

19-Week Half Marathon Walking Training Plan

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

Here is an overview of the training plan to prepare you to walk 13.1 miles. If you're already walking regularly, you can start with the week that suits your currently level of ability. For example, if you regularly do 3-mile walks, you can start with week 5 or 6. Your training will gradually build up, peaking two weeks before race day. Then your training will taper so you're fresh and ready to go on race day!

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 14th when you're supposed to do an 8-miler, you can wait to do it the following week (September 21st) instead of the recommended 4-miler that day. Ideally, you'll do the 4-miler on September 14th in place of the 8 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 |
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| Week 1: July 1-7 | Brisk Walk 15 min | Cross train 20-30 min | Rest | Brisk Walk 15 min | Brisk Walk 15 min | Long Walk 1 mile (15-30 min) | Recovery walk 15 min |
| Week 2: July 8-14 | Brisk Walk 20 min | Cross train 20-30 min | Rest | Brisk Walk 15 min | Brisk Walk 20 min | Long Walk 1.5 miles (23-45 min) | Recovery walk 15 min |
| Week 3: July 15-21 | Brisk Walk 30 min | Cross train 20-30 min | Rest | Brisk Walk 20 min | Brisk Walk 30 min | Long Walk 2 miles (30-60 min) | Recovery walk 15 min |
| Week 4: July 22-28 | Brisk Walk 30 min | Cross train 20-30 min | Rest | Brisk Walk 30 min | Brisk Walk 30 min | Long Walk 2.5 miles (38-75 min) | Recovery walk 15 min |

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| Week 5: July 29-Aug 4 | Brisk Walk 30 min | Cross train 20-30 min | Rest | Brisk Walk 30 min | Brisk Walk 30 min | Long Walk 3 miles (45-90 min) | Recovery walk 15 min |
| Week 6: Aug 5-11 | Brisk Walk 30 min | Cross train 20-30 min | Rest | Brisk Walk 30 min | Brisk Walk 30 min | Long Walk 4 miles (60-80 min) | Recovery walk 15 min |
| Week 7: Aug 12-18 | Brisk Walk 30 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 |
| Week 8: Aug 19-25 | Brisk Walk 30 min | Cross train 20-30 min | Rest | Interval walk (30 sec: 2 min) 30 min | Brisk Walk 30 min | Long Walk 6 miles (90-120 min) | Recovery walk 15 min |
| Week 9: Aug 26-Sep 1 | Brisk Walk 45 min | Cross train 20-30 min | Rest | Interval walk (30 sec: 2 min) 30 min | Brisk Walk 30 min | Long Walk Break 3 miles (45-60 min) | Recovery walk 15 min |
| Week 10: Sep 2-8 | Brisk Walk 45 min | Cross train 20-30 min | Rest | Interval walk (30 sec: 2 min) 30 min | Brisk Walk 30 min | Long Walk 7 miles (105-140 min) | Recovery walk 15 min |
| Week 11: Sept 9-15 | Brisk Walk 45 min | Cross train 20-30 min | Rest | Interval walk (30 sec: 2 min) 30 min | Brisk Walk 45 min | Long Walk 8 miles (120-160 min) | Recovery walk 15 min |
| Week 12: Sept 16-22 | 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 |
| Week 13: Sept 23-29 | Brisk Walk 45 min | Cross train 20-30 min | Rest | Interval walk (1 min: 2 min) 30 min | Brisk Walk 45 min | Long Walk 9 miles (135-180 min) | Recovery walk 20 min |

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| Week 14: Sept 30-Oct 6 | 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 |
| Week 15: Oct 7-13 | 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 |
| Week 16: Oct 14-20 | 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 |
| Week 17: Oct 21-27 | 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 |
| Week 18: Oct 28-Nov 3 | Brisk Walk 30 min | Cross train 20-30 min | Rest | Interval walk (1 min: 1 min) 30 min | Brisk Walk 30 min | Long Walk break 6 miles (90-120 min) | Recovery walk 20 min |
| Week 19: Nov 4-10 | Brisk Walk 30 min | Cross train 20-30 min | Rest | Recovery walk 20 min | Rest | Recovery walk 20 min | RACE DAY!!! |