HALF MARATHON: A DOABLE BIG GOAL

13.1 is a Big Goal but absolutely achievable for all levels of runners!

kickonfitness.com

A half marathon sounds huge - but for beginner and intermediate runners, it's one of the most achievable "big goals" out there!

Why a Half Marathon Works for You

- **You don't need to run a ton -** you just need consistent, easy miles that build up over time. If you can run 3-4 days/week you can build to 13.1
- **You don't need perfect pacing or speed -** speed doesn't matter - consistency is what gets you to the finish line!
- **You DO need a steady build -** a simple 6-8 week pre-training phase prepares your body for the real plan

How to Know You're Ready to Think About a Half Marathon

- **You can run 30-45 minutes at an easy pace -** Breathing stays controlled, stride stays steady
- **You recover well -** No lingering soreness past 48 hours.
- **You can stay consistent with your running for 6-8 weeks -** this is the biggest predictor of success!

Your 6-8 Week Pre-Training Build

Use this as your readiness check. If you can complete this feeling comfortable - you're ready to sign up and start a training plan for 13.1!

Weeks 1–2: Set Your Base
• 3 run days/week
20–30 minutes, easy
• 1 optional cross-train day
Bike, walk, elliptical
• Long run: 3–4 miles

Weeks 3–4: Build Comfort
• 3–4 run days/week
Easy + one steady (a little harder effort run
• 1 strength day - Bodyweight or light load
• Long run: 4–5 miles

Weeks 5–6: Build Endurance
• 4 run days/week
Easy + steady + 1 optional tempo* run
• 1 strength day - Form-focused
• Long run: 5–6 miles

Weeks 7–8: Ready to Train
• 4 run days/week
Easy + steady + short tempo run*
• 1 strength day - Light deload
• Long run: 6-7 miles

*A **tempo run** is a comfortably hard pace you can hold steadily without slowing down: Example: easy warm up - 2 miles at a harder pace - easy run cool - down.

BOTTOM LINE - A half marathon is a big goal - but a doable one. If you can complete this 8 week build feeling steady, not depleted you're ready for your first half marathon training plan!