

10k to half marathon training plan

10k to half marathon training plan is essential for runners looking to progress from a 10k race to the more demanding half marathon distance. Transitioning between these distances requires a structured approach that balances increased mileage, endurance building, and injury prevention. This article presents a comprehensive guide to crafting an effective training strategy, including key workouts, weekly mileage progression, and recovery techniques. Whether the goal is to improve race times or simply complete the half marathon comfortably, understanding the nuances of training adjustments is critical. The following sections cover the fundamental components of a successful 10k to half marathon training plan, from setting realistic goals to final race preparation.

- Understanding the Transition from 10k to Half Marathon
- Key Components of a 10k to Half Marathon Training Plan
- Sample Training Schedule for 10k to Half Marathon
- Nutrition and Hydration Strategies
- Injury Prevention and Recovery Techniques

Understanding the Transition from 10k to Half Marathon

Moving from a 10k race to a half marathon involves a significant increase in distance, nearly doubling the running volume. This transition requires a shift in training focus to build aerobic endurance, muscular strength, and mental stamina. While a 10k race emphasizes speed and anaerobic capacity, a half marathon demands sustained pacing and energy management. Understanding these differences is crucial to developing a training plan that adequately prepares the body and mind for the challenge.

Physical Demands and Adaptations

The physiological demands of a half marathon include enhanced cardiovascular efficiency, improved lactate threshold, and greater muscular endurance. Training must focus on gradually increasing weekly mileage to adapt muscles, tendons, and the cardiovascular system to longer durations of exercise. Incorporating longer runs at a steady pace helps build the aerobic base needed for the half marathon distance.

Mental Preparation for Longer Distances

Running nearly twice the distance of a 10k also requires mental resilience. Developing strategies to

maintain focus, manage discomfort, and pace oneself effectively during training runs and race day is critical. This mental adaptation can be fostered through progressively longer runs and visualization techniques incorporated into the training plan.

Key Components of a 10k to Half Marathon Training Plan

An effective 10k to half marathon training plan integrates several essential elements designed to improve endurance, speed, and recovery. These components work synergistically to ensure steady progress while minimizing the risk of injury or burnout.

Weekly Mileage and Long Runs

Gradual mileage increase is the cornerstone of half marathon training. Starting with a comfortable weekly total and progressively adding distance each week allows the body to adapt safely. Long runs, typically performed once a week, simulate race conditions and help build stamina. They should increase by no more than 10% weekly to prevent overuse injuries.

Speed and Tempo Workouts

Despite the longer distance, speed workouts remain valuable to improve running economy and pace control. Interval training, fartlek sessions, and tempo runs enhance lactate threshold and cardiovascular capacity. Including these workouts 1-2 times per week provides a balance between endurance and speed development.

Cross-Training and Strength Training

Cross-training activities such as cycling, swimming, or elliptical workouts support cardiovascular fitness without added running impact. Strength training focusing on the core, hips, and legs improves running form and reduces injury risk. Incorporating 1-2 sessions per week of cross-training and strength exercises complements the running schedule.

Rest and Recovery

Rest days are crucial to allow muscles to repair and adapt. Active recovery activities like walking or yoga can facilitate healing while maintaining mobility. A typical training plan includes at least one full rest day per week, adjusted based on individual needs and training intensity.

Sample Training Schedule for 10k to Half Marathon

The following sample schedule outlines a 12-week progression designed for runners comfortable with 10k distances aiming to complete a half marathon. The plan balances mileage buildup, varied

workouts, and recovery.

1. **Weeks 1-4:** Establish base mileage with 3-4 runs per week, including one long run starting at 5 miles and increasing to 7 miles.
2. **Weeks 5-8:** Introduce tempo runs and interval training once per week; long runs extend from 7 to 9 miles.
3. **Weeks 9-11:** Peak training with long runs of 10-11 miles and maintain speed workouts; include tapering in week 11.
4. **Week 12:** Race week with reduced mileage, focus on rest, hydration, and mental preparation.

