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For many people, running a half marathon seems like a daunting task. Good news: Not only is it entirely possible for a couch potato to run a half marathon, but it can be accomplished within 6 months! Here's everything you need to be ready for your first half marathon... Many new runners research running plans online and come across the Couch-to-5K program — which is a great program for starting out. (It's commonly abbreviated C25K.) As the name implies, the program helps runners work up to running a 5K, or just over 3 miles. Most half marathon training plans assume that you can run 3 miles comfortably, so you can use the Couch-to-5K program to get comfortable with that distance. From there, we'll show you how amp things up with a half marathon training schedule, plus training tips to help you make a half marathon a reality. Okay, let's get started!.. The beginning of the program is measured in time, so a watch is needed to time your runs. After the first couple of weeks, you can choose to use time or distance to measure your runs: If you want to make sure that you can run 3 miles by the end of the training program, use the distance option. If the distance seems like too much, use the time option. If you choose the distance option, it can be difficult to measure until you figure out a system. At the beginning of the program, you can easily use a track to measure your distance. As your distance increases, the track may seem very boring as you run in circles so it may be easier to run on the street for longer runs. The change from running on a track to running on the road can be awkward for a new runner. People often feel insecure about running on the road because it may seem like only real runners are capable of that. However, if you are running, then you are a real runner! Measuring the distance you're running on the road can be a bit of a challenge. Some options for measuring the distance include: Gauging time isn't as difficult as measuring distance, but there are some tools to help with that as well: Most runners never make it past the first few weeks of a running program because challenges inevitably arise. One of the challenges many new runners face is not pacing their runs. People are often optimistic about how fast or how far they can run but it is important to pace yourself so that you can finish your runs. Here are some tips for finding your perfect pace: Another challenge that new runners encounter is issues with their shoes. Arch pain, shin splints, knee pain and other ailments are a direct result of having improper shoes. The most important purchase for a runner is good shoes, so to a store that specializes in running shoes and have your shoes properly fitted. Here are some tips for finding the right shoe: Running clothes are another purchase you will likely make. Running stores are great for running shoes but it probably isn't necessary to buy running clothes there. Affordable clothing options are available at discount stores and should be adequate. Here are some tips for choosing the right running clothes: Once you are able to complete the Couch-to-5K running program, you should be comfortable running 3 miles and ready to find a half marathon training program. There are a few program options available. The amount of running and cross training will vary with each program, so choose the option that seems the most appealing to you. Here are some good half marathon training schedules: As mentioned previously, running shoes are the most important purchase for runners. Half marathon training presents new challenges and new items to purchase: Support from other people is an essential part of completing a successful long distance training program. The challenges can be very difficult and a support system is essential to get you through the tough times. You don't have to train alone for your upcoming marathon. Support can come in the form of running partners, experienced runners that can advise you, local running clubs, and even online running groups. Must read: Tips For Finding A Runners Group Online Throughout your half marathon training, it is very helpful to sign up for some races so that you can familiarize yourself with the race process and give yourself milestones to work toward. Having the smaller races completed will help you feel more comfortable when you run the half marathon. After 6 months of training, the last few weeks before the half marathon can be grueling. The training is really difficult, especially for somebody who wasn't active beforehand. Run the race with the goal of completion, not to beat a specific time. The hard work you've put in over the last 6 months is impressive and you should be very proud of yourself for accomplishing such a big goal. Finally! I've been working on this plan for what feels like forever, and I finally have been done! I've posted it on my Training Plans page, but I'll share it here as well. Here is a printer-friendly version of the plan. My goal for this plan is to take a true beginner (non-john stop at mile 10) and make it a half marathon. This is a six-month training plan—26 weeks! I have been currently capable of walking 30 minutes, four days per week, and your doctor okays it, then you can certainly follow this plan to run your first half-marathon as soon as six months from now. I highly suggest choosing a race at least six months from now, and registering