

Half Marathon Walk/Run Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30 - 40 minutes Cross Train	Rest	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30 - 40 minutes Cross Train	4 miles Run 3 min/Walk 2 min Repeat continuously
2	Rest	30 minutes Run 3 min/Walk 2 min Repeat 8 times	30 - 40 minutes Walk	Rest	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30 - 40 minutes Cross Train	5 miles Run 3 min/Walk 2 min Repeat continuously
3	Rest	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30 - 40 minutes Cross Train	Rest	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30 - 40 minutes Cross Train	6 miles Run 4 min/Walk 2 min Repeat continuously
4	Rest	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30 - 40 minutes Walk/Run (easy)	Rest	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30 - 40 minutes Cross Train	7 miles Run 4 min/Walk 2 min Repeat continuously
5	Rest	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30 - 40 minutes Cross Train	Rest	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30 - 40 minutes Cross Train	8 miles Run 4 min/Walk 2 min Repeat continuously
6	Rest	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30 - 40 minutes Walk/Run (easy)	Rest	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30 - 40 minutes Cross Train	5 miles Run 4 min/Walk 1 min Repeat continuously
7	Rest	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30 - 40 minutes Cross Train	Rest	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30 - 40 minutes Cross Train	10 miles Run 4 min/Walk 1 min Repeat continuously
8	Rest	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30 - 40 minutes Cross Train	Rest	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30 - 40 minutes Cross Train	8 miles Run 4 min/Walk 1 min Repeat continuously
9	Rest	45 minutes Run 4 min/Walk 1 min Repeat 8 times	30 - 40 minutes Cross Train	Rest	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30 - 40 minutes Walk	5 miles Run 5 min/Walk 1 min Repeat continuously
10	Rest	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30 minutes Cross Train	30 minutes	Rest	Race Day! Run 5 min/Walk 1 Repeat Continuously	Rest

Remember to **warm up** and **cooldown** for 5-10 minutes each workout. Try and **stretch** for 10-15 minutes after each run.

Cross Training – Elliptical training, cycling, swimming, spinning are great cross training workouts. You may also want to consider some strength training and yoga/pilates. Cross training helps build opposing muscle groups while resting your “running muscles”.

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Important Notes

Warm up. Begin each workout with a 3-5 minutes of easy paced walk to loosen muscles and gradually increase heart rate

Cooldown. End each workout with 5 minutes of easy walking to gradually lower your heart rate.

Stretch. Try and stretch after each workout to improve your flexibility and prevent injuries

Heart rate. Train and maintain your heart rate in a range of 60%-80% of your estimated maximum heart rate

Consult a physician before beginning an exercise program

Stop exercising if you feel light headed, dizzy or have continued pain.

Understanding the Plan

WU - Warm up.

CD - Cooldown

R - Run interval

W - Walk Interval

Min - Minutes/duration of interval

For example
Run 4 min
Walk 1 min
Repeat 7 times

This means run 4 minutes then walk 1 minute and repeat 7 times for a total of 35 minutes. Don't forget the 5 minute warmup and 5 minute cooldown.