

# 12-Week Half Marathon Walking Training Plan

Congratulations on accepting the challenge to walk a half marathon! You are in for an amazing experience!

This plan is right for you if you've been walking or exercising regularly for the last three months and can walk continuously for at least 60 minutes. Here is an overview of the training plan to prepare you to walk 13.1 miles.

Consistency is key when training for a half marathon. The closer you adhere to the training schedule the better you'll feel and the more fun you'll have on race day! You'll also be likely to cross the finish line more quickly!

Here are the types of walks you'll be doing:

*(Begin all of your walks with 3 to 5 minutes of easy walking to warm up and do the same at the end to cool down.)*

- **Brisk Walk (blue) to improve your fitness:** Walk as if you're in a bit of a hurry. The effort should be somewhat hard so that it's a little difficult to speak in complete sentences, but you can still talk. Never push yourself to the point that you cannot speak.
- **Long Walk (red) to build your endurance:** For these walks, go a little slower at a moderate, purposeful pace. While you should feel some effort, you should be able to easily carry on a conversation, speaking in full sentences. The goal is endurance, not speed. *Times noted for Long Walks are just estimates to help with scheduling your walks. They are based on a 15- to 20-minute mile pace.* You can do **Long Walks** any day of the week to accommodate your schedule—just make sure you do a **Recovery Walk** (see below) the next day. There are also **Long Walk Breaks** (shorter mileage days) that provide an opportunity for flexibility. You can switch the week that you do these if needed. For example, if you're on vacation September 9<sup>h</sup> when you're supposed to do a 7-miler, you can wait to do it the following week (September 16<sup>th</sup>) instead of the recommended 4-miler that day. Ideally, you'll do the 4-miler on September 9<sup>th</sup> in place of the 7 miles instead of just skipping a **Long Walk** while you're on vacation.
- **Recovery Walk (green) to ease stiffness and soreness from Long Walks:** Walk at an easy, window-shopping pace. The effort should be light enough that you could sing while you walk. These walks should *always* follow a **Long Walk** day.

- **Interval Walk (light blue) to increase your speed & stamina:** After you warm up by walking at an easy to moderate pace for 3 to 5 minutes, you'll alternate short bouts of fast walking (you can only speak a few words at a time) with slightly longer intervals of brisk walking for the duration of your workout. Then, cool down by walking at an easy pace for about 3 minutes. The interval lengths are noted on the training schedule and change every few weeks.

You'll round out your plan with some **Cross Training**. By doing an alternate activity (swimming, cycling, yoga, strength training, etc.) you'll avoid burn out and boredom, and you'll work different muscles to reduce your risk of injury or overtraining.

A **Rest** day is also built into the schedule.

**Feel free to adjust the days of the week that you do a particular walk to fit your schedule.**

***“One important key to success is self-confidence. An important key to self-confidence is preparation.”  
–Arthur Robert Ashe***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1: Aug 21-27</b>	Brisk Walk 30 min	Cross train 20-30 min	Rest	Interval walk (30 sec: 2 min) 30 min	Brisk Walk 30 min	Long Walk 4 miles (60-80 min)	Recovery walk 15 min
<b>Week 2: Aug 28-Sep 3</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (30 sec: 2 min) 30 min	Brisk Walk 30 min	Long Walk 5 miles (75-100 min)	Recovery walk 15 min
<b>Week 3: Sep 4-10</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (30 sec: 2 min) 30 min	Brisk Walk 45 min	Long Walk 6 miles (90-120 min)	Recovery walk 15 min
<b>Week 6: Sept 4-10</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (30 sec: 2 min) 30 min	Brisk Walk 45 min	Long Walk 7 miles (105-140 min)	Recovery walk 15 min

<b>Week 7: Sept 11-17</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (1 min: 2 min) 30 min	Brisk Walk 45 min	Long Walk Break 4 miles (60-80 min)	Recovery walk 20 min
<b>Week 8: Sept 18-24</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (1 min: 2 min) 30 min	Brisk Walk 45 min	Long Walk 8 miles (120-160 min)	Recovery walk 20 min
<b>Week 9: Sept 25-Oct 1</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (1 min: 2 min) 30 min	Brisk Walk 30 min	Long Walk 9 miles (135-180 min)	Recovery walk 20 min
<b>Week 10: Oct 2-8</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (1 min: 2 min) 30 min	Brisk Walk 30 min	Long Walk 10 miles (150-200 min)	Recovery walk 20 min
<b>Week 11: Oct 9-15</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (1 min: 1 min) 30 min	Brisk Walk 45 min	Long Walk break 5 miles (75-100 min)	Recovery walk 20 min
<b>Week 12: Oct 16-22</b>	Brisk Walk 45 min	Cross train 20-30 min	Rest	Interval walk (1 min: 1 min) 30 min	Brisk Walk 30 min	Long Walk 11 miles (165-220 min)	Recovery walk 20 min
<b>Week 13: Oct 23-29</b>	Brisk Walk 30 min	Cross train 20-30 min	Rest	Interval walk (1 min: 1 min) 30 min	Brisk Walk 45 min	Long Walk break 6 miles (90-120 min)	Recovery walk 20 min
<b>Week 14: Oct 30-Nov 5</b>	Brisk Walk 30 min	Cross train 20-30 min	Rest	Recovery walk 20 min	Rest	Recovery walk 20 min	Recovery walk 20 min