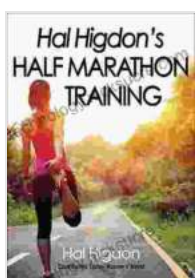


# Hal Higdon Half Marathon Training: The Ultimate Guide

Embarking on a half marathon is a significant athletic endeavor that demands a well-structured training regimen. Hal Higdon, a legendary running coach and author, has meticulously designed a comprehensive half marathon training program that empowers runners of all levels to reach their goals. This article delves into the intricacies of Higdon's program, providing a comprehensive overview of its structure, schedules, nutritional guidance, and invaluable tips to ensure your success in the half marathon.

## Program Structure

Higdon's Half Marathon Training program is a 12-week plan that systematically prepares runners for the demands of a half marathon. The program is divided into three distinct phases:



### Hal Higdon's Half Marathon Training by Hal Higdon

★★★★☆ 4.6 out of 5

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## 1. Base Building Phase (Weeks 1-4)

The initial phase emphasizes building a solid fitness foundation. It gradually increases mileage and introduces interval training to enhance endurance and speed. This phase lays the groundwork for the more challenging workouts to come.

## **2. Endurance Building Phase (Weeks 5-8)**

As the program progresses, the focus shifts to developing endurance. Mileage continues to increase, and long runs become progressively longer. Tempo runs are also incorporated to improve lactate threshold and overall efficiency.

## **3. Pre-Race Phase (Weeks 9-12)**

The final phase fine-tunes runners' preparation for race day. Mileage is gradually reduced while intensity is maintained. Tapering allows for adequate rest and recovery, ensuring optimal performance on race day.

## **Weekly Training Schedules**

Each week of Higdon's program includes a balanced combination of runs, including:

- **Easy Runs:** Low-intensity runs that promote recovery and build aerobic capacity.
- **Interval Runs:** Alternating periods of high-intensity running with rest or low-intensity running, improving speed and endurance.
- **Tempo Runs:** Sustained runs at a challenging pace, enhancing lactate threshold and running efficiency.

- **Long Runs:** Progressively increasing in distance, simulating the demands of race day and building stamina.
- **Rest Days:** Essential for recovery and preventing burnout.

## Sample Weekly Schedule

Here's a sample weekly schedule from Higdon's Half Marathon Training program:



### ***“Week 6”***

- ***Monday: Rest***
- ***Tuesday: Easy run (4 miles)***
- ***Wednesday: Interval run (800m repeats)***
- ***Thursday: Rest***
- ***Friday: Tempo run (3 miles at goal pace)***
- ***Saturday: Long run (8 miles)***
- ***Sunday: Rest***

## Nutrition Advice

Nutrition plays a crucial role in supporting your training and race day performance. Higdon's program emphasizes:

- **Hydration:** Staying well-hydrated throughout training and on race day is essential.

- **Carbohydrate Intake:** Consuming adequate carbohydrates provides energy for your runs.
- **Protein Intake:** Protein supports muscle recovery and repair.
- **Healthy Fats:** Healthy fats provide energy and support hormonal balance.
- **Avoiding Processed Foods:** Minimizing processed foods helps reduce inflammation and promote overall health.

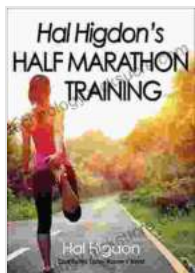
## Tips for Success

In addition to following the training plan and nutrition advice, consider these tips to enhance your success:

- **Listen to Your Body:** Rest when needed and don't push through pain.
- **Cross-Train:** Incorporate other activities like swimming or cycling to improve overall fitness.
- **Stay Motivated:** Set realistic goals, find a training partner, or join a running group for support.
- **Get Enough Sleep:** Aim for 7-9 hours of sleep per night to support recovery.
- **Visualize Success:** Imagine yourself crossing the finish line, boosting your confidence.

Hal Higdon's Half Marathon Training program is a comprehensive and effective guide to preparing for a successful half marathon. By adhering to the structured training schedules, incorporating sound nutritional practices, and implementing the provided tips, you can confidently tackle the

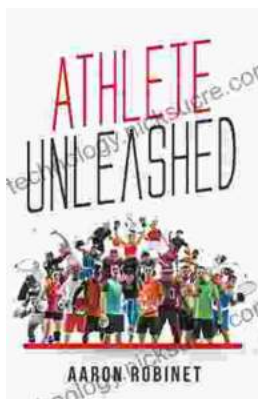
challenge of a half marathon and achieve your running goals. Remember, consistency, determination, and a positive mindset are the keys to unlocking your potential and conquering the half marathon distance.



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