

# 1/2

## YOUR ULTIMATE HALF-MARATHON TRAINING PLAN

Presenting a can't-fail nine-week program for beginners, experts, and everyone in between

5 10 1/2 M U

In successive issues, we're presenting plans for the 5-K, 10-K, half-marathon, marathon, and ultramarathon. To see the 5-K and 10-K plans, go to [runnersworld.com](http://runnersworld.com), and click on "Training Plans."

BY DOUG RENNIE

FOR SOME TIME NOW, THE HALF HAS been the hottest race distance out there, with dozens of new events springing up all across the land. Here's why: For newer racers who've maybe finished a couple of 5- or 10-Ks, the half offers a worthy-yet-doable challenge without the training and racing grind of the marathon. ¶ For more experienced athletes, training for a half bolsters stamina for shorter, faster races, plus it boosts endurance for a full 26.2-mile challenge down the road. In fact, the half is the ideal dress rehearsal for its twice-as-long kin. And unlike a marathon, which can leave your tank drained for a month or more, you can bounce back from a hard half in as little as a week. ¶ So find a flat, friendly half a few months out (we list six excellent ones on page 90). To get you there primed and ready, turn the page to learn about the three fool-proof schedules we have on offer.