for it now. By paying for it, and knowing that you are registered to run it, you are much more likely to follow the training plan. I would sign up and then announce to everyone via social media that you are going to do it. Sometimes our pride will push us to work harder than we would otherwise :) I would also suggest reading these posts before you get started: Tips for Running and Training for Your First Half-Marathon My Favorite Running Things 50 Tips About Running All About Fueling The Importance of the Easy Run (a MUST READ) I basically combined my "Walk to Run" plan, my "Base Building" plan, and my "Finish Strong Half-Marathon" plan, made some tweaks here and there, and kept it as simple as possible, while still being effective. At first, there are four workouts per week, and then in Week 15, a fifth day is added. The plan starts by building up from walking to running for a full 30 minutes, non-stop. From there, it slowly builds up the long run on weekends, while still running at a very easy pace. In Week 15, I introduce some very simple speed work—intervals from 60 seconds to (eventually) 5 minutes long. The majority of the plan is EASY running. I stress that because easy runs are so important! Please read my post about The Importance of the Easy Run before you start any training plan. I became my fastest, while staying injury-free, by doing most of my runs at a very slow, easy pace. The post I linked to above describes it much more detail. So, without further ado, I give you the link to my Six-Month Half-Marathon Training Plan for Beginners (it's in PDF format for easy printing). I hope you enjoy! I welcome any feedback, good or bad, about the results of the plan. I've gotten very good feedback about the other plans I've written, so I hope this one will serve you well :) How can financial brands set themselves apart through visual storytelling? Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks.Browse Editors' FavoritesAre you seeking more training tips of how to train for a half marathon in 6 months? If so, then welcome to RunDreamAchieve. It is awesome that you have arrived here to my site.My hope is that these running tips in this post and the fitness resources located here will be what you were looking for. Be sure to subscribe to the RunDreamAchieve YouTube channel. My focus there is on making new videos there weekly to help runners like you surpass your training and racing goals.A common question many runners ask is how to train for a half marathon in 6 months.I will say that 6 months to train for a half marathon is more then sufficient time to prepare well.The biggest hurdle you will have to face when preparing for half marathon in this time frame is timing.My wife and I were just discussing this the other night regarding timing.In 2011, I was preparing to earn the 2012 USA Olympic Marathon trials standard time of 2:19:00.My personal best for the marathon is 2:19:35.What is 35 seconds right?Wrong.I had a great building up leading into the 2011 Monumental Indianapolis Marathon but made a fatal mistake in my timing leading into the race.I had done a 20-mile 6 weeks out in 1:50:02, to date, the fastest long run I have ever done in training, averaging 5:30 per mile pace at a heart rate of 160-63BPM.What I should have done is started to taper two to three days after that effort, found a marathon and competed in 2 to 3 weeks after that workout. I had been done.I didn't run Monumental until 6 weeks after that long run effort and came up short placing 5th in 2:26:42 which would have been a huge disappointment.I had an emergency port-a-john stop at mile 10.I was my second fastest marathon I had ever run and more then likely would have been a 2:22-23 effort.If you have a half marathon in mind 6 months from now my advice to you would be to plan it out accordingly and don't be in a rush to get into fitness 6 months is plenty of time to get ready for any half marathon.I would spend 2 months focusing on laying a strong foundation of mileage with some light strides thrown in every two to three days.No speed, no hard tempos, no speed work.This should be the last of your focus 2 months into a 6 month half marathon training block.Remember, timing is everything and you do not want to get too fit, too early.If you want to know how to train for a half marathon in 6 months I would advise breaking the training block up into 3, 2-month segments.2 months - easy, aerobic base build up 2 months - moderate anaerobic training, shorter tempo efforts, light to moderate speed work with more rest2 months - half marathon specific training, faster speed sessions with less rest, short anaerobic work at much faster then goal half marathon pace and taper. Focus on getting your mileage built up during those first two months.Don't worry about pace just focus on building a consistent base of mileage and continuing for 8 weeks.Built up to 40 to 100 miles per week depending on your experience and ability level.Remember, quality over quantity later in the cycle, quantity and easy mileage early.During the first 2 months of this 6 month half marathon build up your focus isn't going to be so much on training as it will be in the following 4 months of training.Quantity is fine the first 2 months but you will need to focus from easy higher mileage the first 2 months to more specific half marathon training the last 4 months.If you want to know how I would answer how to train for a half