



TRAINING PLANS | DIARY | ROUTES | STATS | ADVICE | TIPS

RUN/WALK HALF MARATHON TRAINING PLAN

TUESDAY n run, 1 min walk) sy running followed by 1 of easy walking, eated 6 times. Completed TUESDAY in brisk walk es of brisk walking.	WEDNESDAY WEDNESDAY REST	REST	FRIDAY 20 min brisk walk 20 minutes of brisk walking.	REST	SUNDAY 1 mile (alt. 1 min run, 1 min walk) 1 minute of easy running followed
sy running followed by 1 of easy walking, eated 6 times. Completed TUESDAY in brisk walk	WEDNESDAY			REST	1 min walk) 1 minute of easy running followed
of easy walking, eated 6 times. Completed TUESDAY in brisk walk			20 minutes of brisk walking.		1 minute of easy running followed
in brisk walk					by 1 minute of easy walking, for a total distance of 1 mile.
in brisk walk			Completed		Completed
	REST	THURSDAY	FRIDAY	SATURDAY	SUNDAY
es of brisk walking.	1 1	REST	8 x (1 min run, 1 min walk)	REST	1½ miles (alt. 90 secs run, 90 secs walk)
			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.
Completed			Completed		Completed
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
in brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	2 miles (alt. 90 secs run, 90 secs walk)
es 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.
Completed			Completed		Completed
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
in brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	3 miles (alt. 2 min run, 1 min walk)
es 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.
Completed			Completed		Completed
					SUNDAY On the state of the stat
IN Drisk Walk	KESI	RESI	6 x (3 min run, 2 min waik)	RESI	4 miles (alt. 2 min run, 1 min walk)
es 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.
Completed			Completed		Completed
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
in brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	5 miles (alt. 2 min run, 1 min walk)
es 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.
Completed	WEDNECDAY	THIDCDAY	Completed	CATUDDAY	Completed SUNDAY
in brisk walk	REST	REST	9 x (2 min easy, 2 min walk)	REST	6 miles (alt. 3 min run, 1 min walk)
es 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.
Completed			Completed		Completed
in brisk walk	REST	REST	6 x (4 min run, 1 min walk)	REST	7 miles (alt. 3 min run, 1 min walk)
es 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.
	Completed TUESDAY in brisk walk es of brisk walking. Completed TUESDAY in brisk walk es of brisk walking. Completed TUESDAY in brisk walk es of brisk walking. Completed TUESDAY in brisk walk es of brisk walking. Completed TUESDAY in brisk walk es of brisk walking.	in brisk walk completed TUESDAY in brisk walk REST REST	in brisk walk Completed TUESDAY THURSDAY T	INDUSTRIAL STATE OF THE STATE O	INDESORY MEDICESORY TRUESORY TRUESORY





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WEEK 9	Completed			Completed		Completed
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 1	WEEK 10 Completed			Completed		Completed
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 1	1 Completed			Completed		Completed
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 1	2 Completed			Completed		Completed
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	great north
	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!