information whenever you want it
- Wirelessly link a scale, treadmill, fitness tracker, and medical devices to your iPhone
- Discover great tracking and performance tools for cyclists, runners, and walkers
- Track what you eat, and become more mindful about nutrition
- Discover mind/body tools for improving focus and reducing stress
- Monitor your sleep patterns, sleep better, and consistently wake up more rested
- Reinforce your motivation with apps, accessories, and music
- Set up Medical ID to provide life-saving medical information in an emergency
- Make the most of Apple's Activity and Workout apps

**half marathon two month training plan:** *Runner's World*, 2008-05 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

**half marathon two month training plan: Runner's World Complete Guide to Trail Running** Dagny Scott Barrios, 2003-04-19 Discusses all aspects of trail running, from preventing injury to storing up calories for the day's adventure.

**half marathon two month training plan: Running Tough** Michael Sandrock, 2000-10-17 Imagine training with the best distance runners and running coaches of our time, learning their favorite and most effective workouts, and discovering their hard-earned secrets to success. With Running Tough you'll find yourself running side by side with such world-class runners as Bill Rodgers, Libbie Hickman, Frank Shorter, Arthur Lydiard, Ron Clarke, Emil Zatopek, and Adam Goucher, tasting their unwavering dedication and determination, and viewing firsthand their training runs. Written by prolific running journalist Michael Sandrock, Running Tough organizes the workouts by training goals to create a user-friendly handbook. This allows you to develop a

customized training plan using the most appropriate workouts for training and racing. You'll find chapters dedicated to - long runs, to help develop aerobic endurance - off-road training, to build and strengthen the legs; - fartlek training or the speedplay, to discover variety; - interval workouts, to increase speed; - hill workouts, to build strength and stamina; - tempo runs, to push anaerobic thresholds; - recovery fun runs, to heal muscles while emphasizing the enjoyment of the sport; and - building a program, to prepare for competition. With Running Tough, you'll have the tools to create enhanced training programs, discover new plateaus in your workout regimes, and meet the challenges of world-class competition. You'll find that whether you're looking for increased strength and endurance, improved aerobic or anaerobic capacity, or just a competitive edge, Running Tough will help you train with more efficiency, more enthusiasm, and more variety.

**half marathon two month training plan: Mental Training for Runners** Jeff Galloway, 2016-03-28 "I don't have time to run." "The run will hurt or make me tired." "I don't have my running shoes with me." "I've got too much work to do." If you're always looking for any excuse to not go running, this book is for you! Whether you're an athlete or just want to stay fit and exercise, you need to train your mind just as much as you train your body! It's easy to find excuses and stay at home, but with Jeff Galloway's mental training strategies you will find yourself staying motivated and setting and reaching new goals in no time. Jeff will help you break down your challenges into smaller steps so your next goal seems more achievable. You will learn to overcome each challenge and problem and reduce stress. You will be able to go out for your run even on tough days, after an injury or illness, or when your running buddy isn't around. In the end, you will break through barriers and stay in control and at the top. In this book, you will find many useful tips on how to deal with stress. Jeff describes typical everyday situations and how to go out and run even if your brain is making up excuses; he explains drills to help you rehearse a good response to those excuses so that over time you will change your habits; he presents training tools that will lower your stress and help you learn to set realistic goals. In addition, Jeff posits that in order to stay motivated, it is important to have good running technique. A section on better technique will help you run better and achieve your next goal. Finally, Jeff shows how using a journal can benefit your exercise regime and assist you in keeping track of your progress and the highs and lows of your training schedules. Mental Training for Runners will put you on the path to a positive mental environment and will turn your mind, body, and spirit into a powerful team and tool. After reading and learning from this book, there will only ever be one answer to any challenge: "I can do it!"

**half marathon two month training plan: Runner's World**, 2006-01 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

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Denise Sauriol, a.k.a., the Marathon Whisperer, equates training for a marathon to taking a class. When you sign up for a class, you get a syllabus (training plan), you do your homework (training runs) and then you take your final (run the marathon), right? Training for a marathon is as methodical as taking a class. You just have to add heart! Signed up for a marathon and feeling SCITED (Scared + Excited)? This book is also for YOU! This book is all you need for running your first marathon. The chapters are laid out into 26 miles and kick off with a personal story of inspiration from a first-timer that Denise has coached. She has coached runners from 18 to 82 years old and she can help you too! Within each mile, she shares her tips, tricks and lessons learned from competing in over 250 races across 6 continents. Following these insightful and inspirational miles, you will find your syllabus for Marathoning 101. When was the last time you did something that you were SCITED about?! YOU too, can do 26.2!

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