Each week includes cross-training or strength sessions on non-running days to support overall fitness and recovery.

Nutrition and Hydration Strategies

Proper nutrition and hydration are pivotal components of a successful 10k to half marathon training plan. Fueling the body adequately before, during, and after runs optimizes performance and recovery.

Pre-Run Nutrition

Consuming easily digestible carbohydrates 1-2 hours before running provides energy for training sessions. Avoiding heavy or high-fat foods reduces gastrointestinal discomfort. Hydrating adequately prior to runs ensures optimal fluid balance.

During Long Runs and Race Day

For runs exceeding 60 minutes, consuming carbohydrates through gels, sports drinks, or chews helps maintain blood glucose levels and delay fatigue. Hydration strategies should include electrolyte replacement to prevent imbalances during extended efforts.

Post-Run Recovery Nutrition

Post-run meals or snacks combining carbohydrates and protein support glycogen replenishment and muscle repair. Timing consumption within 30-60 minutes after training enhances recovery efficiency.

Injury Prevention and Recovery Techniques

Injury prevention is a critical consideration when increasing training volume from 10k to half

marathon distances. Implementing proactive strategies reduces downtime and maintains consistent training.

Proper Warm-Up and Cool-Down

Engaging in dynamic warm-up exercises before runs prepares muscles and joints for activity, while cooling down with light jogging and stretching aids in recovery and reduces stiffness.

Monitoring Training Load and Signs of Overtraining

Tracking mileage, intensity, and subjective fatigue helps identify early signs of overtraining or injury risk. Adjusting training accordingly prevents chronic issues and promotes long-term progression.

Incorporating Rest and Active Recovery

Scheduling rest days and low-impact activities supports tissue healing and reduces cumulative stress. Foam rolling, massage, and adequate sleep further enhance recovery processes.

Frequently Asked Questions

What is a typical duration for a 10k to half marathon training plan?

A typical 10k to half marathon training plan lasts between 8 to 12 weeks, allowing gradual mileage increase and proper adaptation.

How many days per week should I train when moving from 10k to half marathon?

It is recommended to train about 4 to 5 days per week, balancing running days with rest or cross-training for recovery.

What types of runs should be included in a 10k to half marathon training plan?

The plan should include a mix of easy runs, long runs, tempo runs, and interval or speed workouts to build endurance and speed.

How do I safely increase my long run distance from 10k to half marathon?

Increase your long run distance gradually by about 1 mile (or 1.5 km) each week to avoid injury and

allow your body to adapt.

Should I include strength training in my 10k to half marathon training plan?

Yes, incorporating strength training 1-2 times per week can improve running economy, reduce injury risk, and build overall strength.

How important is rest and recovery in a 10k to half marathon training plan?

Rest and recovery are crucial; they help your muscles repair and prevent overtraining, so include at least 1-2 rest days per week.

Can I maintain my 10k pace during half marathon training?

During training, you'll run at various paces, but your goal race pace for the half marathon will generally be slower than your 10k pace to sustain the longer distance.

Additional Resources

1. 10K to Half Marathon: The Ultimate Training Guide

This book offers a comprehensive training plan designed specifically for runners transitioning from a 10K to a half marathon. It includes detailed weekly schedules, strength training tips, and nutrition advice to help improve endurance and speed. The guide emphasizes gradual progression to prevent injury and maximize performance.

2. From 10K to 13.1: Building Endurance for the Half Marathon

Focused on endurance development, this book provides practical strategies to extend your running distance safely. It covers pacing techniques, mental preparation, and recovery practices tailored for runners moving beyond the 10K distance. Readers will find motivational stories and expert tips to stay committed throughout their training journey.

3. The Runner's Roadmap: 10K to Half Marathon Training Plans

Featuring customizable training plans, this book caters to beginners and intermediate runners aiming to complete their first half marathon after a 10K race. It highlights cross-training workouts and injury prevention strategies. The author also discusses how to balance running with everyday life commitments.

