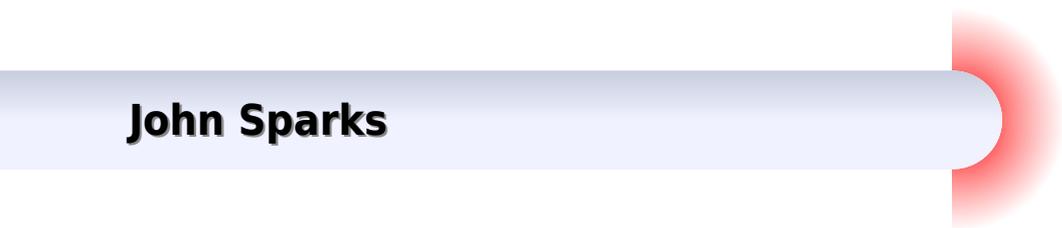


Half-marathon Training Plan for Beginners

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	3 Miles	Rest	3 Miles	Rest	3 Miles or Cross Train	6 Miles
2	Rest	3 Miles	Rest	3 Miles	Rest	3 Miles or Cross Train	7 Miles
3	Rest	4 Miles	Rest	4 Miles	Rest	3 Miles or Cross Train	8 Miles
4	Rest	4 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	9 Miles
5	Rest	4 Miles	Rest	4 Miles + 4 Strides	Rest	Rest	5K Race
6	Rest	4 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	9 Miles
7	Rest	5 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	10 Miles
8	Rest	5 Miles	3 Miles	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	10 Miles
9	Rest	5 Miles	3 Miles	5 miles + 4 Strides	Rest	3 Miles or Cross Train	11 Miles
10	Rest	5 Miles	Rest	5 Miles + 4 Strides	Rest	3 Miles or Cross Train	12 Miles
11	Rest	4 Miles	Rest	4 Miles + 4 Strides	Rest	3 Miles or Cross Train	8 Miles
12	Rest	3 Miles	Rest	3 Miles + 4 Strides	Rest	2 Miles	13.1 Race!

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John Sparks



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Running Times ,2007-04 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview

Runner's World ,2008-06 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Guide to Distance Running* Bob Anderson,Joe Henderson,1972 **Runner's World** ,2008-06 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **The Olympian System of Physical and Mental Development** Olympian System,Bernarr Macfadden,Carl Easton Williams,Hereward Carrington,1919

Modern Training for Running Ken Doherty,1964 Lauf Training Dauerlauf Langstreckenlauf Runner's World ,1999

The Injured Athlete Daniel N. Kulund,1988 *Journal of Sports Medicine and Physical Fitness* ,1989 Includes FIMS official bulletin of Federation Internationale de Medecine Sportive *Running Times* ,2008-01 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *Pediatric Respiratory Medicine E-Book* Lynn M. Taussig,Louis I. Landau,2008-04-09 Featuring the work of recognized worldwide experts this user friendly text presents the most current scientific information diagnostic approaches and management strategies for the care of children with acute and chronic respiratory diseases A consistent chapter format enables you to rapidly and effortlessly locate the most current protocols on manifestations etiologies triggers approaches to treatment complications and preventative strategies And a bonus website new to this edition features all of the book s illustrations and extensive reference lists for each chapter in electronic format for your personal use Includes guidance on differential diagnosis to help you determine which disease or condition your patient may have Uses extensive color coded algorithms to facilitate quick diagnosis management and treatment decisions Organizes material to parallel your clinical decision making process Provides expert guidance on what diagnostic tests to order for each patient and how to interpret the results Presents important take home concepts within each chapter to help you recall clinical pearls Includes the most need to know basic science focusing on providing clear implications for patient care Includes a separate website with all of the images from the text and extensive reference lists downloadable for your personal use Provides the latest scientific information and diagnostic and management strategies for the care of children with respiratory illnesses Features a new functional four color design to help you identify important information quickly and differentiate between essential and extraneous material Presents cutting edge coverage with new information on the biology of and the influences on the respiratory system during childhood as well as the diagnosis and management of both common ie wheezing infant cystic fibrosis tuberculosis and less common ie SARS chest tumors collagen

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