

Run, Walk Half Marathon 12 Week Training Plan



Event day: Sunday 28 May 2017

Website: greatrun.org/manchester

TUSSON	WEEK 4						
REST So K Imminute, Imminute, REST 20 min brisk walds REST Immile (aft Imminute, Imminute)	WEEK 1		\./ED	TI II IDO		CAT	Completed
WEEK 2 Completed FREST Completed Completed FREST REST REST REST REST REST REST REST		•					1 mile (alt. 1 min run,
MON		minute of easy walking,			20 minutes of brisk walking.		by 1 minute of easy walking, for a
REST 20 min brisk walking. REST 8 x (1 min run, 1 min walk) REST 1 / minutes of easy running followed by 1 minutes of easy running followed by 1 minutes of easy values of easy walking. REST 20 min brisk walking. REST 1 / minutes of easy values of easy walking repeated 8 / minutes of easy values of easy walking. REST 20 min brisk walking. REST 1 / minutes of easy values of e	WEEK 2	Completed			Completed		Completed
Description	MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
Immute of easy walking, repeated 8 times.	REST	20 min brisk walk	REST	REST	8 x (1 min run, 1 min walk)	REST	
REST 20 minutes of brisk walking 1 minute of easy running followed by 1 minutes of easy running followed by 2 minutes of brisk walking. 25 minutes of brisk walking 3 minutes of easy running followed by 2 minutes of brisk walking. 3 minutes of easy running followed by 2 minutes of brisk walking. 3 minutes of easy running followed by 2 minutes of brisk walking. 25 minutes of brisk walking. 3 minutes of easy running followed by 2 minutes of brisk walking. 25 minutes of brisk walking. REST REST 6 x (3 min run, 2 min walk) REST 4 miles (aft, 2 min run, 1 min walk) 25 minutes of brisk walking. 8 minutes of easy running followed by 2 minutes o		20 minutes of brisk walking.			1 minute of easy walking, repeated 8		by 1½ minutes of easy walking, for a total distance of
REST 20 min brisk walk 20 minutes of brisk walking 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 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 3 minutes of easy running followed by 3 minutes of easy running followed by 4 minutes of easy	WEEK 3	Completed			Completed		Completed
Timinute of easy running followed by 1 minutes of brisk walking. 1 minute of easy running followed by 1 minutes of easy valleng, repeated 10 times. 1 minutes of easy va	MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
MEEK 4 Completed Comple	REST	20 min brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	
MON TUESDAY WED THURS FRIDAY SAT SUNDAY SAT 3 miles (fult 2 min run, 1 min walk)		20 minutes of brisk walking.			1 minute of easy walking, repeated 10		by 1½ minutes of easy walking, for a total distance of
REST 25 minutes of brisk walking. REST 8 x (3 min run, 2 min walk) REST 3 miles (alt. 2 min run, 1 min walk) 25 minutes of brisk walking. REST 6 x (3 min run, 2 min walk) REST 2 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times MON 1 TUESDAY WED 1 HURS FRIDAY SAT SUNDAY REST 25 minutes of brisk walking. REST 6 x (3 min run, 2 min walk) REST 4 miles (alt. 2 min run, 1 min walk) 25 minutes of brisk walking. REST 6 x (3 min run, 2 min walk) REST 4 miles (alt. 2 min run, 1 min walk) REST 25 minutes of brisk walking. REST 6 x (3 min run, 2 min walk) REST 5 miles (alt. 2 min run, 1 min walk) REST 25 minutes of brisk walking. REST 6 x (3 min run, 2 min walk) REST 5 miles (alt. 2 min run, 1 min walk) REST 25 minutes of brisk walking. REST 6 x (3 min run, 2 min walk) REST 5 miles (alt. 2 min run, 1 min walk) REST 0 x y minutes of easy running followed by 2 minutes of easy walking, repeated by 1 minute of easy walking, for a	WEEK 4	Completed			Completed		Completed
### A sunivaries of brisk walking. ### WEEK 5 Completed Comp	MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
WEK 5 Completed Com	REST	25 min brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	
MON TUESDAY		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 25 minutes of brisk walking. REST 6 x (3 min run, 2 min walk) 3 minutes of easy running followed by 1 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles. WEEK 6	WEEK 5	Completed			Completed		Completed
25 minutes of brisk walking. 25 minutes of brisk walking. 25 minutes of brisk walking. 25 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. 25 minutes of easy valking, for a total distance of 4 miles. 26 minutes of easy valking, for a total distance of 4 miles. 27 minutes of easy running followed by 1 minute of easy walking. 28 minutes of brisk walk 29 minutes of easy running followed by 2 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. 28 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. 29 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles. 20 minutes of easy running followed by 1 minute of easy walking. 20 minutes of easy running followed by 2 minutes of easy running followed by 1 minute of easy walking, for a minutes of easy walking, repeated by 1 minute of easy walking, for a	MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