4. Half Marathon Breakthrough: Transitioning from 10K with Confidence

This book is designed to help runners overcome the challenges of increasing race distance, focusing on building confidence and stamina. It includes advice on goal setting, race day strategies, and overcoming common obstacles such as fatigue and plateauing. The training plans are adaptable to various fitness levels.

5. Step Up Your Running: 10K to Half Marathon Plans for Success

A practical guide that outlines step-by-step training programs to improve speed and endurance for the half marathon distance. The book stresses the importance of consistency and includes tips on

nutrition, hydration, and gear selection. It also features expert interviews and motivational anecdotes.

6. Half Marathon Training Made Simple: From 10K to 13.1 Miles

This straightforward training manual breaks down half marathon preparation into manageable phases, ideal for runners with a 10K base. It offers easy-to-follow workouts, rest day recommendations, and guidance on tracking progress. The book is praised for its clear instructions and realistic approach.

7. Run Stronger: Effective 10K to Half Marathon Training Techniques

Emphasizing strength and conditioning, this book combines running workouts with targeted exercises to enhance overall fitness. It provides detailed plans that incorporate interval training, tempo runs, and long runs to build speed and endurance. Nutrition and injury prevention are also key components of the program.

8. Beyond 10K: Your Complete Half Marathon Training Toolkit

This extensive resource includes training schedules, nutrition plans, and mental training exercises to equip runners for the half marathon distance. It covers topics such as gear selection, race day preparation, and post-race recovery. The author shares personal experiences to inspire and guide readers.

9. The Half Marathon Journey: From 10K to Your Best Race

Chronicling the journey from a 10K runner to half marathon finisher, this book combines training plans with motivational insights. It addresses common fears and setbacks while encouraging a balanced approach to training. The book also highlights the importance of community and support throughout the process.

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10k to half marathon training plan: How to Run a Marathon in 12 Weeks David Morgan, Running a marathon is one of the ultimate fitness challenges, but with the right training and

preparation, anyone can cross the finish line. *How to Run a Marathon in 12 Weeks* is the definitive guide to training for a marathon in just three months, designed for runners of all levels. This book provides a detailed, easy-to-follow training plan, covering everything from building endurance and strength to injury prevention and nutrition. Whether you're a complete beginner or an experienced runner looking to improve your time, this book will help you train smarter, stay motivated, and conquer 26.2 miles with confidence.

10k to half marathon training plan: *Running Past 50* Caolan MacMahon, 2024-10-28 As you move past the age of 50, the physiological demands of running require adjustments in training intensity, recovery, goal setting, and mental outlook. *Running Past 50* is your guide to addressing those demands so you can continue to enjoy, compete, and excel in the sport you love. Accomplished runner and coach Caolan MacMahon shares practical advice and her personal stories to guide and inspire you to set realistic yet challenging goals; adapt to the body's changing realities, including the female-specific changes brought on by menopause; identify the building blocks of successful training; establish and maintain an aerobic base; maximize training while minimizing injury; and incorporate rest and recovery more effectively into workouts or training cycles. Additionally, you will find 10-week training programs for beginner, intermediate, and advanced runners aiming to conquer a 5K or 10K; a half-marathon program for novice and intermediate runners; and 18-week training programs for marathon beginners, intermediate and advanced marathoners, and ultramarathoners. Both inspirational and practical, *Running Past 50* will help you achieve your goals by making the necessary shifts in thinking and training that lead to personal bests, fewer injuries, and a lifetime of running.

10k to half marathon 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.

10k to half marathon 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!

