

15 week half marathon training plan

15 Week Half Marathon Training Plan: Your Path to a Strong Finish

15 week half marathon training plan is the perfect timeline for runners who want to build endurance, improve speed, and cross the finish line feeling accomplished and injury-free. Whether you're a beginner lacing up your running shoes for the first time or an experienced runner aiming to beat a personal best, a well-structured plan spanning 15 weeks provides just the right balance between gradual progression and recovery. In this guide, we'll explore how to approach your training, key workouts to include, and tips to keep motivation high throughout your journey.

Why Opt for a 15 Week Half Marathon Training Plan?

Many runners wonder about the ideal timeframe to prepare for a half marathon, and 15 weeks strikes a sweet spot. It's long enough to allow your body to adapt to increased mileage without rushing, but also concise enough to maintain focus and momentum.

A 15 week plan gives you:

- Adequate time to build a solid aerobic base
- Room for gradual speed and strength gains
- Scheduled recovery weeks to prevent burnout
- Flexibility to accommodate cross-training and rest days

This approach reduces the risk of overtraining injuries and helps you build confidence with each passing week.

Building Blocks of a 15 Week Half Marathon Training Plan

Before diving into the week-by-week details, it's important to understand the essential components that make up a successful half marathon training plan.

1. Base Mileage Development

In the early weeks, the focus should be on slowly increasing your total weekly mileage. This base phase prepares your cardiovascular system and muscles to handle more intense workouts later. For beginners,

starting with 10-15 miles per week and increasing by about 10% weekly is a safe rule of thumb.

2. Long Runs

Long runs are the cornerstone of half marathon training. They condition your body to sustain effort over long distances, improve fat metabolism, and build mental toughness. During a 15 week plan, your long runs will gradually extend from around 4-5 miles up to 10-12 miles, peaking about 1-2 weeks before race day.

3. Speed and Tempo Workouts

Incorporating intervals, fartleks, or tempo runs during the middle weeks enhances your running economy and improves lactate threshold. This means you can run faster without feeling as fatigued. These workouts also add variety and keep training engaging.

4. Recovery and Cross-Training

Rest days and low-impact cross-training activities like swimming, cycling, or yoga are vital. They promote muscle recovery, reduce injury risk, and maintain cardiovascular fitness without the pounding of running.

Sample 15 Week Half Marathon Training Plan Outline

Here's a general overview of how you might structure your training weeks. Keep in mind individual needs vary, so adjust based on how your body responds.

Weeks 1-4: Establishing Your Base

- Run 3-4 times per week
- Long runs starting at 4-5 miles, increasing by 1 mile weekly
- Easy-paced runs for recovery
- Optional cross-training on non-running days
- Focus on form and consistency

Weeks 5-9: Introducing Speed and Endurance Work

- Continue increasing long runs up to 8-9 miles
- Add 1 day of speed work (intervals or fartleks)
- Include 1 tempo run at a comfortably hard pace
- Maintain easy runs and recovery days
- Incorporate strength training (core and lower body)

Weeks 10-13: Peak Training Phase

- Long runs peak between 10-12 miles
- Speed workouts become more specific (e.g., mile repeats)
- Tempo runs increase in duration or intensity
- Focus on nutrition strategies during long runs
- Avoid overtraining by listening to your body

Weeks 14-15: Taper and Race Day

- Gradually reduce mileage to allow recovery
- Shorter runs at race pace to stay sharp
- Prioritize rest and hydration
- Visualize race success and mentally prepare

Essential Tips for Success During Your 15 Week Training Plan

Listen to Your Body

One of the most crucial aspects of any training program is paying attention to signs of fatigue or injury. If you experience persistent pain or extreme tiredness, don't hesitate to take extra rest or modify workouts. Training smart beats training hard.

Fuel Your Runs Properly

Nutrition plays a big role in performance and recovery. Experiment with pre-run snacks, hydration, and

post-run meals during your training to find what works best. On longer runs, practice using energy gels or sports drinks to prepare for race day.

Stay Consistent but Flexible

Life happens, and some weeks might not go as planned. Missing a workout or two isn't a setback if you maintain overall consistency. Adjust your plan as needed, but don't give up entirely.

Invest in Good Running Gear

Comfortable, well-fitting running shoes suited to your gait can prevent injuries. Moisture-wicking clothes and weather-appropriate gear will keep you comfortable during various conditions.

How to Track Progress and Stay Motivated

Using a running app or journal to log your workouts can be incredibly motivating. Tracking pace, distance, and how you feel provides insight into your progress and helps identify areas needing adjustment.

