

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 | CT | 3 miles | rest | 4 miles | EZ or CT |
| Week 2 | rest | 3 miles | CT | 3 miles | rest | 5 miles | EZ or CT |
| Week 3 | rest | 3 miles | CT | 3 miles | rest | 6 miles | EZ or CT |
| Week 4 | rest | 3 miles | CT | 3 miles | rest | 7 miles | EZ or CT |
| Week 5 | rest | 3 miles | CT | 3 miles | rest | 8 miles | EZ or CT |
| Week 6 | rest | 3 miles | CT | 4 miles | rest | 6 miles | EZ or CT |
| Week 7 | rest | 3 miles | CT | 4 miles | rest | 9 miles | EZ or CT |
| Week 8 | rest | 4 miles | CT | 4 miles | rest | 6 miles | EZ or CT |
| Week 9 | rest | 4 miles | CT | 4 miles | rest | 11 miles | EZ or CT |
| Week 10 | rest | 4 miles | CT | 4 miles | rest | 8 miles | EZ or CT |
| Week 11 | rest | 4 miles | CT | 4 miles | rest | 13 miles | EZ or CT |
| Week 12 | rest | 4 miles | CT | 4 miles | rest | 8 miles | EZ or CT |
| Week 13 | rest | 3 miles | CT | 4 miles | rest | 6 miles | EZ or CT |
| Week 14 | rest | 2 miles | CT | 3 miles | rest | $\mathbf{1 / 2 ~ M a r a t h o n ~}$ |  |
|  |  |  |  |  |  |  |  |
| CT-Cross Train: participate in an easy cross training activity for $30-40$ minutes |  |  |  |  |  |  |  |
| EZ-Recovery: Walk at a comfortable pace |  |  |  |  |  |  |  |

