



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

## **RUN/WALK HALF MARATHON TRAINING PLAN**

REST 6 x (1 min run, 1 min walk)  I minute of brief walking  I minute of br	WEEK 1				MAIATION HAINING		•
REST 6x (1 min run, 1 min walk)  I minute of casey varieties of brisk walking  I minute of case varieties of brisk walking  I minute of casey varieties of brisk walking  I minute of brisk walking  I minute of casey varieties of brisk walking  I minute of casey varieties of brisk walking  I minute of brisk walking  I minute of casey varieties of brisk walking  I minute of brisk walking  I minute of casey varieties of brisk walking  I minute of brisk walking  I minute of casey varieties of brisk walking  I minute		TUESDAY	WEDNESDAY	THURSDAY	Completed	SATURDAY	Completed SUNDAY
WEEK 2   Completed Completed   Completed Com	REST	6 x (1 min run, 1 min walk)	REST		20 min brisk walk		
REST   20 min brisk walk   REST   REST   8 x (1 min run, 1 min walk)   REST   1 x minute (sh. 90 secs run, 90 secs walk)   1 minute of easy vanishing inspended by 2		minute of easy walking,			20 minutes of brisk walking.		by 1 minute of easy walking, for a
REST   20 min brisk walk   REST   REST   8 x (1 min run, 1 min walk)   REST   1 x minute (sh. 90 secs run, 90 secs walk)   1 minute of easy vanishing inspended by 2	WEEK 2	Completed			Completed		Completed
Part			WEDNESDAY	THURSDAY		SATURDAY	
Timinute of easy walking, repeated 8 times.   Timinute of easy walking, repeated 8 times.   Timinute of easy walking, repeated 9 times.   Timinute of easy walking, repeated 9 times.   Timinute of easy walking, repeated 10 times.   Timinute of easy walking, for a total distance of 5 miles.   Timinute of easy walking, repeated 10 times.   Timinute of easy walking, for a total distance of 5 miles.   Timinute of easy walking, for a total distance	REST	20 min brisk walk	REST	REST	8 x (1 min run, 1 min walk)	REST	
REST 20 min brisk walk REST REST 10 x (1 min run, 1 min walk)  20 minutes of brisk walking.  25 minutes of brisk walking.  20		20 minutes of brisk walking.			1 minute of easy walking, repeated 8		followed by 1½ minutes of easy walking, for a total distance of
REST 20 min brisk walking.  20 minutes of brisk walking.  25 minutes of brisk walking.  27 minutes of easy running followed by 2 minutes of easy running followed by 1 minute of easy walking peraled of times.  20 minutes of brisk walking.  20 minutes of easy running followed by 2 minutes of easy running followed by 1 minutes of easy running followed by 2 minutes of easy running followed by 1 minutes of easy running followed by 2 minutes of easy running followed by 3 minutes of easy running followed by 1 minutes	WEEK 3	Completed			Completed		Completed
Timinute of easy running followed by 1 minute of easy running followed by 1 minute of easy running followed by 1 minutes of easy running followed by 2 minutes of easy running followed by 3 minutes of easy running followed by 2 minutes of easy running followed by 3 minutes of easy running followed by 1 minutes of easy running followe	MONDAY		WEDNESDAY	THURSDAY	· · · · · · · · · · · · · · · · · · ·	SATURDAY	
Timinute of easy walking, repeated 10 times.   Tompleted   Tompl	REST	20 min brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	
REST   25 min brisk walking.   REST   REST   5 x (3 min run, 2 min walk)   REST   1 min walk)		20 minutes of brisk walking.			1 minute of easy walking, repeated 10		followed by 1½ minutes of easy walking, for a total distance of
REST   25 min brisk walk   REST   5 x (3 min run, 2 min walk)   REST   3 miles (alt. 2 min run, 1 min walk)	WEEK 4	Completed			Completed		Completed
Samutes of brisk walking.   Samutes of easy running followed by 2 minutes of easy walking, repeated 5 times   Samutes of easy walking, repeated 6 times.   Samutes of easy running followed by 2 minutes of easy walking, repeated 6 times.   Samutes of easy walking, repeated 9 y a minute of easy walking, repeated 1 y minute of easy walking, repeated 6 times.   Samutes of easy valking, repeated 6 times.   Samutes of easy valking, repeated 9 y minutes of easy valking, repeated 1 y minutes of easy valking, repeated 6 times.   Samutes of easy valking, repeated 9 y minutes of easy valking, repeated 9 y minutes of easy valking, repeated 1 y minutes of easy valking, repeated 9 y minutes of easy valking, rep	MONDAY		WEDNESDAY	THURSDAY		SATURDAY	
WEEK 5   Completed   Stimes   Description   D	REST	25 min brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	
MORAN   TUESDAY   WEDNESDAY   REST   6 x (3 min run, 2 min walk)   REST   4 miles (alt. 2 min run, 1 min walk)		25 minutes of brisk walking.			by 2 minutes of easy walking, repeated		by 1 minute of easy walking, for a
REST   25 min brisk walk   REST   6 x (3 min run, 2 min walk)   REST   4 miles (alt. 2 min run, 1 min walk)	WEEK 5	Completed			Completed		Completed
Saturday	MONDAY	<del></del>	WEDNESDAY	THURSDAY		SATURDAY	