Joining a running group or finding a training buddy can also boost accountability and make the process more enjoyable. Sharing milestones and challenges with others often keeps motivation high.

Adjusting the Plan for Different Experience Levels

A 15 week half marathon training plan isn't one-size-fits-all. Beginners might prioritize building endurance and confidence, while more experienced runners can focus on speed and race strategy.

For beginners:

- Emphasize walking breaks if needed during runs
- Keep speed workouts light or optional
- Allow more rest days to recover

For intermediate and advanced runners:

- Increase intensity in speed sessions
- Include hill repeats or tempo runs targeting race pace

- Incorporate strength and flexibility exercises to enhance performance

Regardless of your starting point, gradual progression and smart recovery are key.

What to Expect on Race Day After 15 Weeks of Training

After committing to a 15 week half marathon training plan, you'll likely feel stronger, fitter, and more prepared than ever before. Race day nerves are normal, but confidence from your training will help keep those jitters at bay.

Remember to:

- Warm up properly before the start
- Pace yourself according to your training runs
- Stay hydrated throughout the race
- Enjoy the experience and soak in the atmosphere

Crossing the finish line will be a rewarding moment, a testament to your dedication and hard work.

Embarking on a 15 week half marathon training plan is more than just preparing for a race — it's a journey of personal growth, resilience, and health. Embrace each run, celebrate small victories, and look forward to the accomplishments waiting at the finish line.

Frequently Asked Questions

What is a 15 week half marathon training plan?

A 15 week half marathon training plan is a structured running schedule designed to prepare an individual to run a half marathon (13.1 miles) over a period of 15 weeks, gradually building endurance, speed, and strength.

Who is a 15 week half marathon training plan suitable for?

It is suitable for beginner to intermediate runners who have some basic fitness and want a gradual buildup to complete a half marathon safely and effectively.

How many days per week should I run in a 15 week half marathon

training plan?

Typically, the plan includes 4 to 5 running days per week, combined with rest or cross-training days to allow for recovery and injury prevention.

What types of workouts are included in a 15 week half marathon training plan?

The plan usually incorporates easy runs, long runs, speed workouts (intervals or tempo runs), and rest or cross-training days.

How long is the longest run in a 15 week half marathon training plan?

The longest run generally peaks around 10 to 12 miles, scheduled a week or two before race day to build endurance without causing excessive fatigue.

Can I follow a 15 week half marathon training plan if I'm a beginner?

Yes, many 15 week plans are designed with beginners in mind, offering gradual mileage increases and rest days to prevent injury while building fitness.

How important is cross-training in a 15 week half marathon training plan?

Cross-training is important as it helps improve overall fitness, strengthens muscles, and reduces the risk of injury by providing active recovery without overloading running muscles.

What should I eat during my 15 week half marathon training?

A balanced diet rich in carbohydrates, proteins, healthy fats, and plenty of hydration is essential to fuel training, aid recovery, and optimize performance.

How can I avoid injury during a 15 week half marathon training plan?

Injury prevention includes proper warm-ups, gradual mileage increases, incorporating rest days, strength training, good running form, and listening to your body's signals.

Is it necessary to do speed workouts in a 15 week half marathon training plan?

While not mandatory, speed workouts such as intervals or tempo runs can improve running efficiency, speed, and endurance, helping to achieve a better race time.

Additional Resources

15 Week Half Marathon Training Plan: A Detailed Review and Analysis

15 week half marathon training plan offers an extended timeframe for runners of varying experience to prepare effectively for a 13.1-mile race. This approach stands out as a balanced strategy, providing sufficient time to build endurance, improve speed, and reduce injury risks. Unlike condensed programs that may demand intense daily commitments, a 15-week schedule allows for gradual progression, making it appealing for beginners and intermediate runners alike.

In today's running community, half marathons continue to attract a broad spectrum of participants, from casual fitness enthusiasts to competitive athletes. The preparation time and training structure significantly influence race-day performance and the overall experience. Therefore, understanding the nuances of a 15 week half marathon training plan can guide runners toward optimized training outcomes.

Why Choose a 15 Week Half Marathon Training Plan?

Training plans for half marathons typically range from 8 to 16 weeks, each with distinct benefits and drawbacks. The 15-week duration strikes a middle ground, offering a comprehensive buildup without rushing. This extended timeline permits:

- **Steady mileage increase:** Gradual weekly mileage increments minimize injury risk and promote endurance gains.
- **Incorporation of cross-training:** More weeks allow integrating cross-training activities such as cycling or swimming to enhance cardiovascular fitness and recovery.
- **Flexibility for novice runners:** Beginners can adapt the plan to their pace, balancing running days with rest or alternative workouts.
- **Focus on speed and strength:** Adequate time to include tempo runs, interval workouts, and hill training.

