

Your Guide to Running 5k to Half Marathon in 21 Days or Less

Are you looking for a training plan that will help you run a 5k or half marathon in 21 days or less? If so, you're in the right place. In this article, we'll provide you with a complete guide to running 5k to half marathon in 21 days or less.



Ready to Run: Your guide to running a 5K to Half Marathon in 21 days or less by Christy Colgan

★★★★★ 5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Week 1

Day 1: Run for 30 minutes.

Day 2: Rest.

Day 3: Run for 35 minutes.

Day 4: Rest.

Day 5: Run for 40 minutes.

Day 6: Rest.

Day 7: Run for 45 minutes.

Week 2

Day 1: Run for 50 minutes.

Day 2: Rest.

Day 3: Run for 55 minutes.

Day 4: Rest.

Day 5: Run for 60 minutes.

Day 6: Rest.

Day 7: Run for 65 minutes.

Week 3

Day 1: Run for 70 minutes.

Day 2: Rest.

Day 3: Run for 75 minutes.

Day 4: Rest.

Day 5: Run for 80 minutes.

Day 6: Rest.

Day 7: Run for 85 minutes.

Week 4

Day 1: Run for 90 minutes.

Day 2: Rest.

Day 3: Run for 95 minutes.

Day 4: Rest.

Day 5: Run for 100 minutes.

Day 6: Rest.

Day 7: Run for 105 minutes.

Race Day

On race day, you'll want to arrive at the starting line well-rested and ready to run. Here are a few tips to help you have a successful race:

- Get a good night's sleep before the race.
- Eat a healthy breakfast on race morning.
- Warm up before the race.
- Start the race at a comfortable pace.

- Don't be afraid to take walk breaks if you need them.
- Enjoy the race and the experience of running your first 5k or half marathon!

Congratulations on completing your 5k to half marathon training plan! We hope you enjoyed the experience and are proud of your accomplishment. Running is a great way to get in shape, improve your health, and have fun. We encourage you to keep running and set new goals for yourself.



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