WEEK 6  Completed  MONDAY  REST  25 min brisk walk  REST  25 minutes of brisk walking.  WEEK 7  Completed  Date of the seasy walking, repeated of the seasy walking, for a total distance of 4 miles.  WEEK 7  Completed  Date of the seasy walking, repeated of the seasy walking, repeated of the seasy walking, for a total distance of 5 miles.  WEEK 7  Completed  Date of the seasy walking, repeated of the seasy walking, for a total distance of 5 miles.  WEEK 7  Completed  Date of the seasy walking, repeated of the seasy walking, repeated of the seasy walking, for a total distance of 5 miles.  WEEK 8  Completed  Date of the seasy walking, repeated of the seasy walking, for a total distance of 6 miles.  WEEK 8  Completed  Date of the seasy walking, repeated of the seasy walking, repeated of the seasy walking, for a total distance of 6 miles.  WEEK 8  Completed  Completed  Completed  Date of the seasy walking, for a total distance of 6 miles.  WEEK 8  Completed  Date of the seasy walking, for a total distance of 6 miles.  WEEK 8  Completed  Date of the seasy walking, for a total distance of 6 miles.  WEEK 8  Date of the seasy walking, for a total distance of 6 miles.  WEEK 8  Date of the seasy walking, for a total distance of 6 miles.  WEEK 8  Date of the seasy walking, for a total distance of 6 miles.  WEEK 8  Date of the seasy walking, for a total distance of 6 miles.  Date of the seasy walking, for a total distance of 6 miles.  Date of the seasy walking, for a total distance of 6 miles.  Date of the seasy walking, for a total distance of 6 miles.  Date of the seasy walking, for a total distance of 6 miles.  Date of the seasy walking, for a total distance of 6 miles.  Date of the seasy walking, for a total distance of 6 miles.  Date of the seasy walking, for a total distance	REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	
MONDAY  REST  25 min brisk walk  REST  25 min brisk walking.  REST  25 minutes of brisk walking.  REST  25 minutes of brisk walking.  REST  30 min brisk walk  30 minutes of brisk walking.  REST  30 minutes of brisk walking.		25 minutes of brisk walking.			by 2 minutes of easy walking, repeated		by 1 minute of easy walking, for a
MONDAY  REST  25 min brisk walk  REST  25 min brisk walking.  REST  25 minutes of brisk walking.  REST  25 minutes of brisk walking.  REST  30 min brisk walk  30 minutes of brisk walking.  REST  30 minutes of brisk walking.	WEEK 6	Completed			Completed		Completed
### Accompleted ### Accomplete	MONDAY		WEDNESDAY	THURSDAY		SATURDAY	
by 2 minutes of easy walking, repeated 6 times.   by 1 minute of éasy walking, for a total distance of 5 miles.	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)
MONDAY   TUESDAY   WEDNESDAY   THURSDAY   FRIDAY   SATURDAY   SUNDAY		25 minutes of brisk walking.			by 2 minutes of easy walking, repeated		by 1 minute of easy walking, for a
REST 30 min brisk walk  30 min brisk walk  30 minutes of brisk walking.  2 minutes of easy running followed by 2 minutes of easy walking, repeated  30 minutes of brisk walking.  2 minutes of easy walking, repeated by 1 minute of easy walking, for a total distance of 6 miles.  Completed  Completed  THURSDAY  REST 30 min brisk walk  REST REST 6 miles (alt. 3 min run, 1 min walk)  SATURDAY  SATURDAY  SATURDAY  To miles (alt. 3 min run, 1 min walk)  REST 7 miles (alt. 3 min run, 1 min walk)  A minutes of easy running followed by 1 minutes of easy running followed by 1 minutes of easy walking, repeated  A minutes of easy walking, repeated  A minutes of easy walking, repeated  SATURDAY  A minutes of easy running followed by 1 minutes of easy walking, repeated			WEDNESDAY	THURSDAY	· · · · · · · · · · · · · · · · · · ·	SATURDAY	
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.  Completed  Completed  TUESDAY  THURSDAY  REST  30 min brisk walk  REST  FRIDAY  FRIDAY  SATURDAY  SATURDAY  FRIDAY  THURSDAY  FRIDAY  SATURDAY  FRIDAY  THURSDAY  FRIDAY  SATURDAY  THURSDAY  FRIDAY  THURSDAY  A minutes of easy running followed by 1 minutes of easy running followed by 1 minutes of easy walking, repeated  3 minutes of easy running followed by 1 minutes of easy walking, repeated							6 miles (alt. 3 min run,
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  3 minutes of easy walking, for a		30 minutes of brisk walking.			by 2 minutes of easy walking, repeated		3 minutes of easy running followed by 1 minute of easy walking, for a
REST 30 min brisk walk 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  3 minutes of easy running followed by 1 minute of easy walking, for a		<del></del>	WEDNESDAY	THIDODAY		CATURDAY	
30 minutes of brisk walking.  4 minutes of easy running followed by 1 minutes of easy walking, repeated  3 minutes of easy running followed by 1 minute of easy walking, repeated by 1 minute of easy walking, for a							7 miles (alt. 3 min run, 1 min
		30 minutes of brisk walking.			by 1 minutes of easy walking, repeated		3 minutes of easy running followed by 1 minute of easy walking, for a





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

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 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 11 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.
				repeated 5 times.		total distance of 5 miles.
WEEK 1	2 Completed			Completed		Completed
WEEK 1	2 Completed	WEDNESDAY	THURSDAY		SATURDAY	
	Completed	WEDNESDAY	THURSDAY	Completed	SATURDAY REST	Completed