The alternative shorter plans may rush adaptation phases, increasing the likelihood of overuse injuries or burnout, while longer plans (16+ weeks) might be excessive for casual runners, leading to training fatigue or loss of motivation.

Key Components of an Effective 15 Week Half Marathon Training Plan

A well-rounded 15 week half marathon training program typically features several critical elements:

1. **Base Building Phase (Weeks 1-6):** Emphasizes easy runs and gradually increasing weekly mileage to develop aerobic capacity.
2. **Strength and Speed Phase (Weeks 7-11):** Introduces tempo runs, intervals, hill repeats, and strength training sessions to boost speed and muscular endurance.
3. **Tapering Phase (Weeks 12-15):** Gradual reduction in mileage to promote recovery and peak performance on race day.

Within these phases, rest days and cross-training are essential to prevent overtraining. Integrating flexibility and mobility exercises supports injury prevention.

Analyzing the Weekly Structure and Mileage Progression

A typical week in a 15 week half marathon training plan balances various run types with recovery:

- **Easy Runs:** Low-intensity runs that build endurance without excessive fatigue.
- **Tempo Runs:** Sustained efforts at a comfortably hard pace to improve lactate threshold.
- **Interval Training:** Short bursts of high-intensity running with recovery periods to enhance speed and VO2 max.
- **Long Runs:** The cornerstone for race preparation, progressively increasing to mimic race distance demands.
- **Cross-Training and Rest:** Activities such as cycling, swimming, or yoga, paired with complete rest days, facilitate recovery.

Mileage typically starts around 10-15 miles per week for beginners, advancing to approximately 25-35 miles per week at peak training. This progression follows the 10% rule—avoiding more than a 10% weekly

mileage increase to reduce injury risks.

Example Weekly Breakdown

Week 1:

- Monday: Rest
- Tuesday: 3 miles easy run
- Wednesday: Cross-training or rest
- Thursday: 3 miles easy run
- Friday: Rest
- Saturday: 4 miles long run
- Sunday: Cross-training or easy run 2 miles

Week 10:

- Monday: Rest
- Tuesday: 5 miles tempo run
- Wednesday: Strength training or cross-training
- Thursday: 4 miles interval training
- Friday: Rest
- Saturday: 9 miles long run
- Sunday: Easy 3 miles recovery run

Comparisons with Other Half Marathon Training Plans

When contrasting a 15 week half marathon training plan with shorter or longer plans, several factors emerge:

Plan Length	Best For	Pros	Cons
8-10 Weeks	Experienced runners or those with limited time	Faster results, intense focus	Higher injury risk, less recovery time
15 Weeks	Beginners to intermediate runners	Balanced progression, injury prevention, flexible	Requires longer commitment
16+ Weeks	Advanced runners or ultra-distance preparation	Ample recovery, detailed periodization	Potential for training fatigue, time consuming

The 15-week plan’s adaptability makes it suitable for those balancing training with other life commitments, allowing for sustainable progress without excessive strain.

Incorporating Strength and Cross-Training

An often overlooked aspect of half marathon training is strength and cross-training. The 15 week half marathon training plan provides ample opportunity to incorporate:

- **Strength Training:** Targeting core, glutes, and leg muscles to improve running economy and injury resilience.
- **Cross-Training:** Low-impact activities such as swimming or cycling that maintain cardiovascular fitness while reducing joint stress.

Research consistently shows runners who include strength training experience fewer injuries and enhanced performance. The extended timeline of a 15-week plan facilitates periodic strength sessions without compromising running volume.

Potential Challenges and Considerations

While a 15 week half marathon training plan offers many advantages, it is not without challenges. Commitment over nearly four months requires motivation and consistency. Potential pitfalls include:

- **Plateauing motivation:** Maintaining enthusiasm over 15 weeks can be difficult without clear milestones.
- **Balancing life commitments:** Work, family, and social obligations may interfere with training adherence.
- **Overtraining risk:** Even with gradual progression, improper rest or ignoring fatigue signs can lead to injury.

To mitigate these risks, runners should set intermediate goals, maintain flexible scheduling, and listen attentively to their bodies.

Tracking Progress and Adjustments

Monitoring training progress throughout the 15 weeks is crucial for success. Utilizing running apps, GPS watches, or training logs allows runners to:

- Evaluate pace and endurance improvements
- Identify signs of overtraining or fatigue
- Adjust mileage or intensity based on recovery status

Experienced coaches often recommend incorporating “cutback weeks” with reduced mileage every 3-4 weeks to promote recovery and adaptation.