marathon in 6 months I would focus on foundation first, specific training and speed second.You cannot build up any half marathon training section of training without first strengthening the joints, ligaments and muscles of the body.Timing is important.Do not make the mistake I made of getting too early early plan your work and work your plan.Here is where you will move away from focusing specifically on each mile and longer sustained efforts.Workouts I would focus on during this section of the 6 month half marathon training cycle would be as follows:Long runs at a heart rate of 160BPM varying in distance.This averages out to around 85 to 88% of your max heart rate and is quality running and may be new to the way you conduct your long runs but I can promise you this.You will get half marathon results from doing this.Increasing the pace of my long runs is the single biggest reason I dropped my marathon PR from 2:40:02 to 2:19:35.Do not focus on jumping in with both feet during these runs and do not try to do the run in its entirety at this effort or you might get shot down.If you have a long run of, say 10-15 miles in length, focus on running the first 5 miles easy with the last 5 miles at 160 heart rate.If you do not have a heart rate monitor and normally do not train with a heart rate monitor the run should feel comfortably hard.It should not feel as a leisurely effort.The best half marathon and marathon runners know one thing and one thing well.Maintaining pace and the only way to minimize slowing down in races is to focus on stressing the lactic acid clearing capability of the body.You want to teach the body to clear lactic acid faster then it is building up.The only way to train the body to do this is high level running coupled with a proper focus on recovery.It is not a contest of how many miles you can run each week but how you plan your workouts.Attacking.Resting.Attacking.Resting.The only way to do that is by way of holding longer, sustained efforts at higher efforts.These forms of workouts should not be done until you have first laid a strong foundation of mileage and have some form of overall aerobic fitness.As you move along the next 2 months of training you will lengthen the time you spend at this heart rate (if doing long run workouts).If you started off doing your long run with the first 5 miles of a 10-15 mile run easy three to 4 weeks from that date you should be doing 8 to 10 miles of that same run at the same effort.It should also feel more in control and not as hard as did in the beginning of the training.Remember, it is about progression.The body will always react but on a physiological level it takes approximately 21 days for the body to adapt to any stress you place upon it.What does this mean to you?What do you do today you will not only focus on until 3 weeks down the line.The key is to continue to put in the work and be patient.Other forms of workouts I would include in the second, 2-month block would be longer, moderate paced fartlek runs varying in distance.It could be workouts like 10x2miles at 165BPM followed by 2 minutes at 150BPM or 3x5 minutes at 165BPM followed by 3 minutes at 140BPM.The key is to vary the distance and pace, get out of the easy, relaxed mindset and challenge yourself. Best for 2 Hour Half Marathoners You want race pace to feel comfortable and in order for that to occur you cannot run easy every day. One other point I would like to bring up as it pertains to the long run mentioned above is to alternate one harder long run followed by an easy, recovery long run the following week.You should not be doing harder paced long runs every week.Quick way to get fit too early.Don't be that guy or gal.It happens, trust me, but you can learn from past mistakes as I had to do.If you want to know how to train for a half marathon in 6 months the key is to plan your work and work your plan.It doesn't mean jumping straight into doing repeat 1-mile and 2-mile repeats on the track the first week into your half marathon training block.You will find yourself sucking wind 200m into it and walking by 1200m.You first focus on laying the foundation and getting your body tuned to the mileage and prepared to start introducing harder efforts and then close the last 2 months with aggression and taper.During the second, 2-month session of the overall 6-month build up I would also implement some track workouts into the block.These will be more focused on half marathon specific training and this will be followed into the last 2-month session only where there we will focus on some increased aggression and work leg speed.Workouts I would include as it pertains to track work during the second, 2-month session would be as follows:4x1mile at 10 seconds per mile faster then goal half marathon pace2x2mile at 10-20 seconds per mile faster then goal half marathon pace2x3 mile at goal half marathon pace2x4 mile at goal half marathon pace2x5 mile at goal half marathon pace2x6 mile at goal half marathon pace2x7 mile at goal half marathon pace2x8 mile at goal half marathon pace2x9 mile at goal half marathon pace2x10 mile at goal half marathon pace2x11 mile at goal half marathon pace2x12 mile at goal half marathon pace2x13 mile at goal half marathon pace2x14 mile at goal half marathon pace2x15 mile at goal half marathon pace2x16 mile at goal half marathon pace2x17 mile at goal half marathon pace2x18 mile 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