



Reach your goals by following this general training schedule to get you on the right path for the 1/2 marathon walk. Your long distance day will be pushing you reach goal. At least two days of the week are where you do other physical activities such as biking, weight training and other exercises for 30-45 minutes. Make sure you start your training at least 14 weeks in advance to maximize your results. Always consult your physician before beginning any training program.

Half Marathon Training Program							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	rest	3 miles	СТ	3 miles	rest	4 miles	EZ or CT
Week 2	rest	3 miles	СТ	3 miles	rest	5 miles	EZ or CT
Week 3	rest	3 miles	СТ	3 miles	rest	6 miles	EZ or CT
Week 4	rest	3 miles	СТ	3 miles	rest	7 miles	EZ or CT
Week 5	rest	3 miles	СТ	3 miles	rest	8 miles	EZ or CT
Week 6	rest	3 miles	СТ	4 miles	rest	6 miles	EZ or CT
Week 7	rest	3 miles	СТ	4 miles	rest	9 miles	EZ or CT
Week 8	rest	4 miles	СТ	4 miles	rest	6 miles	EZ or CT
Week 9	rest	4 miles	СТ	4 miles	rest	11 miles	EZ or CT
Week 10	rest	4 miles	СТ	4 miles	rest	8 miles	EZ or CT
Week 11	rest	4 miles	СТ	4 miles	rest	13 miles	EZ or CT
Week 12	rest	4 miles	СТ	4 miles	rest	8 miles	EZ or CT
Week 13	rest	3 miles	СТ	4 miles	rest	6 miles	EZ or CT
Week 14	rest	2 miles	СТ	3 miles	rest	1/2 Marathon	

CT-Cross Train: participate in an easy cross training activity for 30-40 minutes

EZ-Recovery: Walk at a comfortable pace