15 week half marathon training plans provide a well-rounded framework that encourages gradual development, reduces injury risk, and accommodates various fitness levels. With careful attention to pacing, strength conditioning, and recovery, this approach can lead to a rewarding race experience and lasting fitness gains.

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15 week 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.

15 week half marathon training plan: IronFit's Marathons after 40 Don Fink, Melanie Fink, 2017-03-01 The only marathon training guide athletes forty and older will ever need Updated with full-color exercise photography; cutting-edge training, strength, core, and flexibility programs; and specific instruction for the most popular version of the marathon, the Half-Marathon, this book starts with a simple premise: training methods for younger athletes no longer work for athletes over forty. Melanie and Don Fink present step-by-step action plans for faster times, fewer injuries, and more enjoyment for the Master's marathoner. Including profiles of successful older athletes, this book also provides ways to avoid common training and racing mistakes, recovery methods unique to forty-plus athletes, secrets to staying injury-free, and much more.

15 week 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!

15 week half marathon training plan: Marathon, Revised and Updated 5th Edition Hal Higdon, 2020-03-03 Now completely updated and revised--a new edition of the long-running marathon training guide that has helped more than half a million people reach their goals. *Marathon: The Ultimate Training Guide* is among the bestselling running books of all time for many reasons, but above all others is this one: It works. Marathon running has changed in the seven years since the fourth edition--there are more runners than ever before, the popularity of half-marathons

has grown immensely, and guidelines for best recovery and diet practices have changed. This revised fifth edition includes a new chapter on ultramarathons, along with material on recovery techniques, several new training programs, and advice on how to win a Boston qualifying race and improve your personal record. At its core remains Hal Higdon's clear and essential information on injury prevention, training, and nutrition. *Marathon* demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain, taking the guesswork out of marathon training, whether it's for your first or fiftieth. With Higdon's comprehensive approach and tried-and-tested methods, any runner will learn how to optimize their training and achieve their marathon goals.

15 week half marathon training plan: Developing Endurance NSCA -National Strength & Conditioning Association, Ben Reuter, 2012-02-29 Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. *Developing Endurance* shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

15 week half marathon 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.

15 week 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.

15 week half marathon 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.

15 week 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.

15 week half marathon training plan: Unbreakable Runner T.J. Murphy, MacKenzie, 2014-09-22 A New York Times Best Seller! Men's Journal Health Book of the Year In Unbreakable Runner, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. Unbreakable Runner challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. Unbreakable Runner includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

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15 week half marathon training plan: Running Science Owen Anderson, 2013-07-05 More than 50 years ago, New Zealand's Arthur Lydiard started using terms like base training, periodization, and peaking. His U.S. counterpart, Bill Bowerman, brought Lydiard's term for what until then had been called roadwork, or jogging, to the States. Soon after, the 1970s running boom started, spurred by exercise-advocating research from the growing fields of exercise science and sports medicine and from enthusiasts such as Jim Fixx, author of *The Complete Book of Running*. One of Bowerman's former runners at the University of Oregon, Phil Knight, saw to it that those millions of new runners had swoosh-adorning footwear designed specifically for their sport. The pace of knowledge enhancement and innovation has, in fact, been so brisk through the years that even highly informed runners could be excused for not keeping up, but no longer. *Running Science* is a one-of-a-kind resource: • An easily comprehended repository of running research • A wealth of insights distilled from great sport and exercise scientists, coaches, and runners • A do-it-right reference for a host of techniques and tactics • An array of the most credible and widely used training principles and programs • Perhaps most of all, a celebration of the latest science-based know-how of running, now truly the world's most popular sport *Running Research News* and *Training Update* editor Owen Anderson presents this comprehensive work in a compelling way for runners. A PhD and coach himself, Anderson has both a great enthusiasm for sharing what scientific studies offer the running community and a keen sense of what's really important for today's informed runners to know.

15 week 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

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15 week half marathon training plan: *Walk Your Way Fit* Sarah Zahab, 2025-07-31 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.

15 week 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.

15 week half marathon training plan: *Runner's World*, 2008

15 week half marathon training plan: *Running Past 50* Caolan Macmahon, 2024-11-11 *Running Past 50* offers ready-to-use training plans that account for the needs of runners age 50 and over. With science-based practical advice, you can make the purposeful adjustments in training intensity, recovery, goal setting, and mental outlook to enjoy a lifetime of running.

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