by 2 minutes of easy walking, repeated 6 times. by 1 minute of easy walking, for a total distance of 4 miles. Completed Completed Completed Completed Completed Completed Completed Completed Completed SAT 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. WEEK 7 Completed SAT SUNDAY REST REST 9 x (2 min easy, 2 min walk) REST 6 miles (alt. 3 min run, 1 min walk) 1 minutes of easy running followed by 2 minutes of easy running followed by 2 minutes of easy running followed by 2 minutes of easy walking, repeated 3 minutes of easy valking, repeated 3 minutes of easy valking, repeated 3 minutes of easy valking, for a	REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	
MON TUESDAY WED THURS FRIDAY SAT SUNDAY REST 25 min brisk walk 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. WEEK7 Completed Completed Completed MON TUESDAY WED THURS FRIDAY SAT SUNDAY REST 30 min brisk walk 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 3 minutes of easy running followed by 1 minute of easy walking, for a		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 REST 6 x (3 min run, 2 min walk) REST 5 miles (alt. 2 min run, 1 min walk) 25 minutes of brisk walking. 25 minutes of brisk walking. 3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. Completed SAT SUNDAY REST 6 miles (alt. 2 min run, 1 min walk) Completed Com	WEEK 6	Completed			Completed		Completed
25 minutes of brisk walking. 25 minutes of brisk walking. 3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. Completed Completed Completed Completed Completed TUESDAY REST 30 min brisk walk REST REST P x (2 min easy, 2 min walk) REST 30 minutes of brisk walking. 2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles. Completed Completed Completed SAT SUNDAY 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 by 1 minutes of easy vanning followed by 1 minute of easy walking, for a	MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
by 2 minutes of easy walking, repeated 6 times. by 1 minute of easy walking, for a total distance of 5 miles. Completed Completed Completed Completed Completed SAT SUNDAY REST 30 min brisk walk REST P x (2 min easy, 2 min walk) REST 30 minutes of brisk walking. 2 minutes of easy running followed by 2 minutes of easy walking, repeated by 1 minute of easy walking, for a total distance of 5 miles. Completed Completed SAT SUNDAY 6 miles (alt. 3 min run, 1 min walk) 3 minutes of easy running followed by 2 minutes of easy walking, repeated	REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	
MON TUESDAY WED THURS FRIDAY SAT 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 3 minutes of easy running followed by 1 minute of easy walking, for a		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 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 5 minutes of easy walking, repeated 5 minutes of easy walking, for a	WEEK 7	Completed			Completed		Completed
30 minutes of brisk walking. 2 minutes of easy running followed by 2 minutes of easy walking, repeated 3 minutes of easy running followed by 1 minute of easy walking, for a							
by 2 minutes of easy walking, repeated by 1 minute of easy walking, for a	REST	30 min brisk walk	REST	REST	9 x (2 min easy, 2 min walk)	REST	
		30 minutes of brisk walking.			by 2 minutes of easy walking, repeated		by 1 minute of easy walking, for a
WEEK 8 Completed Completed Completed	WEEK 8	Completed			Completed		Completed
MON TUESDAY • WED THURS FRIDAY • SAT SUNDAY			WED	THURS		SAT	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 min brisk walk	REST	REST	6 x (4 min run, 1 min walk)	REST	
30 minutes of brisk walking. 4 minutes of easy running followed by 1 minutes of easy walking, repeated by 1 minutes of easy walking, for a total distance of 7 miles.	REST						Walk)



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WEEK 9	Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	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
MON	TUESDAY	WED	THURS	FRIDAY	SAT	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
MON	TUESDAY	WED	THURS	FRIDAY	SAT	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	K 12 Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	30 min easy walk	REST	REST	10 min walk, 4 x (3 min run, 1 min walk)	REST	Event day
	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!