10k to half marathon training plan: *From Couch to Marathon* Greta Rose, 2024-09-05 *From Couch to Marathon: A Beginner's Guide to Running* is your essential companion on the journey

from sedentary to marathon-ready. Whether you've never run a mile in your life or are looking to step up your fitness game, Greta Rose's guide provides the motivation, tips, and strategies to help you succeed. This book isn't just about running; it's about transforming your mindset, building endurance, and embracing the joy of movement. Greta shares her personal story of overcoming her own struggles with running and offers practical advice to help you stay committed and enjoy the process. With this guide, you'll learn how to start running, set achievable goals, and find the mental strength to keep going, mile after mile. Get ready to lace up your sneakers and embark on a life-changing adventure.

10k to half marathon 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.

10k to half marathon training plan: Healthy Tipping Point Caitlin Boyle, 2012-05-01 Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of Operation Beautiful. In Healthy Tipping Point, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: • Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, Healthy Tipping Point provides the drive to thrive.

10k to half marathon training plan: Running Until You're 100 Jeff Galloway, 2010 Olympian Jeff Galloway has worked with tens of thousands of runners in their 40s, 50s, 60s and 70s. By using his run-walk-run method, most are able to enjoy running with fewer aches and pains. At the age of 60, Jeff reports no injuries in 27 years. This book explains how to achieve this, how to stay motivated, and increase the enjoyment.

10k to half marathon training plan: The Runner's Devotional Dana Niesluchowski, David R. Veerman, 2011 Ever wondered if there's a purpose to your running and what it has to do with your spiritual life? The Runner's Devotional will inspire you in your faith while encouraging you to excel at the sport you love! This book is for runners of all levels--casual and avid, competitive and recreational--who want to improve their running skills, attain personal running goals, and grow closer to God. Fifty-two devotional readings will keep runners motivated, inspired, and running in the right direction, both on and off the road, through life's many peaks and valleys. Each devotional includes an inspirational reading, a personal story from a runner, Scripture application, running tips,

and questions to consider. Additional features include health and fitness tips, and weekly runner's logs.

10k to half marathon training plan: RUN Fitzgerald Matt, 2010-05-24 Most serious runners don't realize their potential. They simply stop getting faster and don't understand why. The reason is simple: most runners are unable to run by feel. The best elite runners have learned that the key to faster running is to hear what their bodies are telling them. Drawing on new research on endurance sports, best-selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners. RUN: The Mind-Body Method of Running by Feel will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way. Fitzgerald's mind-body method will revolutionize how runners think about training, their personal limits, and their potential. RUN explains how to interpret emotional and physical messages like confidence, enjoyment, fatigue, suffering, and aches and pains. RUN guides readers toward the optimal balance of intensity and enjoyment, volume and recovery, repetition and variation. As the miles add up, runners will become increasingly confident that they are doing the right training on the right day, from one season to the next. RUN marks the start of a better way to train. The culmination of science and personal experience, the mind-body method of running by feel will lead runners to faster, more enjoyable training and racing.

10k to half marathon 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.

10k to half marathon training plan: The Ultimate Nordic Pole Walking Book Klaus Schwanbeck, 2014-01-17 If you are a Walking beginner, an advanced Walker or just walk with friends - this is the right book for you. Based on 400 scientific studies about Walking and Nordic Pole Walking, this book gives a deep, easy-to-read and comprehensive insight into the benefits of Nordic Pole Walking and Walking exercise. It teaches the correct Pole Walking technique and explains the body's physiological adaptation to achieve your fitness and health goals with this easy to perform, low impact exercise. It describes how Nordic Pole Walking, a sport that incorporates more than 90 percent of all body muscles, can prevent and help to cure most common health disorders, like obesity, back pain, high blood pressure, diabetes, arthritis and more. Scientifically proven self-testing tools help to check your actual fitness status and potential health risks. Practical weight loss concepts, nutrition advice and guidelines for lifestyle-changing lead you to a new quality of life. Detailed training plans from beginner to marathon level make it easy to achieve continuous success.

