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Half Marathon Training Program • Walk it!

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	20 min stroll	30 min easy	Stretch	30 min easy	20 min stroll	3 miles easy	Stretch
2	30 min stroll	30 min easy	Stretch	30 min easy	20 min stroll	4 miles easy	Stretch
3	30 min stroll	35 min easy	Stretch	35 min easy	20 min stroll	2 miles brisk	Stretch
4	20 min stroll	35 min easy	Stretch	35 min easy	25 min stroll	5 miles easy	Stretch
5	40 min stroll	35 min easy	Stretch	35 min easy	25 min stroll	6 miles easy	Stretch
6	40 min stroll	40 min easy	Stretch	40 min easy	25 min stroll	4 miles brisk	Stretch
7	30 min stroll	40 min easy	Stretch	40 min easy	25 min stroll	7 miles easy	Stretch
8	50 min stroll	40 min easy	Stretch	40 min easy	25 min stroll	8 miles easy	Stretch
9	50 min stroll	45 min easy	Stretch	45 min easy	30 min stroll	6 miles brisk	Stretch
10	30 min stroll	45 min easy	Stretch	45 min easy	30 min stroll	9 miles easy	Stretch
11	60 min stroll	45 min easy	Stretch	45 min easy	30 min stroll	10 miles easy	Stretch
12	60 min stroll	30 min easy	Stretch	30 min easy	20 min stroll	Stretch	HALF MARATHON

Schedule: Feel free to switch training days around to fit more easily into your schedule. The important thing is that you complete the total amount of time spent walking each week.

Stretch: Stretching and resting are important parts of your training. You will be able to do the long walks on the weekends better (and limit your risk of injury)!

Jogging: Feel free to jog occasionally, either in training or in the half marathon itself. Jog in small segments: 50 to 100 meters every 10 minutes or so might be enough at first. And remember, your goal is to finish, not finish it fast!