



## Marathon in 6 Months

A marathon is a long-distance running event. Training to run a marathon in 6 months requires a well-structured plan that gradually increases the distance and intensity of your runs over time.

Here is a training guide to help you run a marathon in 6 months:

1. Start with a base-building phase that lasts for the first 4-6 weeks. This phase focuses on building your cardiovascular endurance and strength. During this phase, run 3-4 times per week and gradually increase the distance of your runs. Start with runs that are no more than 3-4 miles and gradually increase the distance up to 6-8 miles.
2. After the base-building phase, start a training phase that lasts for the next 8-10 weeks. This phase focuses on increasing the intensity and distance of your runs. During this phase, run 4-5 times per week and include a mix of short, medium, and long runs. Short runs should be no more than 5-6 miles, medium runs should be 8-10 miles, and long runs should be 12-14 miles.
3. As you approach the marathon, start tapering your training. This means reducing the distance and intensity of your runs to allow your body to rest and recover. During the final 2-3 weeks before the marathon, reduce the number of runs per week to 3-4 and focus on short runs of no more than 5-6 miles.

It's important to listen to your body and adjust your training plan as needed. If you're feeling tired or sore, take a rest day or reduce the intensity of your runs. And remember to stretch and warm up before each run to prevent injuries. Good luck!