

Age group	Number of people
7	4
8	5
9	6
10	7
11	8
12	9

- Training 45 sec
- Interval

- **Long Runs** : Do these at a slow, comfortable pace - aim for 'conversational'. Try not to stop or break up this run. Aim for 2-3 out of 10 for effort.
- **Strength Training** : Aim for 45 mins of strength training, at least once per week. Compound exercises that involve

MARATHON HANDBOOK

Half Marathon You Can Do It

Jeff Galloway



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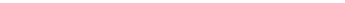
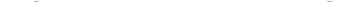
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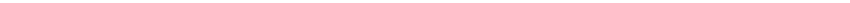
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