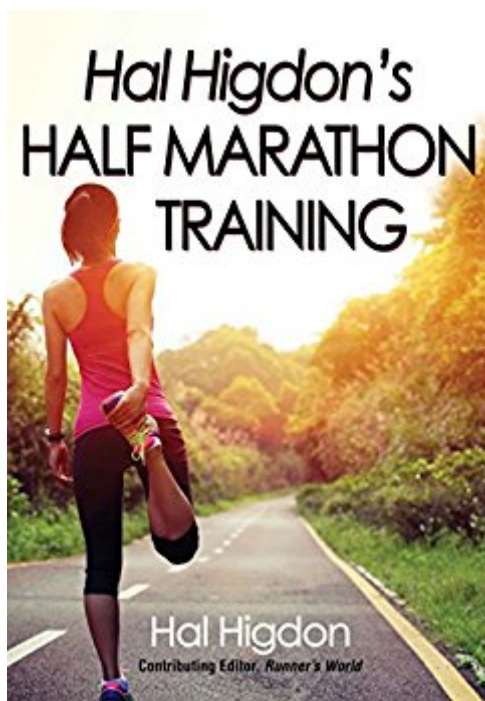


The book was found

Hal Higdon's Half Marathon Training



Synopsis

Hal Higdon's name is synonymous with running. As contributing editor of *Runner's World* and best-selling author, he has helped countless runners achieve their distance goals. Now, he's created the definitive guide on today's most popular distance, the 13.1-mile half marathon. Hal Higdon's *Half Marathon Training* is everything you wanted to know about running the half marathon, including where to begin, what to focus on, how to pace yourself, how to avoid injury, how to track your progress, how to stay the course, and how to improve. Whether this is your first or fiftieth half marathon, there is a plan for you. Inside you'll find more than 15 customizable programs, ranging from novice to advanced (you'll even find a walking-only plan), as well as proven strategies, race-day tips, and motivation from half-marathoners around the globe. From day 1 to mile 13.1, Hal will guide, encourage, and pace you to your goal. Other guides might help you complete the half, but only one will introduce you to the joys of running. Hal Higdon's *Half Marathon Training* is a book you'll return to for guidance and inspiration for a lifetime of running.

Book Information

File Size: 7036 KB

Print Length: 208 pages

Publisher: Human Kinetics; 1 edition (April 1, 2016)

Publication Date: April 1, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01DQ2Z02G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #309,516 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field #54

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #133

in Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

I started running last year, after trying 3 times to get up to a 5k using the "Couch to 5k program."

After finally succeeding, I started setting my sights higher. 10k, and then hopefully the Half! However, early on this year I trained a little too hard and got sidelined from my intended first half last month. That's when I discovered Hal Higdon's website and training plans. Then I started reading him on Facebook. He speaks plainly so people can understand his guidance, and has a wealth of information to share. He soon announced this book, and I eagerly anticipated its arrival. Now that I've had a chance to read it and fully digest it, here are my thoughts. Let's get this right off the bat. It's a good book! This isn't an all technical book. Instead, while I was reading it, I could almost picture myself sitting around a toasty campfire having a beer with the author while he shared all of his wisdom with me (and countless other runners). The book has a very conversational tone to it, which is a welcome relief after many of the other books I read, which were more technical, sprouting out facts and rules. This book starts with personal reasons people run and the history of the half marathon. Then it moves on to explaining the basics for Hal's training plans, where the concepts come from, and why he has confidence in them. Then he moves you through his training plans, starting from the easiest for those just starting out to the more advanced ones for those shooting for personal records (PRs). He finishes with how you can design your own plans if you so choose. A few particularly good points that stood out for me: Mr. Higdon blends in information from various sources.

As most everyone knows, because a doctor told me I'd never run again, I ran 14 half marathons in 2014 (bringing my then total of half marathons to 28). So that being said, I have to say that basically everyone who runs knows who Hal Higdon is and further, I'd bet that most runners actually know his methods. When I saw he had a book available, I was pretty excited to get a copy. The book, Hal Higdon's Half Marathon Training is actually geared toward people who have never completed a half marathon before, or for people who aren't regular runners. In fact, as I read the book I noticed that the first few of chapters deal with buying gear, getting your motivation together and the different kinds of runs. Those first chapters also discuss why and how to run, which are questions an avid runner clearly knows. The training plans are awesome - I have used them in the past and was familiar with the novice and intermediate plans. I knew the advanced plan exists, although I've never accepted that challenge myself. Because the book is perfect for newbies, I knew just after the first few chapters that I would be gifting this book to a dear friend of mine who has decided to join me next May for the Cleveland Rite Aid Half Marathon. She read the book and applied the tools. According to recent posts, she's rocking 10 miles on long runs already! Proof that Hal Higdon's plans really work!!! I love that Mr. Higdon offers a variety of 15 customizable training plans and I also

love how he explains adapting them or starting your own. He also explains a little of the science behind the options and further, he explains the "why" and "what" you should be doing.

[Download to continue reading...](#)

Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) Hal Higdon's Half Marathon Training Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond "the Wall" The Ultimate Running Guide: Dominate Every Run The Mile 5k 10k Half Marathon Marathon Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Hal Leonard Brazilian Guitar Method: Learn to Play Brazilian Guitar with Step-by-Step Lessons and 17 Great Songs (Book/CD) (Hal Leonard Guitar Method) Hal Leonard Student Keyboard Guide: Hal Leonard Student Piano Library Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Half-Marathon: A Complete Guide for Women

