


RUN/WALK HALF MARATHON TRAINING PLAN

WEEK 1		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	6 x (1 min run, 1 min walk)	REST	REST	20 min brisk walk	REST	1 mile (alt. 1 min run, 1 min walk)	
	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.			20 minutes of brisk walking.		1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.	
WEEK 2		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	20 min brisk walk	REST	REST	8 x (1 min run, 1 min walk)	REST	1½ miles (alt. 90 secs run, 90 secs walk)	
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.		1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 1½ miles.	
WEEK 3		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	20 min brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	2 miles (alt. 90 secs run, 90 secs walk)	
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 10 times.		1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles.	
WEEK 4		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	25 min brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	3 miles (alt. 2 min run, 1 min walk)	
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.	
WEEK 5		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	4 miles (alt. 2 min run, 1 min walk)	
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.	
WEEK 6		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	5 miles (alt. 2 min run, 1 min walk)	
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.	
WEEK 7		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	30 min brisk walk	REST	REST	9 x (2 min easy, 2 min walk)	REST	6 miles (alt. 3 min run, 1 min walk)	
	30 minutes of brisk walking.			2 minutes of easy running followed by 2 minutes of easy walking, repeated 9 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 6 miles.	
WEEK 8		Completed			Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	30 min brisk walk	REST	REST	6 x (4 min run, 1 min walk)	REST	7 miles (alt. 3 min run, 1 min walk)	
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 6 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 7 miles.	

WEEK 9						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min brisk walk	REST	REST	7 x (4 min run, 1 min walk)	REST	8 miles (alt. 3 min run, 1 min walk)
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 8 miles.

WEEK 10						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min brisk walk	REST	REST	7 x (4 min run; 1 min walk)	REST	10 miles (alt. 3 min run, 1 min walk)
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 10 miles.

WEEK 11						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min brisk walk	REST	REST	5 x (4 min run; 1 min walk)	REST	5 miles (alt. 3 min run, 1 min walk)
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.

WEEK 12						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 13 SEPTEMBER 2015
REST	30 min easy walk	REST	REST	10 min walk, 4 x (3 min run, 1 min walk)	REST	
	30 minutes of easy walking.			10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.		GOOD LUCK!