



Half Marathon Walkers Training Program

Monday – Friday = time walking

Long Walk in miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	Dist
1	0:30	0:20	0:30	0:30	OFF or X Train	3 Long Walk	OFF or X Train	1:50	3
2	0:30	0:40	0:30	0:30	OFF or X Train	3 Long Walk	OFF or X Train	2:10	3
3	0:30	0:40	0:30	0:40	OFF or X Train	4 Long Walk	OFF or X Train	2:20	4
4	0:30	0:40	0:30	0:40	OFF or X Train	5 Long Walk	OFF or X Train	2:20	5
5	0:30	0:50	0:30	0:40	OFF or X Train	5 Long Walk	OFF or X Train	2:30	5
6	0:30	0:50	0:40	0:20	OFF or X Train	6 Long Walk	OFF or X Train	2:20	6
7	0:40	0:50	0:40	0:40	OFF or X Train	6 Long Walk	OFF or X Train	2:50	6
8	0:40	0:40	0:40	0:50	OFF or X Train	7 Long Walk	OFF or X Train	2:50	7
9	0:30	0:50	0:40	1:00	OFF or X Train	7 Long Walk	OFF or X Train	3:00	7
10	0:30	0:50	0:50	0:40	OFF or X Train	8 Long Walk	OFF or X Train	2:50	8
11	0:40	0:50	0:40	1:00	OFF or X Train	8 Long Walk	OFF or X Train	3:10	8
12	0:40	1:00	0:30	0:50	OFF or X Train	9 Long Walk	OFF or X Train	3:00	9
13	0:40	0:50	1:00	0:40	OFF or X Train	7 Long Walk	OFF or X Train	3:10	7
14	0:30	1:00	0:40	1:00	OFF or X Train	10 Long Walk	OFF or X Train	3:10	10
15	0:50	1:00	0:50	0:40	OFF or X Train	11 Long Walk	OFF or X Train	3:20	11
16	0:40	0:50	0:40	0:50	OFF or X Train	12 Long Walk	OFF or X Train	3:00	12
17	0:40	1:00	0:30	0:30	OFF or X Train	13 Long Walk	OFF or X Train	2:40	13
18	0:40	0:30	0:30	0:40	OFF or X Train	8 Long Walk	OFF or X Train	2:20	8
19	0:30	0:40	0:30	0:30	OFF or X Train	6 Long Walk	OFF	2:10	6
20	0:30	0:30	OFF	0:20	OFF	OFF	½ MARATHON	1:20	13.1
21	OFF	0:30	0:40	OFF	0:30	OFF	OFF	1:40	0

All walks should be done at a comfortable pace. You should be able to converse. Long walks may be done either Saturday or Sunday. Remember, do not double up on workouts.

If you miss one, you miss one. So what!