10k to half marathon training plan: No Meat Athlete Matt Frazier, Matthew Ruscigno, 2018-09-18 A vegan ultramarathoner “provides the roadmap to wellness and performance no matter where the journey takes you” (Scott Jurek, world-renowned Ultramarathon champion and New York Times-bestselling author). Veganism is taking off in the sports world. The lifestyle has been adopted by Olympians, body builders, and boxers, as well as top athletes in the NBA and NFL. Hollywood is on board, too. James Cameron (director of Avatar and Titanic) has produced a film on the topic called The Gamechangers, which follows vegan athletes, including Arnold Schwarzenegger, US Olympian Kendrick James Farris, and surfer Tia Blanco. In No Meat Athlete, author, blogger, and hundred-mile ultramarathoner Matt Frazier will show you the many benefits to embracing a plant-based athletic lifestyle, including: ·Weight loss, which often leads to increased speed ·Easier digestion and faster recovery after workouts ·Improved energy levels to help not only athletic

performance, but your daily life ·Reduced impact on the planet In this revised and updated edition, you'll also find new recipes, advice, and an all-new twelve-week strength training plan designed to improve your overall fitness. Section I of the book provides practical advice for transitioning to a plant-based lifestyle, while ensuring you are getting all the nutrition you need. In Section II, Matt delivers training manuals of his own design for runners of all ability levels and ambitions, including tips for creating healthy habits, improving performance, and avoiding injuries. No Meat Athlete is your road map to top-notch performance, the plant-based way! "Matt Frazier presents the tools and information . . . in a way that is downright approachable, leaving his readers energized with a sense of possibility." —Brendan Brazier, Ultramarathon champion, professional Ironman triathlete, and author of *Thrive*

10k to half marathon training plan: Cross-Country Running & Racing Jeff Galloway, 2010-10-07 Annotation This book presents all the training necessary to train for cross-country races. Galloway's successful training program explains how to build endurance, train and race on hills, varied terrain running, speed training, race strategies, maximizing performance, and reducing the risk of injury.

10k to half marathon training plan: Walk Your Way Fit Sarah Zahab, 2025-07-21 Walk Your Way Fit offers proven walking programs for all fitness levels and goals. It covers topics such as walking form, strength exercises, dynamic warm-ups, active and static stretches, modifications, and amplification tips and strategies, helping readers find enjoyment and success in reaching their health and fitness goals.

10k to half marathon training plan: Be a Better Runner Sally Edwards, Carl Foster, Roy Wallack, 2011-04-01 Written by marathoner and Triathlon Hall of Fame inductee, Sally Edwards, *Be A Better Runner* addresses every possible concern from posture and form to nutrition, footwear and race strategy. You'll learn how to adapt running mechanics such as stride and pacing to your body type and fitness level while specific training regimens prepare you for any type of running event including sprints, distance runs, and marathons. Co-authored with Carl Foster, the former President of the American College of Sports Medicine, *Be A Better Runner* Every features the latest research in the science of running. You'll learn the latest strategies to boost your performance, train more effectively, and aid post-workout recovery. The latest research on special concerns such as running after age 40, during pregnancy, overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted.

10k to half marathon training plan: Mastering Running Utzschneider, Cathy, 2014-06-04 A comprehensive resource for fitness and competitive runners aged 30 and older, *Mastering Running* proves that age is no obstacle to excellence. With information and advice on topics that matter most to older runners, *Mastering Running* provides master-specific drills, exercises, and training plans.

10k to half marathon training plan: Running Fitness - From 5K to Full Marathon David Ross, 2015-02-20 *Running Fitness* presents a structured and practical training guide aimed at a large portion of the running community, including beginners and those looking to improve in the sport. Author David Ross, a runner of many years experience, provides a training path that develops running capability from a simple 5K race up to full marathon, whilst making the sport easily accessible to those who wish to enjoy many years of fulfilment, success and longevity. Learn about warm-up and cool-down drills, speed and hill training, long runs, race pace, recovery and rest, plus cross training, core fitness, diet and energy supplements.

10k to half marathon 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.

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