**Train with others**

Training in a grou can make it a fun experience. In fact, it can make all the diference between success and failure as you approach that half marathon. Also, others will count on you; if you don’t show up, you’ll be missed.

**Do your research**

As simple as it sounds, find out what sports drunk will be provided at the race, and then train using the same drink. Or you can plan to bring you own in a hydration belt. Take a look at the route, study the changes in elevation, and try to train under the same conditions.

**Rest**

Give your body time to repair and rebuild. Take your scheduled rest days, and listen to your body.

**What to wear**

Skip the cotton, and wear clothing designed to wick moisture. Major sports brands usually provide gear made especially for runners, such as Nike Dri-Fit. The same rule applies to socks. Above all, don’t wear something on race day that you’ve never worn before.

**Prepare mentally**

A half marathon isn’t really comfortable, but it is also not too hard for an experienced runner. It is a bit mentally taxing, so train your brain to turn every negative thought into a positive thought. Mental lows will creep up, so be prepared to combat them.