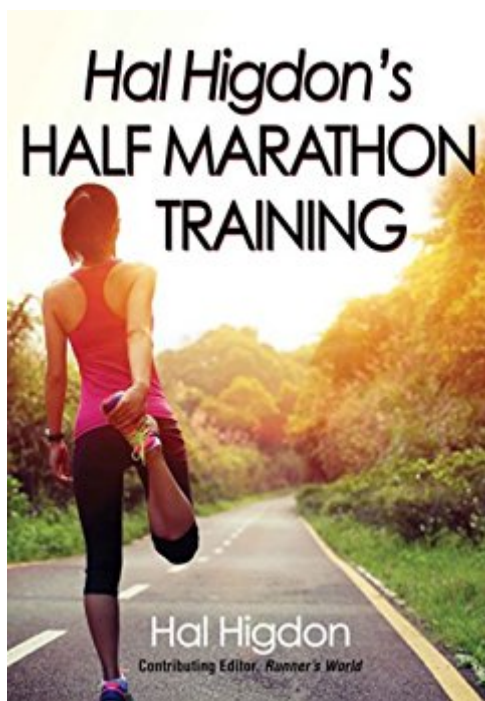


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# Hal Higdon's Half Marathon Training



## 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

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## 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.

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